

# [Wrestling history](https://assignbuster.com/wrestling-history/)

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The forms of wrestling we know today as Greco-Roman, Folkstyle, and Freestyle   
found their origins in the lands on the eastern end of the Mediterranean Sea.

These lands are where the Ancient Greeks resided, and developed the art of   
wrestling. The Greeks influenced the styles and skills of wrestling of today.

" The sport of wrestling has been highly developed for over five thousand   
years, and it is believed to have begun part of the soldiers training," The   
Ancient Greeks and The sport of Wrestling stated. Proof of this lie on the walls   
of the tomb in Beni Hasan in the form of pictures. These pictures are about five   
thousand years old and show holds from both the standing positions and the   
ground positions. From that time to the present wrestling turned from military   
skill to a sport skill. (The Ancient Greeks and The sport of Wrestling, 7-2)   
During this time wrestling was also developed in other cultures, like that of   
ancient Greeks. Wrestling to the Greeks was not only part of the soldier's   
training, but was also a part of everyday life. Youth did not only learn   
grammar, art of speech, and mathematics, but young men also went through   
physical training, which consist of dancing and the art of wrestling. The Greeks   
saw wrestling as a development of grace and an activity that demands a high   
skill and physical fitness. (The Ancient Greeks and The sport of Wrestling, 7-3)   
Greek literature points out this skill of wrestling was used by gods and kings,   
as well as by soldiers and private citizens, in their efforts to overcome evil   
and brute force. Most of the heroes of Greek mythology were considered skillful   
wrestlers. Their view of skill most likely led to its introduction as a major   
sport in the Olympic Games in the year 704 B. C. (The Ancient Greeks and The   
sport of Wrestling, 7-4) Wrestling was a major sport in most Greek festivals,   
including the Olympic Games. In these festivals sports other than wrestling,   
such as foot races, chariot-races, throwing of the discos and javelin, and   
boxing, were also included. These events with variations and additions made up   
the program of the athletic festivals of Greece through the whole history. The   
events of the Olympic Games survived even through the rise and the fall of the   
Roman Empire. " With the conquering of the Greece by the Romans, the Greek   
form of wrestling began to lose popularity, since, the Romans didn't have the   
same sense of grace and skill," stated The Ancient Greeks and The sport of   
Wrestling. The Romans were also not interested in brute strength and violence.

(The Ancient Greeks and The sport of Wrestling, 7-5) One last thing that brought   
the decline of Greek wrestling, is the participation of many more countries in   
the Olympics. This was due to The Romans allowing other countries in the   
Olympics. The Greek spectators became tired of seeing their local wrestling   
heroes being defeated by competitors from the East. The success of the Asian   
wrestlers and others help along the decline of Greek Wrestling. (The Ancient   
Greeks and The sport of Wrestling, 7-5) Wrestling technique has changed very   
little, and many of the modern holds were derived from the sport as it was   
practiced in ancient Egypt, in 704, included wrestling. " Evidence that   
matches were increasingly being fixed and competitors rigged, however, cut short   
popularity of the sport, and it lay dormant for hundreds of years," stated   
the Concise Encyclopedia of Sports. (Concise Encyclopedia of Sports, 7-3) During   
the 19th century, Freestyle and Greco-Roman wrestling regained popular interest.

Circuses and carnivals in the United States sponsored wrestling matches, and   
this activity led directly to the revival of wrestling. William Muldon was   
declared the first American Champion. Following World War I, fixed professional   
wrestling matches threatened to discredit wrestling, but the Federation   
International des Luttes Amateur founded in 1921, saved the sport. This   
governing body codified rules, set standards, and organized competitions for all   
amateur 7 freestyle and 6 Greco-Roman weight divisions, an increase from only   
having one weight division in the 1904 Olympics. (Concise Encyclopedia of   
Sports, 7-3) In the Olympic and international completions wrestlers compete   
against others approximately the same weight. Ten weight classifications exist   
from 15. 8 pounds too more than 220. 4 pounds. Competitors must wear tight-fitting   
one-piece singlets. The wrestling mat is a raised platform, 6-8 meters square. A   
match is scheduled for three rounds, each period lasting three minutes, with   
1-minute rest periods between them. Matches are won either by pinning an   
opponent's shoulders to the mat and holding them for one second or by   
accumulating the greater number of points during the match. A referee, judge,   
and a mat chairman decide on the awarding of penalty points. Wrestlers are not   
allowed to pull hair, kick, punch, grip the edge of the mat, use head locks, and   
bend an opponent's arm more than 90 degrees or use any hold that may endanger   
the physical well-being of the opponent. (Sports and Games, 5-4) There are many   
different styles of wrestling. One of the most popular that is used in high   
school and college in the United States is folkstyle. This style developed in   
the United States as a modified form of the European Freestyle with variations   
influenced by the American Indian and early pioneers. In fact several history   
references indicated that both George Washington and Abe Lincoln were good   
Folkstyle wrestlers. (Rules of the Game, 4-2) Folkstyle concentrates on control   
and the execution of moves, with points awarded for successfully executing a   
move to gain control or escape your opponents' control. The wrestler on top must   
constantly work towards a pin while the wrestler on bottom must continually try   
to escape or reverse. In some aspects, Folkstyle is similar to Freestyle terms   
of wrestling technique used, however the rules influence the selection of   
attacks and the conduct of the match. (Rules of the Game, 4-2) Another popular   
style of wrestling is Freestyle. Freestyle is used in the Olympic games. It is   
similar folkstyle wrestling in terms of technique, but the rules and scoring are   
different. Anyone who wrestles folkstyle can wrestler freestyle. Because of the   
rules there are additional moves that can be don such as the gut wrench and leg   
lace. Matches are usually on five-minute period in the open and high school   
divisions and two periods with short break between for the younger age groups.

