

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

Welcome to the episode of physical education. Today we will be discussing about Wrestling.

Wrestling and grappling sports have a long and complicated history, stretching into prehistoric times. Many traditional forms survive, grouped under the term folk wrestling. More formal systems have been codified in various forms of martial arts worldwide, where grappling techniques form a significant subset of unarmed fighting (complemented by striking techniques)

The modern **history of wrestling** begins with a rise of popularity in the 19th century, which led to the development of the modern sports of Greco-Roman wrestling on the European continent and of freestyle wrestling and collegiate wrestling in Great Britain and the United States, respectively. These sports enjoyed enormous popularity at the turning of the 20th century. In the 1920s, show wrestling as a form of sports entertainment, now known as professional wrestling, separated from competitive sport wrestling, now known as amateur wrestling.

How Wrestling Started

Wrestling represents one of the oldest forms of combat. The origins 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. Literary references to it occur as early as in the ancient Indian Vedas.

Always popular in ancient Greece, wrestling held a prominent place in the Olympic Games. It was developed by ancient Greeks as a way to train soldiers in hand-to-hand combat. After defeating the Greeks, the Roman Empire borrowed from Greek wrestling but eliminated much of the brutality. The Greeks feared the true history of the sport would be lost, and so Greco-Roman wrestling was born.

During the Middle Ages wrestling was popular, including in royal houses in France, Japan, and England. Much later, American settlers brought wrestling traditions with them from England and discovered wrestling to be popular among the Native American tribes. During the early years of America's development, amateur wrestling was very popular, making appearances at county fairs, carnivals, holiday celebrations, and military exercises. Of the many styles practiced during that time, however, only the catch-as-catch-can survived, evolving into the style used today at the collegiate level.

The sport of wrestling has come a long way since it was practiced by our earliest ancestors, becoming a more formal and organized representation of the world's oldest form of competition. These days, traditional and modern forms of wrestling are practiced on every continent and in almost every country. The 2004 Olympics reinforced wrestling's popularity, yielding 344 competitors in both the freestyle and Greco-Roman divisions - a record number of competitors for the Olympic wrestling tournament.

Born to Wrestle

Wrestling has roots in nearly every culture and had a solid foundation in ancient Greece long before the first recorded Olympic Games in 776 B.C. Greek wrestling was an extremely popular form of competition. However, it had considerably undeveloped rules and was a much different style of wrestling than what is practiced on mats around the world today.

When in Greece

Greek wrestling, also known as "Pale," stood alone as the most popular sporting event in ancient Greece. Most similar to what we know as Greco-Roman wrestling, the Greek style allowed two competitors to grapple until a certain number of points were scored or one of the competitors conceded defeat due to pain or fear. Scoring occurred when one competitor was thrown to his back, pushed out of the wrestling area, or forced to submit to a hold. Three points had to be scored to win a specific bout.

Greeks respected wrestling as a sport, but also revered it for its mental and spiritual benefits. It was required for Greek soldiers to be educated in the art of wrestling, as well as academic disciplines like mathematics and language arts. Greek wrestling was also a popular event during the summer Olympics, and has since evolved into a familiar form practiced all over the world.

Greco-Roman Breaks Through

Although Greco-Roman is an evolved form of Greek wrestling, its rules were established in the 19th century by a French soldier named Exbroyat. This style would be known in Europe as "flat-hand wrestling" or "French wrestling," to differentiate it from other styles practiced during a time when striking and dangerous holds were permitted.

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. French wrestling quickly became the definition of sport in Europe during the 19th century. It was during this time that Italian wrestler Basilio Bartoli coined the name "Greco-Roman," connecting the modern style to the sport's ancient values.

Greco-Roman was the first style of wrestling added to the Olympic Games, making its debut in 1896, more than 1,500 years after Greek wrestling was established at the Olympic level. The Greco-Roman style was both the focus and main event of the first modern Olympic Games in 1896, and was so popular that it paved the way for emerging styles in the 20th century.

The nations of Iran, Turkey, and Armenia currently produce some of the best Greco-Roman wrestlers in the world.

Catch Wrestling Grabs Attention

Shortly after the establishment of the tradition-rooted style of Greco-Roman, another fast-paced and exciting style was emerging in both the United Kingdom and the United States. Known as "catch as catch can" or "catch wrestling," this style had become a popular form of entertainment at various events in the 18th and 19th centuries, including large fairs and carnivals. Because the style was in the infant stage of development, rules would vary from event to event and region to region.

The excitement of this style caught on quickly, mostly because of the lack of limitations in rules. Attacks below the waist were legal, providing for a different experience from the increasingly popular style of Greco-Roman. Catch wrestling would prove to be a major influence on the rules of the emerging styles of freestyle and folk style.

Freestyle to Follow

Less than a decade after the first modern Olympic Games in Athens, a second style of wrestling was added to the 1904 games in St. Louis, Missouri. This new style would be called "freestyle," an evolution of the popular catch-wrestling style that allowed wrestlers to incorporate pushing, lifting, tripping and other techniques using the lower body. Since the establishment of freestyle, both of the international styles have gained popularity and respect throughout the world - so much so that a universal governing body needed to be put in place to accommodate the growing needs of the wrestling community.

Nations such as Russia, Azerbaijan, and Iran currently yield some of the most successful freestyle wrestlers.

American Style

As Greco-Roman and freestyle were making an impact on the international scene, folk style wrestling was growing rapidly in America. Early folk style rules were a combination of catch wrestling rules brought over by early American settlers and the freestyle rules of the time. By the late 1800s, folk style had evolved into a popular sport practiced at local athletic clubs, along with

boxing and gymnastics. Many college wrestling teams sprung up at the beginning of the 20th century, and in 1928 the first NCAA national championship was won by Oklahoma A&M (now Oklahoma State University). Since then folk style wrestling teams have been established at thousands of universities, high schools, and even at elementary schools. Top level wrestlers in America typically compete in folk style during their prep (high school, college) careers, but eventually move on to grapple with the world's best in freestyle and Greco.

