

In wrestling two opponents attempt to control the other through grappling techniques without the use of striking. It is perhaps the most demanding athletic sport physically and mentally, combining a need for incredible strength, speed, conditioning and the memorizing of at least dozens and sometimes hundreds of offensive and defensive moves.





**Wrestling** may be the oldest sport known to man. One of the most famous wrestling matches appears in the book of Genesis where Jacob wrestles an angel and is renamed *Israel* for his struggle, which translates to "Wrestles (or struggles) with God".



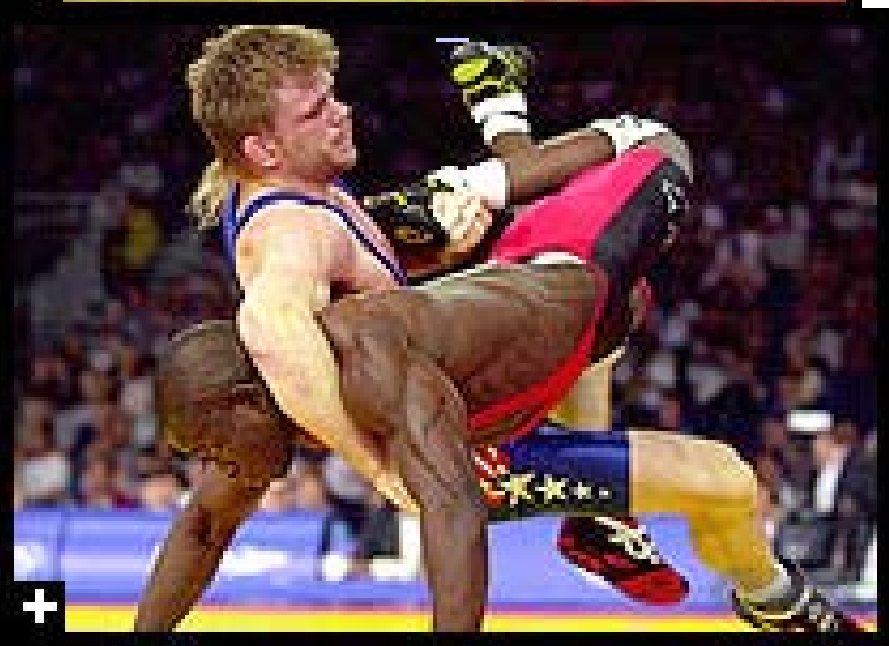
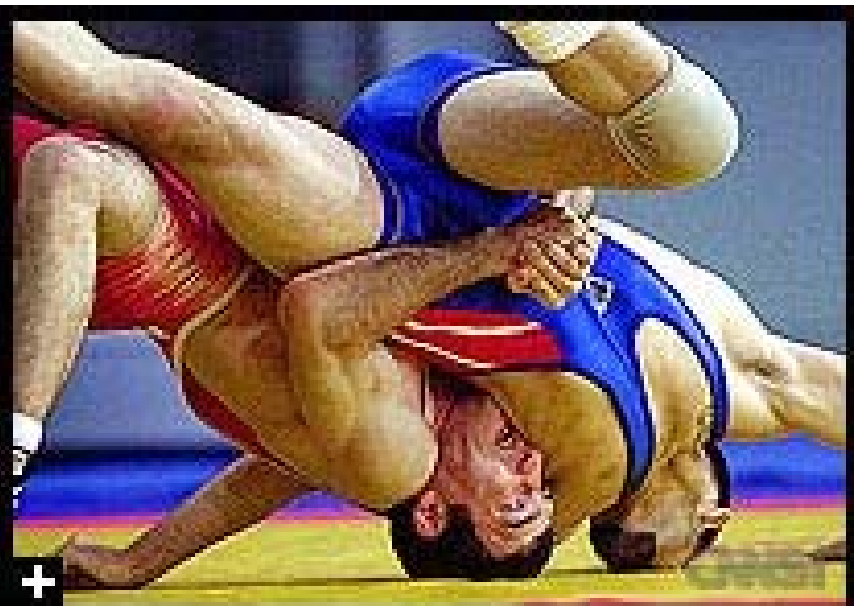
In modern systems, wrestlers score points for various accomplishments including, depending upon the style, takedowns, reversals, escapes and near-falls. Besides winning a match by points, a wrestler can win at any time during a match by turning his opponent to his back, known as a pin.

