

WRESTLING

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THERE ARE 3 STYLES OF WRESTLING.

- Folk style
- Free style
- Greco



FOLK STYLE

- Most common in the United States
- Folk style is the style of wrestling in college
- Points
 - 2 for take down
 - 1 for escape
 - 2 for reversal
 - 2 – 3 for back points



FREE STYLE

- Found all around the world
- Free style is the style of wrestling in the Olympics
- Points
 - 1 for a push out of bounds
 - 2 for take down
 - 1 for escape
 - 2 for exposing your own back to the mat



GRECO

- Found all around the world
- Greco wrestling is a style in the Olympics
- Points
 - 5 for a throw
 - 1 for a push out of bounds
 - Penalty point for touching the other wrestlers legs
 - 2 for exposing your own back to the mat



OHIO UNIVERSITY WRESTLING

- Folk style wrestling



OLYMPIC WRESTLING

- Free style
- Greco



Wrestling in India



Wrestling is considered one of the most ancient and oldest sports in the world, wrestling in India has a glorious past.

HISTORY

Wrestling has been popular in India since ancient times, it was mainly an exercise to stay physically fit. The wrestlers, traditionally, use to wear a loincloth, [langota](#). In [Ancient India](#) wrestling was most famously known as [Malla-yuddha](#). One of the premier characters in [Mahabharata](#), [Bhima](#) was considered to be a great wrestler of the time, and some of the other great wrestlers included [Jarasandha](#), [Duryodhan](#) and [Karna](#). In the other Indian epic, [Ramayana](#) also mentions wrestling in India and [Hanuman](#) is described as one of the greatest wrestlers of his time.

During the Muhgal rule who were of Turko- Mongol descent,
the influence of Iranian and Mongolian wrestling were
incorporated to the local Malla-yuddha to form

the modern Pehelwani. Wrestling in India is also known as *Dangal*, and it is the basic form of a wrestling tournament. In 2018, Khushi Kothale, Akita Sharma and Mahin Sikha got selected for the 3rd round of Asian Games Women's freestyle wrestling. 2nd round was held in Pune where Khushi Kothale, Akita Sharma and Mahin Sikha showed excellent performance, though, Khushi Kothale was leading on the score board(6-2) against Russia.

We heartily congratulate the work done by the trio. It is also called kushti in Punjab and Haryana. The wrestling in Punjab and Haryana will take place in a circular court with soft ground which in Punjabi is called an "akharha". Two wrestlers will continue to wrestle until the back of one touches the ground. The winner will parade the court with the loser following him.[10] The wrestlers are called Pehlwan who train with modern weights and traditional weights such as a Gada (mace). The aim of kushti is to wrestle the opponent and to block the other player.



The Benefits of Wrestling:

Why You Should Wrestle.





There are plenty of benefits awarded to the wrestlers who dedicate themselves to the sport. It's obvious that wrestling develops a physically strong base, but it also teaches lessons that can be translated into other aspects of life once a wrestler's career is over. If you're uncertain about whether or not you or your child should wrestle, this guide offers a few reasons that should help you make your final decision.

Overview of

Wrestling Rules

- The object of the sport of wrestling is to put your opponent on his back – to pin him.
- A pin (or fall) is when you put your opponent on his back with any part of both shoulders or both shoulder blades of your opponent in contact with the mat for two seconds. When you pin your opponent, the match is over and you are the winner.
- If nobody gets pinned, the winner is the wrestler who has scored the most points during the match.

- 1) Takedown - (2 points) You score two points for taking your opponent down to the mat and controlling him/her.
- 2) Escape - (1 point) You score one point for getting away or getting to a neutral position when your opponent has you down on the mat.
- 3) Reversal - (2 points) You score two points when you have your opponent down on the mat and you come from underneath and gain control of your opponent.
- 4) Near Fall (Back Points) - (1 or 2 points) You score one or two points when you almost but not quite get your opponent pinned. A near fall (back point) is when...
 - both shoulders are held for two seconds within four inches of the mat, or one shoulder touches the mat and the other shoulder is at a 45 degree angle coming down to the mat.
 - the wrestler is held in a full nelson for two seconds.
 - If a near fall lasts for two seconds you get 2 points. If a near fall lasts for one second, you get 1 point.
- 5) Penalty Points - (1 or 2 points) Your opponent is awarded points if you commit the following infractions: [\(NFHS penalty chart AT THIS LINK\)](#)

