



## DETERMINING EXPECTATIONS AND BEGINNING FACTORS WHICH AFFECT 13-14 YEAR-OLD CHILDREN WHO PERFORM BELT WRESTLING TO START DOING SPORTS: FIELD WORK

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### Abstract:

The fact that individuals meet sports from early years is an important determinant of their future behaviours and attitudes towards sports. Individual's meeting sports and their expectations are among some of the important factors in the development of sports and spreading to the masses. The aim of this work in this context is that it aimed to determine the views and expectation of children's tendency towards belt wrestling. The aim was to create resource and contribute to the teachers working in this area by determining expectations for the factors, anticipations and development of 13-14 age group of male-female children who are doing traditional belt wrestling in Turkey. In the qualitatively designed study, a semi-structured interview technique was used to collect data. Individual interviews were conducted with the children and interviews were recorded as voice recordings. A content analysis was carried out for analysis of data. The data have been edited and interpreted in categories. The data was obtained through an interview (voice recording). Interview content was created by getting an expert's opinions. The universe of the workshop was performed with male and female children aged between 13 and 14 who participated in the 2017 Belt Wrestling Pre-Cadets Turkey Championship, a sportsman from the Traditional Sports Federation Belt Wrestling. As a result of the study, it was determined that the children were firstly directed by the families to the sport and they have do judo sports primarily in parallel with the belt wrestling. It has been considered that the results obtained will create

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resources for strategic planning while determining sportive performance road maps by creating resources for trainers and athletes who are trained in this field, and for introducing, development and spreading traditional sports towards the masses, for providing criss cross in different sports disciplines, for using criss cross as trigger factor in development of traditional sports, for federations, club managers and trainers about meeting determined expectations for increase the number of elite athletes, as well. It has been thought that identifying similarities of traditional sports to the other Olympic sports, and carrying out joint projects with these federations will be effective for traditional sports to be carried into future and continuation of its sustainability.

**Keywords:** belt wrestling, sports expectations, encouraging sports elements, strategic planning, traditional sports

## 1. Introduction

Sport is a world-accepted physiological, cultural, socio-economic and universal social activity that brings people together. It attracts the attention of specialists and investors as huge economy because of the pursuit of the masses and the hitting any age group (Demiral, 2007, Demiral, 2009; Demiral, 2015). It is a universal phenomenon that brings people together at all times, whether it is done on the basis of international competition rules or just ritual oriented to entertainment.

In this context, it is possible to express the sportive activities, which have rituals aiming at having a good time for the day-to-day, lost or surviving contest, which can carry recreational purposes and which change from traditional to everyday / unchanged, as "traditional Turkish sports" (Güven and Sağım, 2017).

A sport is a traditional and ceremonial practice that the athlete has in it as an element of national culture. In this sense, the generation possesses original and original cultural flair with concepts such as wrestling, generation, charity, greeting, music and wrestlers' traditional clothes of the referees. (Yıldırım, 2000).

Wrestling is one of the most popular and widely applied branches of old and modern Turkish societies. Different forms of wrestling such as oily, Aba, Şalvar, Belt and Karakucak wrestling are forms that appear in historical transaction context.

Generation Wrestling is one of these forms. Wrestling is not a sport for Turks but a worship and entertainment. As an indispensable entertainment for weddings, it has been an event that has been going on for centuries. Especially in nomadic societies, we see the wrestling form in games primarily organized for religious purposes, worship and entertainment (Dülgerbaki, 2005).

There are many types of traditional wrestling. These are Kurash, Belt wrestling, Tatar wrestling, Aba wrestling, Chidabo (Georgia), Barilda (Mongolia), Chukchi (Siberia), Trinte (Moldova), Glima (Iceland), Trousers (Swiss), Sirum Russia), Sumo and Judo (Japan) (Öztek, 2013, Öztek, 2014).



**Figure 1:** Sections from the Generation Wrestling European Championship held in Istanbul in 2007.

(Accessed: <http://etnosporfestivali.com/sporlar/kusak-guresi/#!>. 18/07/2017).