Wrestlers start on their feet, and points are accumulated by taking the opponent   
to the mat and exposing his back. Points are given for back exposure without   
having to hold your man down on his back for a certain period of time. Your   
opponents' back does not have to touch the mat, just be exposed towards the mat   
for a fraction of a second. " A pin is accomplished by bringing both of your   
opponents' shoulders or scapula in contact with the mat at the same time,"   
according to Rules of the Game. " Since the emphasis in Freestyle is on   
attack and exposure, just controlling the opponent from the top with no   
continuos back exposure is considered a stalemate, and both wrestlers are   
brought to their feet after a short time in order for the bout to   
continue," stated in Rules of the Game. Also, a wrestler can easily score   
points or pin himself by exposing his own back unless he is very careful how he   
performs his movements. There are no points for escapes and you can stall on   
bottom after you are takedown. Your objective on bottom is to gain a stalemate   
and to be restarted from the neutral position. Attempting an escape may only   
give your opponents points if you expose your back to the mat. You can score 1   
point for a reversal from the defensive position. However, you may give up   
points if you expose your back while attempting a reversal. (Rules of the   
Game, 4-3) Another important points about both Freestyle and Greco-Roman is that   
there is no penalty for failed throws. If a wrestler attempts a throw and ends   
up being taken down by his opponent, his opponent does not score points and   
wrestling is restarted from the neutral position. Also, either wrestler can lock   
his hands at any time. Wrestling is an old sport, it is extremely popular in   
ancient Greek and Roman societies. When the Romans conquered the Greeks, their   
two styles of wrestling gradually merged and created the internationally popular   
style of wrestling named Greco-Roman. Although other styles of wrestling are   
more popular in the United States, Greco-Roman is very popular in many other   
parts of the world. The unique characteristics that makes Greco-Roman so   
different from other styles of wrestling is the fact that holds or attacks below   
the waist are not permitted. For this reason, upper body throws are the norm.

(Rules of the Game, 4-4) Like Freestyle, Greco-Roman concentrates on taking your   
opponent to the mat and exposing his back, without using or attacking the legs.

Points for takedowns and exposures are nearly identical between Freestyle and   
Greco-Roman, so long as the legs are not used. Both Freestyle and Greco-Roman,   
in addition to judo, are recognized Olympic sports. (Rules of the Game, 4-4) In   
addition to these styles there are many other styles of wrestling. In the   
national style of Ireland, " collar-and-elbow" wrestling, the   
competitors wear short jackets with strong collars and grasp each other's collar   
behind the left ear with the right hand. The position of the hands cannot be   
changed until the fall is secure. Changing the position of the hands is a foul   
and loses the fall. Two shoulders and one hip or both hips and one shoulder must   
touch the floor at the same time for this fall. Wrestling in Japan dates more   
than 2, 000 years. Two styles are popular: sumo and jujitsu. Sumo is the national   
style. Weight is the main factor, and so most Japanese sumo wrestlers are very   
large. The methods are similar to those of Greco-Roman, but touching the floor   
with any part of the body except the feet or leaving the mat loses the fall. A   
similar sport is popular in India, but both shoulders must be pinned to the mat   
at the same time. (Encyclopedia of World Sports, 3-2) Jujitsu was introduced   
into Japan from China many centuries ago. " For ages it was a secret art,   
guarded jealously by the nobility", stated the Encyclopedia of World   
Sports. Now it is known not only throughout Japan many other countries. During   
World War II and there after all United States combat troops learned judo, which   
is similar to jujitsu, as means of fighting without weapons. (Encyclopedia of   
World Sports, 3-3) The art of falling without injury is the first principle of   
jujitsu. Often an expert will fall purposely in order to trap an unwary opponent   
into a dangerous position. This is called conquering by yielding. Another type   
of wrestling, called sambo, was recognized in 1964 by the International   
Federation of Amateur Wrestling. Developed in the Soviet Union in the 1930s, it   
is popular today in Russia and also in Bulgaria and Japan. Based on regional   
wrestling styles, sambo resembles both jujitsu and Greco-Roman. There are many   
different variations of the sport of wrestling but they all still carry the   
tradition that the early Greeks started many years ago. This tradition is hard   
work, discipline and grace.

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