

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

Summary

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