Belt Wrestling; this wrestling which is called "küreş" in the Crimea dialect is performed in Hidrellez and in the so called "tepreş" fun and weddings. Tepreş ceremonies are a widespread fun between Romania and Crimean Turks in Turkey. Wrestling made according to Crimean Turkish traditions are made for entertainment purposes on soft grounds or green flat grounds with drum and zurna accompaniment as in other traditional wrestling varieties.

According to their age and weight, the three wrestlers compete for the fall of the rival (two-shoulder touching) by holding the two-meter-long special woven bands of the waistband (<https://gsdf.gov.tr/en/spor/kusak-guresi>. Accessed: 25/06/2017: 01: 10)



**Figure 1:** A picture from the competition held at the festival



**Figure 2:** international competition held in the official contest rules

Belt wrestling is seen in Sumerian. The clarity of the view that the Sumerians were Turks coming from Turkmenistan shows that the generation wrestling spread from Central Asia. Crimean Turks brought belt wrestling to Anatolia. This wrestling was brought while migration from Turkmenistan to Kırma (Güven, 1999). (<https://gsdf.gov.tr/en/spor/kusak-guresi/history> (Accessed: 25/06/2017: 01: 10)).

The area where the wrestling is performed in Generation Wrestling is called 'Azbar'. This area can be the village square, threshing area or lawn area. In sports halls, it can be done on judo or wrestling cushions. The area being constructed should be grass area to prevent the wrestlers from being injured and not to prevent movements. Attention is paid to the fact that the field is cleaned; there are no bulges and pits to prevent the athletes from injuries. The amount of area required for each pair of wrestlers is rounded at least 12 m in diameter. In crowded wrestling, the area must be in size of that 45 wrestlers can wrest at the same time.

(<http://etnosporfestivali.com/sporlar/kusak-guresi/#!> (Accessed: 18/07/2017)).

Belt wrestling in Turkey continues to operate within the Traditional Sports Federation. One of the features that separates belt wrestling from other traditional sports branches is the creation of international tournaments and championships. As a result of the annual Turkish championships, our athletes are competing in international championships by representing our country (Interview: Faruk Şolpan, 2017).



**Figure 3:** Belt Wrestling referee and traditional clothing of athletes

Especially, family studies show that family factor is the most effective factor in sport, and that individuals' acquaintance with sports from early ages is a determinant of their attitudes and behaviours related to sports in their future lives. When the studies done in our country are examined, it is seen that factors such as family, social environment, friends, etc. which have effects on the tendency of a child to sport have been investigated. That belt wrestling tendency of 13-14 age group children who participate actively in traditional Turkish sports which are from cultural factors reaching until today by some changes for centuries, and identifying their opinions about their expectations have a great importance in scrutinizing in the aspect of the development of belt wrestling in Turkey reveals the importance of the study.

## 2. Method

In the research, Case Science Design was used as qualitative research methods. Revealing the experiences, perceptions and meanings of a phenomenon that individuals attribute to constitutes case science research design (Yıldırım, 2010, Çokluk et al, 2011). In this research, it was also examined in accordance with the expectations from belt wrestling and opinions of 13-14 age group children about athletic tendency. In the

determination of the study group, the "convenience sampling" technique was used. In this method, the researcher chooses a situation that is easy to reach since it gives speed and practicality to the research (Aydoğan et al., 2015).

The universe of the study was children who perform Traditional Sports Federation of Belt Wrestling; the sample was the 13-14 age group (girls-boys) who joined the traditional 2017 Belt Championship Wrestling Pre-Cadet Turkey. Semi-structured interview (voice recording) was used as data collection tool in the research. In the preparation of the interview questions developed by getting the expert's opinion, attention was given to understand the questions easily and to handle only in a single dimension.

The prepared interview was presented to the expert for the purpose of ensuring the relevance and content validity. The questions in the interview are as follows:

- What are your reasons for dealing with belt wrestling and what is your expectation from belt wrestling?
- What are the factors that encourage you to belt wrestling and are you doing another sport?
- What are the difficulties that you have experienced in doing this sport and what can be your solution suggestions?
- Do you have a degree in this sport?

The interview was conducted in an environment where the athlete can express himself comfortably. The voice recorder and note taking technique were used together in the interview.

In this way, the length of the interview varied according to the athlete. The data obtained from the interviews were analyzed according to the determined themes and the descriptive, content analysis was made, and the findings were interpreted directly with the quotations.