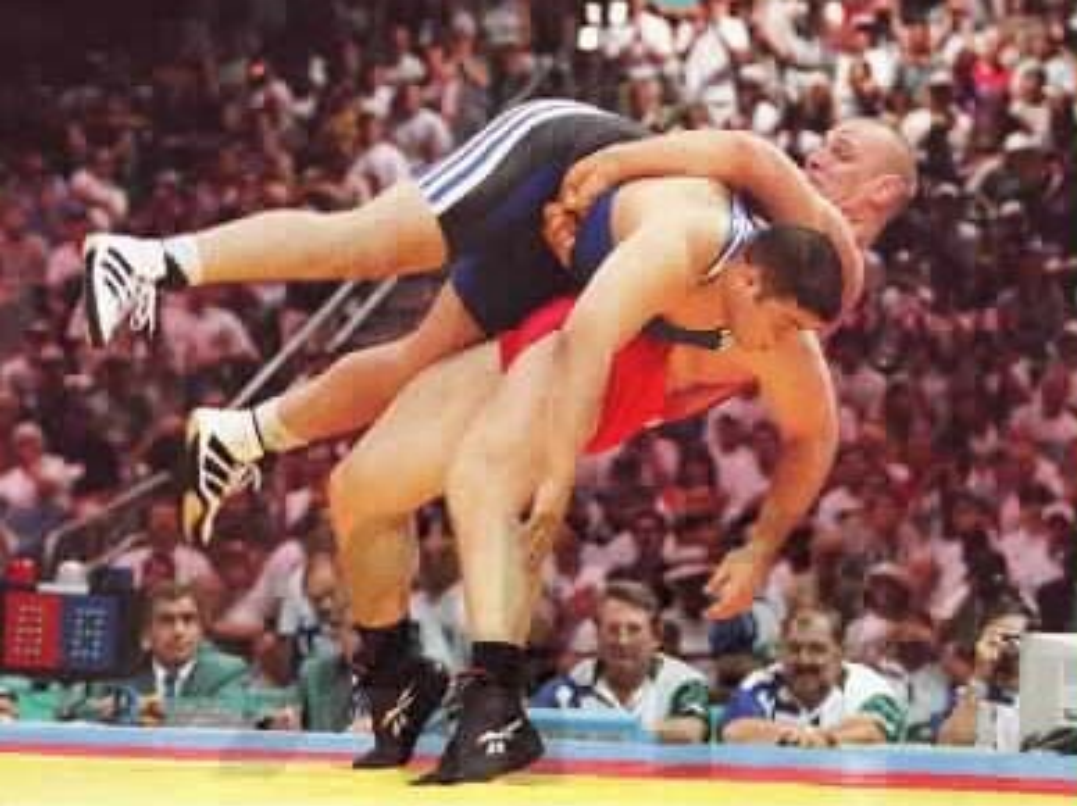
Historically, there are almost as many wrestling styles as there are national traditions.

The **International Federation of Associated Wrestling Styles** (FILA), categorises the four main forms of amateur competitive wrestling practiced internationally today are **Greco-Roman** wrestling, **Freestyle** wrestling, **Judo** and **Sambo**.

Staged grappling is commonly called **professional wrestling**. In India it is also known as **Pehelwani**.

**Freestyle wrestling** is a form of amateur wrestling that is practiced throughout the world. It is, along with track and field, one of the oldest sports in history.





Alexander Karelin throwing a competitor from Tunisia

A popular story holds that Abraham Lincoln was in a Greco match when he was informed that he had been elected President of the United States

## Greco- Roman Wrestling

Colloquially referred to simply as 'Greco,' this style of wrestling forbids attacks below the waist. As a result, throws are encouraged as the opponent cannot avoid being thrown by simply hooking or grabbing his opponent's leg. Otherwise, the sport is identical to freestyle.

