

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

Summary

Freestyle and Greco-Roman are popular on the International level; folk style wrestling has been a traditional style in the United States for centuries. It is wrestling, which is played in different types in every country.