### **3. Results**

In this part of the research, the opinions of 13- to 14-year-old belt wrestling children competing in the 2017 Pre-Cadet Belt Wrestling Championship were presented within the framework of the determined themes. The interviews were conducted voluntarily by choosing children from working group randomly. Many factors that are believed to be effective in the sport orientation of the children were taken into account in the research, and after the analysis made the following findings were obtained and the tables were formed.

**Table 1:** Table showing general demographic characteristics of the study group

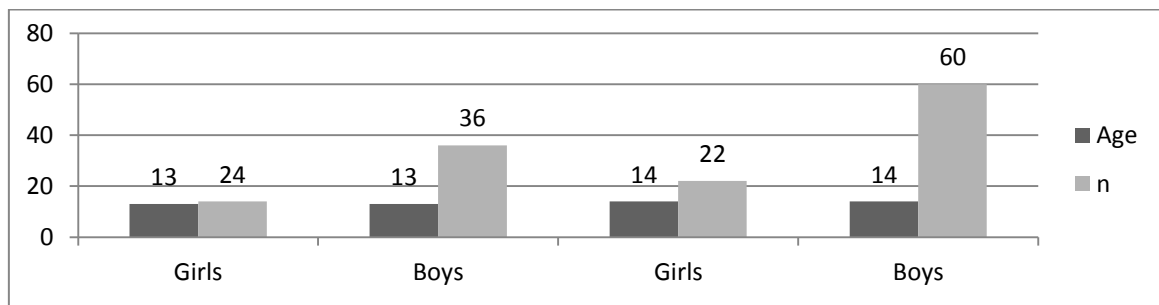
General demographic characteristics of the research group	
Age group	13-14
Gender	96 girls -46boys
Sport age	3-5 years
Parental education level according to importance order	Secondary school, high school, university
Family income level according to importance order	Medium, well, minimum wage
Doing different sports according to importance order	Judo, Aba wrestling, Mat wrestling

When the demographic characteristics of the licensed athletes participating in the survey are examined with an overview; it has been identified that 13-14 age group athletes have participated, totally 142 athletes competed as 96 boys and 46 girls athletes, mother and father education level is secondary, high school and university, family income level is middle, well and minimum wage in order of priorities, athletes competing in the championship have also played different sports branches such as Judo, Aba Wrestling, Mat Wrestling and played sports between 3 and 5 years in parallel with these sports, as well (Table 1).

**Table 2:** Table showing the number of athletes by age and sex

	N	13 age	14 age
Number of athletes	142	-	
Boys	46	24	22
Girls	96	36	60

Findings related to personal information obtained from the research; A total of 142 athletes (46 girls, 96 boys) participated in the research (Table 2 and graphic 1).



**Graphic 1:** 2017 Pre-Cadet graphic showing the number of licensed athletes participating in the Turkish Generation Belt Wrestling Championship (boys-girls) by age and sex

**Table 3:** Table showing order of other sports performed by the licensed belt wrestling athletes in order of priorities

The order of other sports performed by the belt wrestling athletes in order of priorities
Judo
Aba Wrestling
Mat Wrestling

As a reply to the question of ‘Are you doing another sport?’ which was asked athletes participating in the championship, it has been determined that all of these children were performing judo, aba wrestling and mat wrestling in order of priorities as different sports branches. It is seen that it is especially in parallel with the sports branches of children's coaches. For example, the reasons for making judo sports in the first place (the answer to question of doing another sport) (Figure 3) are because the coaches have been judo coaches in the first place. It is also found that another reason for this is the application of common techniques in judo techniques and belt wrestling (Güven, 2017).

**Table 4:** Table showing the order of family income level of the licensed belt wrestlers in order of priorities

The order of family income level of the licensed belt wrestlers in order of priorities
Middle
Well
Minimum wage

It was determined that the athletes evaluated the middle, well and minimum wage according to the order of priority when examined the level of family income. It was also determined that the athletes' mothers and fathers in the research group were secondary, high school and university graduates in order of priorities. These findings indicate that children have similar qualities in terms of family characteristics and income levels (Table 4 and Table 5).

