

Wrestling

Wrestling is a Farsi word which is known as "Batthambattha". It is played worldwide, in one or the other forms according to the cultures and skills of the region. It is recognized with different names in different parts of the world. For example: In Japan it is known as SUMO, in Russia - SAMBO, in Turkey-CHALGI, in Iran-Kushti, in India - Malyuddha.

In ancient Indian culture, Malyuddha was famous and during the times of Mahabharata, Shree Krishna, Balram, Bheem, Kans, Chanur, etc were the famous skilled players known. But in the present times it is played in two styles: Freestyle & Graeco-Roman which are widely accepted and famous. Wrestling is also included in Olympic Games. Wrestling was included in Olympics since 1896 rather; the importance of Wrestling took a tool after the World War II. Now, almost every country entertains the event internationally.

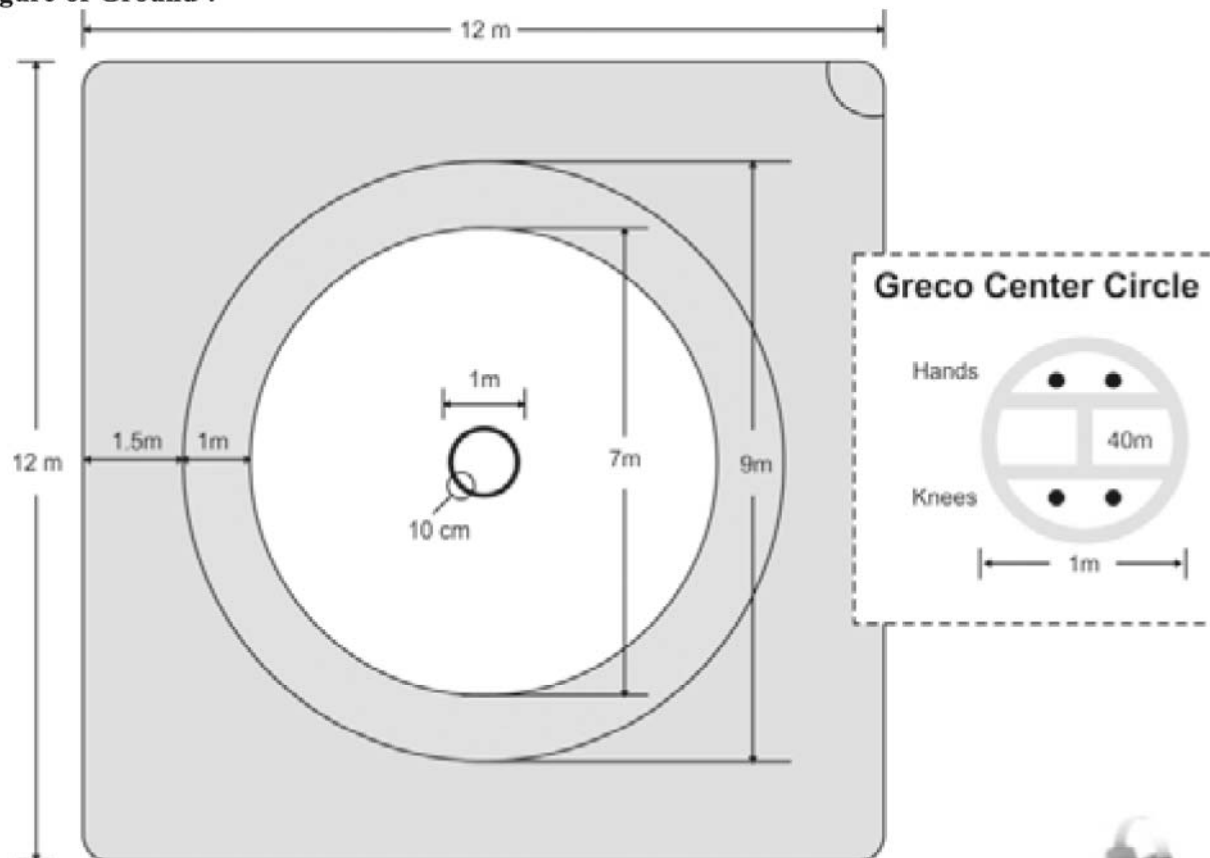
Freestyle of wrestling is very famous and has lot of viewership than the Graeco-Roman style. In that all styles of grip, throw and pinning the opponent is allowed, but duels are controlled by the International Rules of Wrestling. Graeco-Roman wrestling has the same rules as Freestyle, but the main difference is that you cannot hold the opponent below the hips or pin them with your legs. In both, pulling or snatching of the hair, muscles or the covert organs of the opponents, kicking the hands, legs or fingers; strangulating the neck are considered to be violating the rules.

