
WRESTLING

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Wrestling is a combat sport 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 competitors or sparring partners, who attempt to gain and maintain a superior position. There are a wide range of styles with varying rules with both traditional historic and modern styles. Wrestling techniques have been incorporated into other martial arts as well as military hand-to-hand combat systems.

Short History

Wrestling represents one of the oldest forms of combat. The origins of wrestling go back 15,000 years through cave drawings. The Iliad, in which Homer recounts the Trojan War of the 13th or 12th century BC, also contains mentions of wrestling. In ancient Greece wrestling occupied a prominent place in legend and literature; wrestling competition, brutal in many aspects, served as the focal sport of the ancient Olympic Games. Wrestling (pal? – ????) has shown at ancient Olympic Games in 708BC. Wrestling techniques were part of Pankration (??????????), which was introduced in 648BC. The ancient Romans borrowed heavily from Greek wrestling, but eliminated much of its brutality. Wrestling has also been an event at every modern Olympic Games since the 1904 games in St. Louis, Missouri (a demonstration had been performed at the first modern Olympics). The international governing body for the sport, United World Wrestling (UWW), was established in 1912 in Antwerp, Belgium as the International Federation of Associated Wrestling Styles (FILA).

Greco-Roman Wrestling

Greco-Roman is an international discipline and an Olympic sport. In Greco-Roman style, it is forbidden to hold the opponent below the belt, to make trips, and to actively use the legs in the execution of any action. Recent rule changes in Greco-Roman increase opportunities for and place greater emphasis on explosive, 'high amplitude' throws. Pinning one's opponent to the mat is one way of winning.

Freestyle Wrestling

Freestyle wrestling is an international discipline and an Olympic sport, for both men and women. This style allows the use of the wrestler's or his opponent's legs in offense and defense. Freestyle wrestling has its origins in catch-as-catch-can wrestling and the prime victory condition in this style involves the wrestler winning by throwing and pinning his opponent on the mat.