FILA Unites the World

By the turn of the 20th century, wrestling had evolved from being an ancient art with various rules and styles, to becoming a major form of organized competition, recreation, and entertainment throughout the world. In 1905, the first international federation for wrestling was created to unify and organize the different styles of the sport, especially the rapidly growing international styles of freestyle and Greco-Roman. This organization would take on many names, but in 1994, the world's governing body for wrestling would be given the name as we know it today - FILA (International Federation of Associated Wrestling Styles).

FILA set many goals in order to expand the sport. These goals included the establishment of a unified world championship, the creation of regional training centers to build the current level of competition, and the communication and networking between all wrestling nations. Since the creation of this world committee, other non-Olympic styles have been affiliated with FILA, including traditional forms of wrestling such as belt wrestling and pankration. FILA has also backed emerging styles like beach wrestling, which was established in 2004. What followed was a historic landmark for all wrestlers, as another division based on gender was sanctioned as an Olympic event.

The Rise of Women's Freestyle

Although women have participated in the sport of wrestling for many years, organized women's divisions did not become present until the 1980s in European competition. The rules in the women's divisions took on many forms and changed frequently at first. Over time, however, the same rules as male freestyle divisions were applied with very minor alterations. In 1984, FILA

included women's freestyle wrestling in its association. Just a few years later, the first women's world championships were held in Lorenskog, Norway.

Women's wrestling has snowballed into a major force on the world level, fielding tough all-female teams from numerous countries. Some of the best female wrestlers come from Azerbaijan, Japan, Canada, Ukraine, Russia and the United States. The establishment of the women's freestyle division at the 2004 Olympic Games in Athens refreshingly confirmed modern society's view of equality, and with it the definition of what an athlete truly is.

Wrestling with Tomorrow

As the world's wrestling community grows, the rules, techniques, and athletes continue to grow with it. As the sport changes rapidly to accommodate assets and obstacles alike, one must truly be a student of the sport to stay "in the know" with its constant changes. Internet and television coverage has allowed the sport to reach more individuals than ever before, continuing to bring the unique and pure competitive elements of wrestling to spectators and athletes around the world.

Olympic history

The 1900 Games were the only ones where wrestling was not present in any shape or form. Freestyle wrestling first appeared on the Olympic programme at the 1904 Games in St Louis. It was not included in the 1912 Games, but since the 1920 Games in Antwerp, it has been present at every edition of the Games.

At the 2000 Olympic Games in Sydney, the Greco-Roman wrestling programme was modified. Only eight weight categories are now represented in each style, as opposed to the 10 that had been included since the 1972 Games in Munich. The reduction in the number of categories from 10 to seven in freestyle wrestling allowed for the introduction of women's wrestling in 2004, at the Athens Games, where there were four women's events on the programme.

The Japanese women won medals in each category, while the USA and France won two medals each. The first medal was won by Ukraine's Iryna Merlenko, who dominated her four opponents in the 48kg category and went on to win the final by tie-break.

Significance

The first modern Olympic Games in 1896 featured wrestling as a sport, and since 1920, wrestling has been part of the Olympics using the freestyle and Greco-Roman wrestling styles. Freestyle wrestling increased in popularity throughout the 19th and 20th centuries, both as an entertainment act and as a competitive sport. Unlike Greco-Roman wrestling that limits holds to the upper body, freestyle wrestling allows opponents to use their legs and use holds below the waist as well.

Significant Dates in Wrestling History

1888: New York City, NY, is host to the first organized national wrestling tournament
1904: Saint Louis, MO, is host to the first wrestling competition of our modern Olympic Games
1912: The International Federation of Associated Wrestling Styles (FILA) is founded in Antwerp, Belgium
1912: Ames, IA, is host to the first NCAA Wrestling Championships
1983: USA Wrestling becomes the national governing body of amateur wrestling
1987: Oslo, Norway, is host to the first world women's wrestling championship
2004: the Olympic Games now includes women's wrestling

Historic Wrestling by Country

China: a wrestling style called Shuai Jiao originated from China and has over 4,000 years of history
Egypt: documentation of wrestling appears on tombs (2300 BC) and Egyptian artwork (2000–1085 BC)
Greece: wrestling was a popular form of martial art (1100–146 BC)
Rome: Greek wrestling was adapted into Roman wrestling after the Romans conquered the

Greeks (510 BC–AD 500)

Arabia: according to Arabic literature, Muhammed defeated a skeptic in a famous wrestling match

France: King Francis I beat King Henry VIII of England in a wrestling match in 1520, at the Field of the Cloth of Gold

Scotland: a variation on catch wrestling, or catch-as-catch-can, was developed by the Scots

Ireland: the collar-and-elbow style, which was eventually introduced in the United States, was developed by the Irish

Modern Day

Today, the major amateur wrestling styles are Greco-Roman, freestyle, sombo and judo. In addition to the United States, many other countries love wrestling. 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. Weight categories have been established for both men and women wrestlers that compete on various levels, from local or regional to international. Countless modern forms of wrestling are practiced, most of which have their own regional and national associations or federations and championships.

Conclusion- Wrestling is combat sports involving grappling type techniques such as clinch fighting, throws and takedowns, joint locks, pins and other grappling holds. A **wrestling** bout is a physical competition, between two (occasionally more) competitors or sparring partners, who attempt **to gain and maintain a superior position.**