Rules :

- (1) In one weight category, only one player of any team can participate.
- (2) One the day of the competition, the competitor should be clean shaven or must have been growing it for a long time.
- (3) In the game of wrestling, there are 3 rounds of 2 minutes each. In between two rounds, there is a rest period of 1 minute. If the player wins before the time, the game will be over.
- (4) To win the game, you have to pin down the opponent with his/her shoulders on the mat and the hold is kept for 1 second to win the game.
- (5) If you wish to use ear protectors, you need to take prior permission from the authorities. It cannot be made of metal.
- (6) Players cannot wear dress with maps of countries logos or other emblems.
- (7) You should not wear wrist bands, unless permitted by doctor or in case of any injury.
- (8) The body cannot be smeared with oil or grease.
- (9) You should not step into the mat frequently during the competition.
- (10) Players should not wear rings, bracelets or any other things that injures the opponents.
- (11) While Weighing the players, the referee should investigate in accordance to the requirements of the game, and then the referee has to warn the player and not allow them to participate.
- (12) If the player is insufficiently dressed player should be given 1 minute time. In this given time, if the requirements are not fulfilled, the player is considered to lose the game.

- (13) A junior player is allowed to participate in the senior category after getting Doctor's certificate and permission from guardians.
- (14) To take part in any international competition, the male or female player must have been granted permission from the International organization.

Figure of Ground :



Uniform

According to the international rules, competition-uniform is a singlet one-piece singlet. In this singlet, one is red and one is blue. Bandage or sports belt should be worn by doctor's advice. Light kneecap is permitted. Shoes should be light weight and without heels. The body should not be smeared with oil or grease. Nails should be cut and trimmed.

Time

Sub-junior section : There are 2 rounds of 2 minutes each in sub-junior wrestling. There is a break of 30 seconds in between the rounds.

Junior & Senior : There are 2 rounds of 3 minutes each. There is a break of 1 minute in between the rounds. But, if any player wins before the time, the game will be over. The time-keeper announces the time every minute. When the time ends, the time-keeper will ring the bell and then the referee will blow the whistle and signals the end of the game.

Officials :

In this game there are four officials-one referee, one chairman, one judge and time-keeper

AGE Category :

In accordance to the age of the players, the following categories are given :

- | | | |
|-------------------------|---|--------------------|
| (1) For school students | : | 14 -15 years |
| (2) For sub-junior | : | 16 -17 years |
| (3) For junior | : | 18 -20 years |
| (4) For senior | : | More than 20 years |

Weight Category :

There is weight category similar to age category for school students, sub-junior, junior and senior players. For example, looking at a standard 11 student, the weight categories have been mentioned below :

| School Children Weight (in kgs) | Sub-Junior Weight (in kgs) | Junior Weight (in kgs) |
|------------------------------------|-------------------------------|---------------------------|
| 29 -32 | 39 -42 | 46 -50 |
| 35 | 46 | 55 |
| 38 | 50 | 60 |
| 42 | 54 | 66 |
| 47 | 58 | 74 |
| 53 | 63 | 84 |
| 59 | 69 | 96 |
| 66 | 76 | 96 to 120 |
| 73 | 85 | - |
| 85 | - | - |

Skills

(1) Stance : The game begins with salutation. They come in the middle of the ground and the wrestlers shake hands. The referee checks their nails and other requirements. Then the wrestlers move towards their respective corners. They face each other from their corners and after hearing the referee's whistle, they move quickly and with agility to start the game.

