

An analytical study on Wrestling in India

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Abstract: This manuscript gives an analytical study on Wrestling in India. In preparing young wrestlers (16-17 years of age) the design often follows a relatively well-developed system of training for adult masters of sport. In general, the youthful body is characterized by a high intensity cardio-respiratory and blood systems during physical stress. So far, no data on the impact of intense competitive activity on the dynamics of individual aspects of preparedness of young wrestlers is available. Our objective was to study the impact of competitive activity on the functional training state in young wrestlers.

Keywords: Competitions, Rules, Female Wrestling, Factor Analysis, Technique Wrestlers, training, weight management.

INTRODUCTION

Wrestling is unique among athletics. It is considered to be one of the most physically demanding sports among high school and college athletics. Wrestling was one of the most favored events in the Olympic Games in Ancient Greece. The first organized national wrestling tournament took place in New York City in 1888. From the Athens Games in 1896, until today, the wrestling events are also an important part of the modern Olympic Games. The International Federation of Associated Wrestling Styles (FILA) originated in 1912 in Antwerp, Belgium. The 1st NCAA Wrestling Championships were also held in 1912, in Ames, Iowa. USA Wrestling, located in Colorado Springs, Colorado, became the national governing body of amateur wrestling in 1983. It conducts competitions for all age-levels. The superior performance of today's wrestlers is the result of a complex blend of many factors such as the genetic endowment, as well as the coaches' knowledge in new training techniques. The pure coach knowledge of any one of their athlete physical condition is important in order to plan the optimal training strategies for winning. The ideal physical and physiological profile of top-level Greco-Roman wrestlers must be based on a high aerobic training accompanied with good flexibility and low percentage of body fat (Utter et al. 2002). A wrestler needs to have not only strength and endurance but also technical skill to be successful.

Wrestling in India is also known as dangal, and it is the basic form of a wrestling tournament. Wrestling in India is most famously known as Malla-Yuddha. There are also mentions of wrestling in the ancient times. These can be found in the great epic of Indian history. Mahabharata has a huge mention about the game of wrestling in India.

Mythology

Some of the earliest references to wrestling can be found in wrestling mythology:

- The Epic of Gilgamesh: Gilgamesh established his credibility as a leader, after wrestling Enkidu.
- Greek mythology celebrates the rise of Zeus as ruler of the earth after a wrestling match with his father, Cronus. Both Heracles and Theseus were famous for their wrestling against man and beast.
- The Mahabharata describes a malla-dwandwa (wrestling match) between the accomplished wrestlers Bhima and Jarasandha.
- Rustam of the Shahnameh (Book Of Kings) is regarded by Iranian pahlevans as the greatest wrestler.

International Disciplines

Wrestling disciplines, as defined by FILA, are broken down into two categories; International wrestling disciplines and folk wrestling disciplines. According to the FILA, there are four current International wrestling disciplines acknowledged throughout the world. They are Greco-Roman wrestling, freestyle wrestling, beach wrestling and amateur pankration.

1) Greco-Roman



Greco-Roman is an international discipline and an Olympic sport. In Greco-Roman style, it is forbidden to hold the opponent below the belt, to make trips, and to actively use the legs in the execution of any action. Recent rule changes in Greco-Roman increase opportunities for and place greater emphasis on explosive, 'high amplitude' throws. Pinning one's opponent to the mat is one way of winning. One of the most well known Greco-Roman wrestlers is Alexander Karelin from Russia.

2) Freestyle Wrestling

Freestyle wrestling is an international discipline and an Olympic sport, for both men and women. This style allows the use of the wrestler's or his opponent's legs in offense and defense. Freestyle wrestling has its origins in catch-as-catch-can wrestling and the prime victory condition in this style involves the wrestler winning by throwing and pinning his opponent on the mat.



3) Amateur Pankration

Pankration, from the Greek words pan and kratos meaning "the one who controls everything", is a world heritage martial art with the distinction of being the only martial sport in the ancient Olympic Games from 648 BC to 393 AD. Modern amateur pankration is a form of mixed martial arts (MMA) that incorporates techniques from multiple systems. Matches are fought with both grappling holds and by striking techniques.

4) Beach Wrestling

FILA codified the current form of beach wrestling in 2004. Beach wrestling is standing wrestling done by wrestlers, male or female, inside a sand-filled circle measuring 6 meters (20 ft) in diameter. The wrestlers wear swimsuits rather than special wrestling uniforms. Wrestlers may also wear spandex or athletic shorts. The objective is to bring the opponent to the ground, push them out of bounds or pin their shoulders to the ground.

Folk Style Disciplines

Folk wrestling describes a traditional form of wrestling unique to a culture or geographic region of the world that FILA does not administer rules for. Examples of the many styles of folk wrestling, include backhold wrestling (from Europe), Cumberland Wrestling and Catch-as-catch-can (from England), kurash from Uzbekistan, gushteengiri from Tajikistan, khuresh from Siberia, Lotta Campidanese from Italy, koshti pahlavani from Iran, naban from Myanmar, pehlwani from India, penjang gulat from Indonesia, schwingen from Switzerland, tigel from Ethiopia, shuai jiao from China, and ssireum from Korea.



Tibetan wrestlers in 1938

Folk wrestling styles are not recognized as international styles of wrestling by FILA.

