

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

References:

The Physical Body: Indian wrestling And Physical Culture

Links

<https://unitedworldwrestling.org>

<https://www.olympic.org>