

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.: 38

Lecture Title

Wrestling Styles

FAQ's

Q1. What is free style wrestling?

Ans- Freestyle is arguably the world's most popular style of wrestling. This is due in large part to rules that have been carefully designed to create scoring possibilities. This fast-paced style is the least restrictive of all of the major styles and allows competitors to execute both upper- and lower-body attacks in order to score on an opponent.

Q2. What is Par terre?

Ans- "Par terre" is when the action of the match is on the mat, with one wrestler in the top position and the other in the bottom position.

Q3. What are the weight classes in wrestling?

Ans- There are different weights for every age group. However, the following weight categories are contested internationally:

Senior Men (In kilograms) 50-55 kg 60 kg 66 kg 74 kg 96 kg 96-120 kg

Senior Women 44-48 kg 51 kg 55 kg 59 kg 63 kg 67 kg 67-72 kg

Q4. What is folk style wrestling?

Ans- Folkstyle, also known as collegiate or scholastic style, is most popular in the United States. Many middle schools, high schools and colleges have folkstyle teams. Scoring and match procedure in folkstyle is extremely unique in comparison to the international styles of freestyle and Greco-Roman

Q5. What is Leg clinch?

Ans- The clinch rule, or "ordered position," is used to force action and decide the winner of a scoreless period. This position starts with one wrestler standing in the center of the mat, and the other wrestler squatting and taking control of one of his opponent's legs. The defensive wrestler (standing) is allowed to put his hands on his opponent's back, but may not block or defend in any other way before wrestling starts. These offensive and defensive positions are chosen at random.

Once the offensive wrestler has taken a leg, this is when wrestling starts. If the offensive wrestler scores in this position wrestling is stopped and this wrestler wins

the period. If the attacking wrestler does not score in this position at the end of this 30 second period, the defending wrestler is awarded one point and wins that period of wrestling.