Oil wrestling

Oil wrestling (Turkish: yağlı güreş), also called grease wrestling, is the Turkish national sport. It is so called because the wrestlers douse themselves with olive oil. It is related to Uzbek kurash, Tuvan khuresh and Tatar köräş. The wrestlers, known as pehalvan meaning "champion" wear a type of hand-stitched lederhosen called a kispet, which are traditionally made of water buffalo hide, and most recently have been made of calfskin. Unlike Olympic wrestling, oil wrestling matches may be won by achieving an effective hold of the kisbet. Thus, the pehalvan aims to control his opponent by putting his arm through the latter's kisbet. To win by this move is called paça kazık. Originally, matches had no set duration and could go on for one or two days, until one man was able to establish superiority, but in 1975 the duration was capped at 40 minutes for the baspehlivan and 30 minutes for the pehlivan category. If no winner is determined, another 15 minutes—10 minutes for the pehlivan category—of wrestling ensues, wherein scores are kept to determine the victor. The annual Kırkpınar tournament, held in Edirne in Turkish Thrace since 1362, is the oldest continuously running, sanctioned sporting competition in the world. In recent years this style of wrestling has also become popular in other countries.



Indian wrestlers from Davangere in 2005

Collegiate wrestling

Collegiate wrestling (sometimes known as scholastic wrestling or folkstyle wrestling) is the commonly used name of wrestling practiced at the college and university level in the United States. This style, with modifications, is also practiced at the high school and middle school levels, and also for younger participants. The term is used to distinguish the style from other styles of wrestling used in other parts of the world, and from those of the Olympic Games: Greco-Roman wrestling, and Freestyle wrestling. Some high schools in the U.S. have developed junior varsity and freshman teams alongside varsity teams. Junior varsity and freshman wrestling teams restrict competitors not only by weight, but also by age and the amount of wrestling a competitor can partake in. For example, some junior varsity and freshman competitors are not allowed in tournament competition due to the amount of mat time a wrestler would accrue in a short time period.

There are currently several organizations which oversee collegiate wrestling competition: Divisions I, II, and III of the NCAA, the NJCAA, the NAIA, and the NCWA. NCAA Division I wrestling is considered the most prestigious and challenging level of competition. A school chooses which athletic organization to join, although it may compete against teams from other levels and organizations during regular-season competition. The collegiate season starts in October or November and culminates with the NCAA tournament held in March.



Two high school students competing in scholastic wrestling (collegiate wrestling done at school level).

Sambo

Sambo is a martial art that originated in the Soviet Union (specifically Russia) in the 20th century. It is an acronym for "self-defence without weapons" in Russian and had its origins in the Soviet armed forces. Its influences are varied, with techniques borrowed from sports ranging from the two international wrestling styles of Greco-Roman and freestyle to judo, jujitsu, European styles of folk wrestling, and even fencing. The rules for sport sambo are similar to those in competitive judo, with a variety of leg locks and defense holds from the various national wrestling styles in the Soviet Union, while not allowing chokeholds.



India's Performance At International Arena

India is the second largest country in terms of population in the world. Home or abroad, the Indians are known for their hard work and perseverance. Wrestling is very popular sport in India as well as in neighbor countries .India has won titles in Commonwealth Games held at Jamaica. India has hosted the world wrestling championships. The famous Indian wrestler, Sushil Kumar has won medal in the 2008 Beijing Olympic Games. Sushil Kumar has made an history by reaching in the final of London 2012 Summer Olympics. The Indian World Champion wrestler Sushil kumar is the winner of the gold medal in the 66 kg freestyle competition at the FILA 2010.



Diet

According to the Samkhya school of philosophy, everything in the universe—including people, activities, and foods—can be sorted into three gunas: sattva (calm/good), rajas (passionate/active), and tamas (dull/lethargic). As a vigorous activity, wrestling has an inherently rajasic nature, which pehlwan counteract through the consumption of sattvic foods. Milk and ghee are regarded as the most sattvic of foods and, along with almonds, constitute the holy trinity of the pehlwani khurak (from Persian خوراک پهلوانی khorâk-e pahlavâni), or diet. A common snack for pehlwan are chickpeas that have been sprouted overnight in water and seasoned with salt, pepper and lemon; the water in which the chickpeas were sprouted is also regarded as nutritious. Various articles in the Indian wrestling monthly Bharatiya Kushti have recommended the consumption of the following fruits: apples, wood-apples, bananas, figs, pomegranates, gooseberries, lemons, and watermelons. Orange juice and green vegetables are also recommended for their sattvic nature. Some pehlwan eat meat in spite of its rajasic nature.^[2] Diet's of Indian wrestler are very restricted it contains ghee milk along with almonds, green vegetables, banana, apple and water melon in fruits. Consumption of tobacco and alcohol are strongly prohibited for the Pahalwan of India.

Ideally, wrestlers are supposed to avoid sour and excessively spiced foods such as chatni and achar as well as chaat. Mild seasoning with garlic, cumin, coriander, and turmeric is acceptable. The consumption of alcohol, tobacco, and paan is strongly discouraged.^[2]



Ghee, amongst the most sattvic of foods consumed for wrestlers

Skin Infections And Wrestling

This is an important topic in wrestling since breaks in the skin are easily invaded by [bacteria](#) or [fungi](#) and wrestling involves constant physical contact that can cause transmission of [viral](#), bacterial, and fungal [pathogens](#). These infections can also be spread through indirect contact, for example, from the [skin flora](#) of an infected individual to a wrestling mat,

to another wrestler. According to the National Collegiate Athletic Association's (NCAA) Injury Surveillance System, ten percent of all time-loss injuries in wrestling are due to skin infections.

Conclusion

This article mainly describes the main importance and history of Wrestling in India. The most important factor of effectiveness in this position is closely related to the attainment of medals, characterizing the TTC of six of the seven champions was the execution of single and double leg attacks with several possible endings with setup almost without contact with their opponents, followed by the use of attacks with a close distance setup but low risk, mainly the technical group takedowns. The high tactical risk hardly distinguishes the frequency of actions of these wrestlers, opting mainly for defense and counterattacks of low risk. The wrestlers who were successful using throws chose variants with between 4 and 6 alternative endings.

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