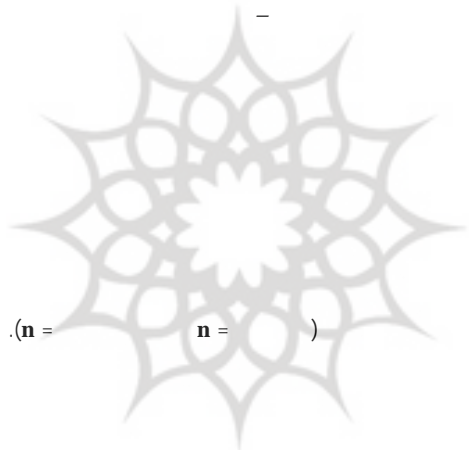


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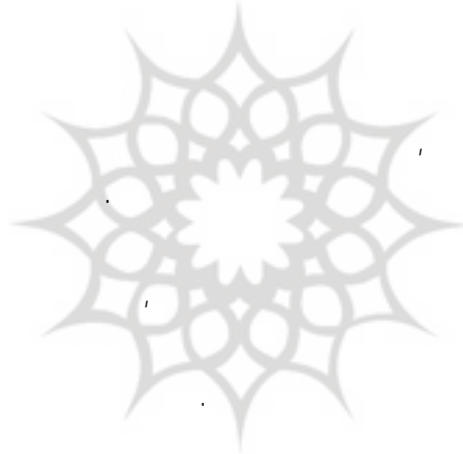


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Emial: bmirzaei2000@Yahoo.com

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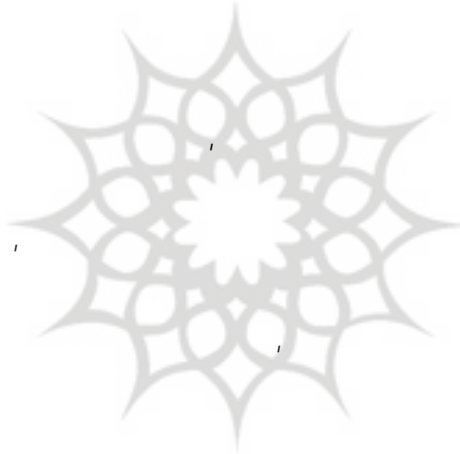
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- 1 - Effectivness
 - 2 - Efficiency

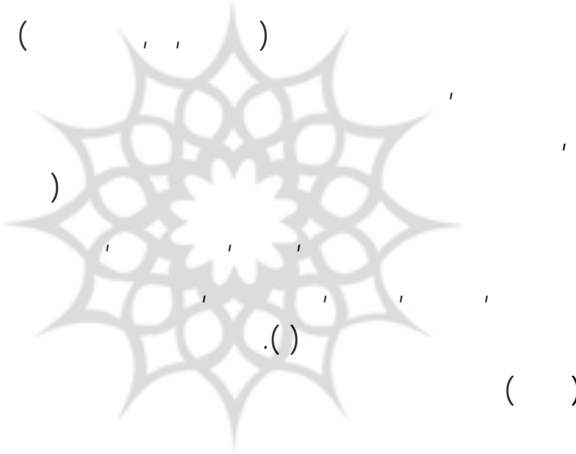
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1 - Chamakov, E.M
2 - Schultz, J

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- 1 - Cipriano, N
 - 2 - Mc Master University
 - 3 - Orenman, D.
 - 4 - Petrov, P et al (1986)
 - 5 - Stavrov , I et al (1986)
 - 6 - Stanov, S & Kostov, K

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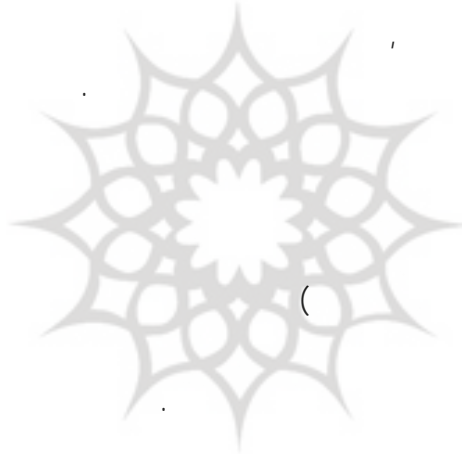
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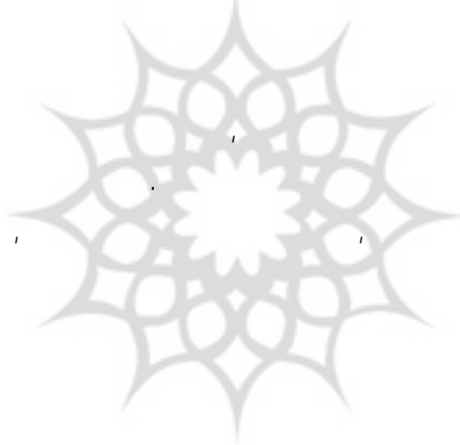
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پښتانه جامع علوم انساني

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- 1 - Klinzing-J. E & Karpowicz, W.
 - 2 - Cnadian Amateur Wrestling Association
 - 3 - Skopintseva, I.N
 - 4 - Romanov, R et al (1982)

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3. *Cipriano, N. (1990). "Free-style wrestling : match analysis". Mc Master University , Hamilton, Ontario.*
 4. *Klinzing, J.E., Karpowicz, W. (Aug/sep 1983). "A test to measure the performance capabilities of national wrestlers". Journal of strength and conditioning, 5(4).*
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