This form of wrestling was believed to have adapted from the Ancient Greek style of wrestling and to have been practiced mostly by Roman soldiers throughout the empire. In fact, it is derived from a 19th Century French form of show-wrestling popular for its high throws. Real ancient wrestling was quite different; see pankration. Famous practitioners include the Russian **Alexander Karelin** and the American **Rulon Gardner**;

**Judo** ("gentle way") is a martial art, combat sport, and philosophy which originated in Japan. One of the distinguishing characteristics of Judo as compared to many other martial arts is that the primary goal in a Judo competition is to throw one's opponent to the ground; kicks, punches, and other strikes are not allowed in Judo competition or sparring (known as randori). Judo was founded by Dr Jigoro Kano in 1882. The sport became the model for the modern Japanese martial arts, gendai budo, developed from old koryu schools. Practitioners of judo are called **judoka**



Jigoro Kano  
(1860 - 1938),





**Sambo** (Russian: самбо) -- (also called Sombo in the US and sometimes written in all-caps) is a modern martial art, combat sport and self-defense system developed in the former Soviet Union, and recognized as an official sport by the USSR All-Union Sports Committee in 1938, presented by Anatoly Kharlampiev.

The word Sambo) meaning "self-defense without a weapon" in Russian. Sambo has its roots in traditional folk styles of wrestling such as Armenian Koch, Georgian Chidaoba, Moldavan Trinte, Uzbek Kuresh, and Mongolian Khapsagay.

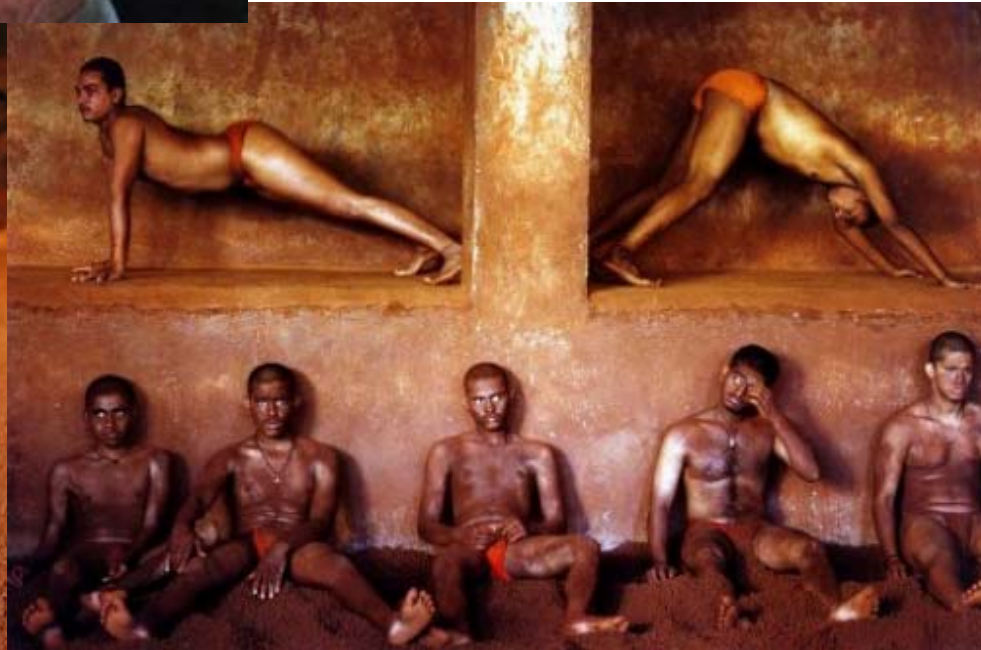
## The main objectives of wrestling in military training are:

- Superior balance developed from trying to keep one's balance while at the same time trying to upset the opponent's. In war, falling to the ground can quickly make one vulnerable to weapon thrusts, so good balance is a must for warriors.
- Grip strength and manual dexterity, for the use of weapons and combat gear
- Focused and powerful pushing-power. In combat one must smash or thrust weapons forward at one's adversary.
- The ability to get up quickly if fallen down, a very important survival skill on the battlefield (see above).
- Improved stamina, endurance and strength.
- Physical skills to control prisoners, or to carry wounded comrades.
- Cultivation of aggressiveness and improved reaction time.
- Camaraderie, diversion and entertainment.

Wrestling is a safe way to achieve the above goals since it does not use dangerous objects or weapons.

## INDIA TRADITIONAL INDIAN WRESTLING (KUSTI).

The wrestlers are known as "Malla". This wrestling match is played in the square dark red clay ground, which is known as "Akhada". The town of Kolhapur (400.000 inhabitants) is the main center of Kusti in India. Many young boys come to practice "Kusti" to this town.





