

Course Name: Bachelor of Physical Education

Year: Ist

Paper Name: Skill and Prowess

Paper No. I (Part-B 1)

Topic No. A (5)

Topic Name: Wrestling

Lecture No.: 37

Lecture Title

Wrestling

FAQ's

Q-1 How did wrestling originated?

Ans- The origin of wrestling go back 15,000 years through cave drawings in france. Babylonian and Egyptian reliefs show wrestlers using most of the holds known in the present day sport. It occurred as early as in the Vedas.

Q-2 What is meant by Greco Roman?

Ans- In 1848, Exbroyat created a major rule that forbade holds below the waist. He also barred certain techniques and holds that intentionally hurt or injured an opponent. During this time an Italian wrestler Basilio Bartoli coined the name “ Greco- Roman”, connecting the modern style to the sports ancient values.

Q-3 What is importance of free style wrestling?

Ans- This new style allowed wrestlers to incorporate pushing, lifting, tripping and other techniques using the lower body since the establishment have gained popularity and respect throughout the world.

Q-4 Enumerate the different types of modern wrestling styles?

Ans- The major amateur wrestling styles are Greco-Roman, freestyle, sombo and judo.

Q-5 Which countries have wrestling as their national sport?

Ans- Wrestling is the national sport of Turkey, Mongolia and Iran, and these countries, along with Russia and America, produce the top wrestlers of modern times.