**Table 5:** Performance Generation Table showing the arrangement of the educational levels of the parents of wrestling athletes in order of priorities

The order of licensed belt of wrestling athletes according to importance level of education of parents
Secondary education
High school
Graduated from a University



When examining the athletes' length of the year of doing sports, it has been found that judo is in parallel to Aba wrestling and Mat wrestling on average between 3 and 5 years.

When the answers given by the athletes to the question about the factors encouraging the generation of the wrestling were examined, it was seen that the factors that are effective in students' tendency towards the belt wrestling sports are the answers which have been taken at the highest level in order of priority as these: family, coach, friend environment, introduction program, education program and finding this sport different.

The main reason why the family and the coach are the first to be promoted is the fact that these individuals are influential in directing children to this sport because they are judo sportsmen or trainers. In addition, participation in children's physical education and sport activities is largely related to the viewpoint of the parents about the subject. Families' approach on this issue proves that it is almost the most decisive factor of determining whether children participate in these activities or not (Güven and Öncü, 2006, Sunay and Saracoglu, 2003).

In the research, when the responses given by the athletes were examined, it was determined that the majority of these children were doing judo sports as the main sport and doing this sport is because of the similar techniques with the generation wrestling. It has been seen that the performance of the athletes in the belt wrestling will contribute to their success in judo sport. Another reason is that the coach or his parents were trained in this sport branch. These reasons have been determined as the reasons for the children to take up.

In the research, when the answers given for the question about expectations from Belt Wrestling Sports by the athletes are examined, it has been seen that they are in the expectation of becoming a good athlete and making his living from sports, attaining material possibilities, being a coach, having a good physical appearance, and maintaining relations with the environment as a popular sporting person.

In the study, when examining the answers given by the athletes to the question of what difficulties you have experienced are and what your solution solutions are, the athletes have indicated that they, in half, find the belt wrestling more difficult or easier than the judo sports. As a solution proposal, more national and international tournaments have been seen as the opinion of the national team camps. In addition, when you look at the answers given by the athletes to the question of whether they have grades in the generation sport, it has been determined that the athletes have different grades as gold, silver and bronze medals except the ones competing for the first time. The main reason for this is that the numbers of the athletes competing in the

championship are lower than the other sports branches, indicating that they are increasing the possibility of medals.

#### **4. Discussion**

Sport has entered the child's life since childhood with birth and is considered to be the most appropriate and important training method in the training and development of children. Since children obtain their first social skills from their parents and their immediate surroundings, all adults need to demonstrate the necessary responsibility and respect for sportive activities that take place in their children's lives regularly and scientifically. In this context, in the home and school environment, in short in all social life and educational environment of the child, sport should be given place in a wide and effective way.

It should not be forgotten that the investment made in sports and especially children is an important contribution to society's future. In the literature research, the children's tendency towards sport is in parallel with the answers given by the children who perform belt wrestling with the same reasons such as family, physical education teacher, friends group, celebrity, etc. (Aydoğan et al., 2015).

As a result of research conducted to determine the opinions and expectations, reasons of dealing with and factors of encouraging the licensed 13-14 age group (boys-girls) children who perform belt wrestling sport to the belt wrestling, it has been seen that athletes' family, coach and friend's circle, the promotion and the education program and the finding this sport different are incentive factors.

The main reason why the family and the coach are the first to be promoted is the fact that these individuals are influential in directing children to this sport because they are judo sportsmen or trainers. A total of 142 children competed in the contests as 96 boys and 46 girls. That the majority of participants is male, it proves the gender factor. It has been shown that it is necessary to plan additional work programs for girls to direct them to the sports.

#### **5. Conclusion**

There are differences in people's lifestyles and values. People provide the features of the societies where they were born to transfer generation to generation by learning them in socialization process. The place, prospects and practices of sports in people's lives also vary depending on the differences in the lifestyles of the societies. These changes have been revealed in different ways in the literature studies when they affect the children to

direct their sports (Yücel, 2004). The directing the children to participate in sports has been the subject of research for many years. Nowadays, families have more positive attitude towards sport when compared to the past and direct their children to sport (Güven and Öncü, 2006). The fact that the parents are involved in sports is an important factor for the child's participation in the sport, even doing sports by majority of community (Kotan et al., 2009).