There are 25 teams. The young wrestlers train two times a day: in the early morning (4am-6.30am) and in the afternoon (4pm-6pm) six days a week. Most of this young boys are very poor and modest. They live, eat and sleep together in small room near to Akhada. They are on the strict diet and train diligently. They are concentrated only on Kusti. Kolhapur city is famous for its wrestling.



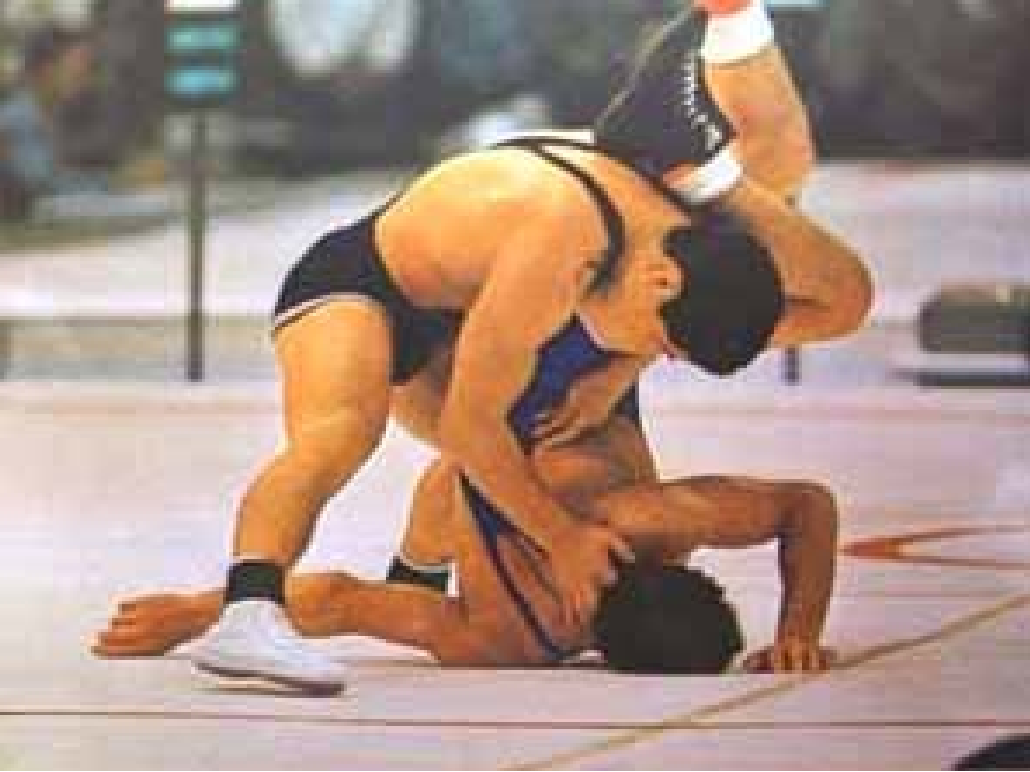


Issued in 1980 on the occasion of the  
Asian Table Tennis Championships at  
Calcutta

The Wrestling Federation of India has been promoting wrestling in India since 1967.

To organized the following National Championships every year:

1. Sub-Junior (Cadet) Boys Free Style & Greco Roman Style National Wrestling Championship
2. Senior Women Free Style National Wrestling Championship
3. Cadet 8. Junior Women Free Style National Wrestling Championship
4. Junior Boys Free Style & Greco Roman Style National Wrestling Championship
5. Senior Men Free Style National Wrestling Championship
6. Khashba Jadhav Wrestling Chashak Tournament "Federation Cup"
7. Wrestling Federation of India organize "Jan Nayak Chaudhary Devi Lal Gold Cup" World Free Style Wrestling Tournament every year.



## **Osamu Watanabe**

**Osamu Watanabe** (Japanese: 渡辺 修) is a Japanese Olympic gold medalist in freestyle wrestling and arguably the most successful freestyle wrestler from any nation. Born in 1940, he attended Chuo University during a time when they were viewed as one of Japan's dominant collegiate wrestling programs.

At age 24 before his home nation, he took a gold medal in the 1964 Olympics held in Tokyo. He gave up no points during the tournament, spending a total of 10 minutes on the mat altogether. Perhaps most importantly, he retired afterwards with an unbeaten record of 186-0 (without having given up any points through any of his matches), making him the only modern Olympian in any style of wrestling to go unbeaten throughout the entirety of his career.