WRESTLING

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THEREARE 3 STYLES OF WRESTLING.

- Folk style
- •Free style
- •Greco



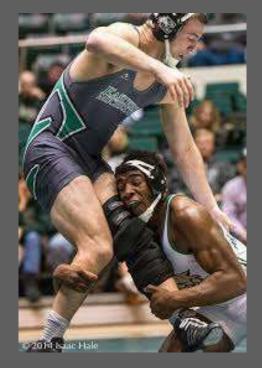




FOLK STYLE

- 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

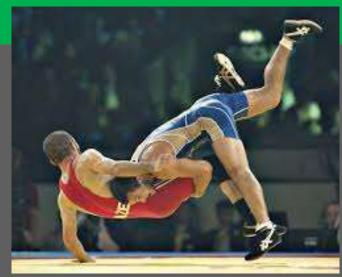


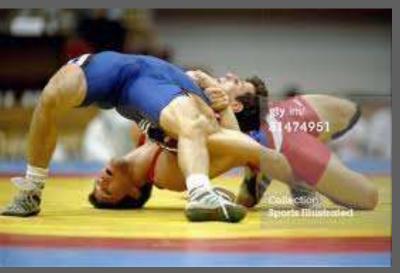




FREE STYLE

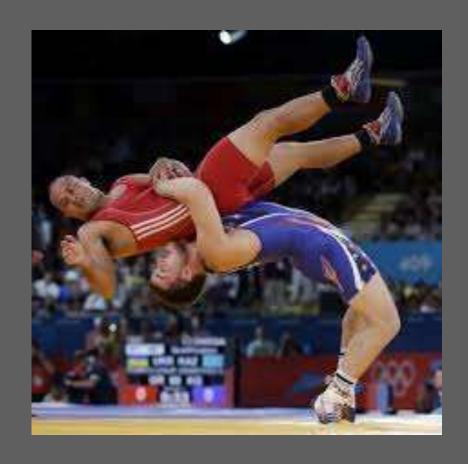
- Found all around the world
- Free style is the style of wrestling in the Olympics
- Points
 - 1 for a push out of bounds
 - 2 for take down
 - 1 for escape
 - 2 for exposing your own back to the mat





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.

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

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 heartly 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 Pehlwans 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:

WhyYou Should Wrestle.



Overview of Wrestling Rules

There are to

(NFHS penalty chart AT THISLINK)

score points

FAMQUS PERSONALITIES

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







Sushil Kumar (Wrestler)

Personal information

Nationality	Indian
Born	26 May 1983 (age 35)
	Baprola, Delhi, India
Height	166 cm (5 ft 5 in)

Sport

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

Medal record

Representing India

Olympic Games

2008 Beijing

2012 London

66 kg Freestyle

World Championships

2010 Moscow

66 kg Freestyle

Commonwealth Games

2010 Delhi

<u> Asian Games66 kg Freestyle</u>

2014 Glasgow 2006 Doha 2018 Gold Coast

74 kg Freestyle 66 kg Freestyle 74 kg Freestyle

Asian Championships

2003 New Delhi	60 kg Freestyle
2007 Bishkek	66 kg Freestyle
2008 Jeju Island	
2010 New Delhi	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	<u>Indian</u>
Born	15 December 1988 (age 30)
	Balali, Haryana, India
Residence	<u>Haryana</u>
Height	5 ft o in (152 cm)
Weight	62 kg (137 lb)
Spouse(s)	Pawan Kumar (m. 2016)

Sport

Country	India
Sport	Wrestling
Event(s)	Freestyle wrestling
Coached by	Mahavir Singh Phogat

Medal record

Representing India

World Championships

2012 Strathcona County

55 kg

Commonwealth Games

2010 Delhi

55 kg

Asian Championships

<u> 2012 Gumi</u>	55 kg
2015 Doha	58 kg

Commonwealth Championship

2009 Jalandhar [2]	55 kg
2011 Melbourne ^[3]	55 kg
2013 Johannesburg <mark>[4]</mark>	

Sakshi Malik

Personal information

Born	yillage, Rohtak district, Haryana, India
Height	162 cm (5 ft 4 in) (2016)
Weight	58 kg (128 lb) (2016)

Sport

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

Medal record

Women's <u>Freestyle Wrestling</u> Representing <u>India</u>

Olympic Games

<u>2016 Rio de Janeiro</u> <u>58 kg</u>

Commonwealth Games

<u> 2014 Glasgow</u>	<u>58 kg</u>
2018 Gold Coast	<u>58 kg</u>

Asian Championships

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

Commonwealth Championships

2013 Johannesburg	63 kg
2017 Johannesburg[3]	62 kg