Determining the elements that encourage generation wrestling of children who are actively participating in traditional Turkish sports, which are cultural elements which have reached today with some changes for centuries, determination of the children's reasons of dealing with this sport and determination of anticipation and determination of general profile, development, access to large masses, and its introduction have a great importance by this study carried out (Karahüseyinoğlu, 2008, Ersoy, 2012). In addition, starting of choosing sport branches which give pleasure, entertain and push the limits of people who are tending to different sport can turn into an opportunity for introducing and reaching it to the masses (Ekici et al, 2011). 13-14 age group of children who are in Belt Wrestling Sports in Turkey, family (mother, father and sister), related coach and friend group in the immediate vicinity are directed to sports. In addition, it has been determined that the introduction and training seminars given in some cities affect the tendency of children although very little. However, mass media such as television and press organs that reach large masses of people have been found to have very little effect on sports management.

Through the ETNOSPOR Festival, which has been held for the last two years, it is thought that generations of wrestling sports will contribute to the promotion and development of the branch due to the use of mass media. In Turkey, Generation Wrestling sports branches are licensed to those who are doing sports primarily for that branch. In other words, the tendency towards sports in Turkey is influenced by emotional factors. In this case, the emotional characteristics of the Turkish society, which is influenced by the family and the close past, should be increased in order to make the sport tendency of the Turkish society (Bayraktar and Sunay, 2007). Regarding this, there is a big duty for public and private sports institutions and organizations in Turkey.

It has been thought that identifying similarities of traditional sports to the other Olympic sports, and carrying out joint projects with these federations will be effective for traditional sports to be carried into future and continuation of its sustainability. For example, it is considered that the events that the Turkish Judo Federation and the Traditional Sports Federation will jointly promote and increase the number of the licensed athletes through the introduction of Belt Wrestling and the crossing between

the branches will contribute synergy to the continuity of Turkish culture and sports life and contribute to its sustainability. This is because the answer to the question asked the children participating in the study to determine the sports which they have done other than traditional sports is primarily judo sports. This result shows that the children who do judo are directed to generation wrestling with the effect of coach, family and peer. It is seen that criss cross between branches is trigger factor for the development of traditional sports.

This situation is important for the development of the branch. Making shalwar wrestling as a traditional sport apart from belt wrestling is at the second priority. As a solution for the development of Belt Wrestling, it has been seen that athletes agree more with being held national and international tournaments and national team camps. In order to achieve this, it is considered that the employment of coaches belonging to this branch will be contributed in the future by publishing the training programs of Traditional Sports Federation Belt Wrestling Coach and Referee.

As a result, it has been considered that in the light of cultural, structural and scientific evaluations, having a place of belt wrestling in Federation of Traditional Sports Branches as a main sport branch and providing opportunity for its development, creating structural and management sufficiency, transforming it into an independent "Belt Wrestling Federation" will contribute to development of belt wrestling positively. Otherwise, surviving, development and becoming widespread of the generation wrestling, which has succeeded in maintaining its survival for centuries and constituted an original part of our national culture, will remain a coincidence (Yıldıran, 2000). In addition, it is considered that increasing the numbers of Belt Wrestling and licensed athletes, works to be done on technological skills development (Demiral, 2017), and qualified trainers, referees and managers will contribute to meeting the children's expectations and the athletes' performances positively in international competitions as a result of planning of seminars, training programs, implementation and supervision of them by modelling management concepts such as Kaizen total quality principle. This point of view is thought to affect the spread and reach of Belt Wrestling. The basic approach in sport sciences is to participate in sports. Providing a sport environment to children, recognition of sports opportunities, promotion of sport tendency and participation as a sports policy, not just parental orientation, will contribute to the continuity of traditional sports. In our country which has a huge population and a large majority of which consists of children and youths, triggering this great potential movement of traditional sports and belt wrestling will be a supportive and encouraging approach to the transfer of our traditional sports to the future generations (GSGM, 2005). In addition, it is thought that directing children and the youths to the belt

wrestling and making talent choosing with more scientific methods for promoting will contribute belt wrestling which is in international championships to become an olympic sport later on (GSGM, 2010, Mengütay et al., 2002, Coşan ve Demir, 2000).

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