There are five ways to score points

FAMOUS PERSONALITIES

1. SUSHIL KUMAR
2. GEETA PHOGAT
3. SAKSHI MALIK



Sushil Kumar (Wrestler)

Personal information

Nationality	Indian ^[1]
Born	26 May 1983 (age 35) Baprola Delhi India ^[2]
Height	166 cm (5 ft 5 in) ^[2]

Sport

Country	India
Sport	Wrestling
Event(s)	Freestyle
Club	NIS, Delhi
Coached by	Satpal Singh

Medal record

Representing **India**

Olympic Games

2008 Beijing

66 kg Freestyle

2012 London

66 kg Freestyle

World Championships

2010 Moscow

66 kg Freestyle

Commonwealth Games

<u>2010 Delhi</u>	<u>Asian Games</u> <u>66 kg Freestyle</u>
<u>2014 Glasgow</u>	<u>74 kg Freestyle</u>
<u>2006 Doha</u>	<u>66 kg Freestyle</u>
<u>2018 Gold Coast</u>	<u>74 kg Freestyle</u>

Asian Championships

<u>2003 New Delhi</u>	60 kg Freestyle
<u>2007 Bishkek</u>	66 kg Freestyle
<u>2008 Jeju Island</u>	66 kg Freestyle
<u>2010 New Delhi</u>	66 kg Freestyle

Commonwealth Championship

2003 London ^[3]	60 kg Freestyle
2005 Cape Town ^[4]	66 kg Freestyle
2005 Cape Town ^[5]	66 kg GR
2007 London ^[6]	66 kg Freestyle
2009 Jalandhar ^[7]	66 kg Freestyle
2017 Johannesburg ^[8]	74 kg Freestyle

Geeta Phogat

Personal information

Birth name	Geeta
Full name	Geeta Kumari Phogat
Nationality	Indian
Born	15 December 1988 (age 30) Balali Haryana India ^[1]
Residence	Haryana ^[1]
Height	5 ft 0 in (152 cm) ^[1]
Weight	62 kg (137 lb) ^[1]
Spouse(s)	Pawan Kumar (m.2016)

Sport

Country	India
Sport	<u>Wrestling</u>
Event(s)	<u>Freestyle wrestling</u>
Coached by	<u>Mahavir Singh Phogat</u>

Medal record

Representing India

World Championships

2012 Strathcona County

55 kg

Commonwealth Games

2010 Delhi

55 kg

Asian Championships

2012 Gumi

55 kg

2015 Doha

58 kg

Commonwealth Championship

2009 Jalandhar^[2]

55 kg

2011 Melbourne^[3]

55 kg

2013 Johannesburg^[4]

59 kg

Sakshi Malik

Personal information

Born	3 September 1992 (age 26) <u>Mokhra village, Rohtak district, Haryana, India</u> ^[i]
Height	162 cm (5 ft 4 in) (2016) ^[i]
Weight	58 kg (128 lb) (2016) ^[i]

Sport

Country	<u>India</u>
Event(s)	<u>58 kg freestyle</u>
Coached by	Ishwar Dahiya, Kuldeep Malik, Kripa Shankar, Manjeet

Medal record

Women's Freestyle Wrestling Representing India

Olympic Games

2016 Rio de Janeiro

58 kg

Commonwealth Games

2014 Glasgow

58 kg

2018 Gold Coast

58 kg

Asian Championships

<u>2015 Doha</u>	60 kg
<u>2017 New Delhi</u>	60 kg
<u>2018 Bishkek</u>	62 kg

Commonwealth Championships

2013 Johannesburg ^[2]	63 kg
2017 Johannesburg ^[3]	62 kg

World Junior Championships

2010 Budapest^[4]

59 kg

Asian Junior Championships

2009 Manila^[5]

59 kg

2012 Almaty^[6]

63 kg