(2) Push : Immediately after the act of salutation is over, the wrestlers will start wrestling. In order to win over the opponent, they push and pull one another - which has two types.

(i) Dandki Push : In this action, both the players are in the right foot forward stance. One of the players would put pressure on the dand of opponent and push him back. The opponent would put his front leg behind and go back, and upon getting the take after two or three backwards move, would put pressure on the dand of the opponent and push him back.

(ii) Neck Push : Both the wrestlers will grapple behind each other's neck, and the one who tries to push the opponent will move his front leg back and pull the opponent forward towards him. He will move three steps back. The opponent also does the same.

(3) Standing Dunki : When the wrestler is standing on the right leg pavitraa, then he puts his left hand on his chest and keeps the left elbow in line with the shoulders. The right hand puts on his right side and pushing his right leg on the ground and taking full turn towards his right side and falls opposite left side. The full turn of the body in the air is called 'Khadi Dunki'. Before taking part in competition a player takes 15 to 20 Khadi - Dunki for warning up.

(4) Sitting Dunki : Similar to the above dunki, when the werestler puts his right leg in front in the sitting position and performs the above steps is called sitting dunki.

(5) Bagli : Standing in front of each other, taking stance and immediately taking the opponent's left hand's wrist with his left hand and pulling him towards us, turn left hand side and opponent's right shoulder inside your right armpit, and with right hand opponent's elbow's upper arm and pull him to the left hand side and push him down. The opponent is pinned on the ground in supine position. In this time, he quickly sits on the opponent and pins him down.

(6) Bagli ki Rokh : When the opponent holds your right shoulder, and pins you under his armpit and tries to use the Bagli skill, then we move our left leg to the opponent's left thigh from outside his body and hold him, which stops him from using the Bagli skill on him.



(7) Standing Tang : When the opponent holds him from behind with both arms around the waist then he breaks the hold by holding his right wrist and moving his hand from under his left shoulder, clasping him tight, he pull him towards the right side while locking our left leg behind his left leg at the knee. These both actions are done swiftly in one single fluid motion, the opponent will fall on his thorex on ground in supine position. His left hand is entwined around his neck and he is pinning the opponent on his left side.

(8) Sitting Tang : When he is in the sitting stance and the opponent is holding him from behind at the waist, then he performs a step similar to Standing Tang and pins the opponent to win the game.

(9) Hand Ka Gal Khoda : When the opponent is standing in front of him and his left arm is holding his neck from the left side and his head is pinned in the armpit and the entwined hand would be stretched to the opponent's right shoulder and then his right hand is under his right armpit and on his right side waist and hold him tight.



EXERCISE

1. Do as directed :

- (1) What is push in wrestling ? Give details of this skill.
- (2) Draw the diagram of the wrestling ground.

2. Write short notes :

- (1) Standing stance (2) Bagli (3) Hand ka Gal Khoda (4) Bagli ki Rokh

3. Give the answers in one or two sentences

- (1) What is the Indian name of wrestling ?
- (2) What is the age group for school player ?
- (3) What are the wrestling styles famous in the modern age ?
- (4) What is height of the ground in wrestling ?
- (5) What is stance (salutation) in wrestling ?

4. Find the right answer from the following:

- (1) The age group of junior players in wrestling is :
 (A) More than 10 years (B) 16 to 17 years
 (C) 18-20 years (D) 14-15 years
- (2) How many rounds are played in wrestling ?
 (A) One (B) Two (C) Three (D) Four
- (3) How many officials are there in wrestling ?
 (A) One (B) Two (C) Three (D) Four

