

## **Wrestling: A sports to build health**

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### **I. INTRODUCTION**

If we see back for a while in the history or put some lights on the life of any successful person, we see that name, fame and money never come easily. It needs a dedication, continuity, patience and most importantly some physical activities mean physical and mental health of a person for a healthy survival and success. Sports are the best way to get involved in the continuous physical activities. Success of any person depends on the mental and physical energy. History reveals that only supremacy have power to rule the nation or person.

Sports play a great in everyone's busy life especially for students. Sports activities have been made compulsory in the schools and colleges for the student's good physical health, mental health and professional career. Sports have nice career in future for anyone who involved dedicatedly. It is very beneficial especially for the students as it support physical as well as mental development. People who are much interested and good in the sports can live more active and healthy life. They can develop better discipline and leadership qualities at the workplace as well. Everyone should involve themselves in the sports activity even for a small time all through the day. Sports are necessary because it brings physical and mental fitness to the person involved in this on regular basis. People who have busy schedule in their life get tired very easily. As we all know that, living a relaxed and comfort life we need a sound mind and a sound body. Education is very necessary to get name, fame and money. In the same way, getting a sound mind and body, everyone must involve in some type of physical activities for which sports is the best way. Being involved in sports activities benefits a person in many ways. It does not provide only physical strength however it increases mental power too. Outdoor sports such as football, cricket, volleyball, hockey, running, etc helps in improving physical health and mental fitness. However, some indoor games and sports like brain games, chess, Sudoku, etc improves mental power and concentration level. Wrestling is one of the most very important sports in the world of Sports for multiple reasons.

### **II. ABOUT WRESTLING**

The origins of wrestling go back 15,000 years through cave drawings in France. Babylonian and Egyptian reliefs show wrestlers using most of the holds known in the present-day sport. Literary references to it occur as early as the Old Testament and the ancient Indian Vedas. It is the most influential and important sport is because wrestling was the original sport. Wrestling is a combat sport (A combat sport, or fighting sport, is a competitive contact sport that usually involves one-on-one combat. In many combat sports, a contestant wins by scoring more points than the opponent or by disabling the opponent. Common combat sports include mixed martial arts, boxing, wrestling, fencing, savate, kickboxing, Muay Thai, Sanda, Tae Kwon Do, Capoeira, Brazilian Jiu-jitsu, HMB, Sambo, Kyokushin,) involving grappling (In hand-to-hand combat, grappling is a close fighting technique used to gain a physical advantage such as improving relative position, or causing injury to the opponent. Grappling covers techniques used in many disciplines, styles and martial arts that are practiced both as combat sports and for self-defense. Grappling most commonly does not include striking or the use of weapons. However, some fighting styles or martial arts known especially for their grappling techniques teach tactics that include strikes and weapons either alongside grappling or combined with it.) type techniques such as clinch fighting (Clinch fighting is the part of stand-up fighting where the combatants are grappling in a clinch, typically using clinch holds. Clinching the opponent can be used to eliminate the opponent's effective usage of some kicks, punches, and m el e weapons. The clinch can also be used as a medium to switch from stand-up fighting to ground fighting by using takedowns, throws or sweeps.) , throws and takedowns, joint locks, pins and other grappling holds. The sport can either be theatrical for entertainment (see professional wrestling), or genuinely competitive. A wrestling bout is a physical competition, between two (occasionally more) competitors or sparring partners, who attempt to gain and maintain a superior position. There are a wide range of styles with varying rules with both traditional historic and modern styles. Wrestling techniques have been incorporated into other martial arts as well as military hand-to-hand combat systems.

### III. BENEFITS OF WRESTLING

- Wrestling builds character, teaches kids how to overcome obstacles, handle their emotions, respect authority, the importance of being a good teammate, and that success has to be earned through hard work and determination. In fact, participating in and having a positive experience in sports can have a major impact on a young athlete's social development, says Greg Bach, Senior Director, Communications and Content, for the National Alliance for Youth Sports. When wrestlers aren't competing they are cheering on their teammates, and getting a sense of just how powerful a collective group of people united in shouting words of encouragement can be. "Wrestling provides a wonderful opportunity to learn about the power of teamwork and the power of praise—and that is an incredible lesson to carry into adulthood, where the ability to lift someone up who is down or struggling, whether it's a friend, co-worker, or even a husband or wife, can have major ramifications," Bach says.
- "Wrestling has given me a lot of confidence off the mat," Medina says. "I know that it takes courage to pursue wrestling, especially when most of the time you are the only female in the room. When I face new challenges in life or work, or building relationships, I feel confident in myself, because of my experiences in wrestling. If a wrestler can put on a singlet to compete against an opponent under a spotlight, they can then feel confident putting on a suit and executing an interview. Being confident under pressure is a norm for wrestlers."
- "As an athlete your teammates are depending on you to show up to practice because you are their drill partner," Medina says. "If you are a parent, your kid is depending on you to show up and support them at tournaments. If you're a coach, wrestlers and their families are depending on you to share your knowledge. When you decide to be a part of the wrestling community in any role, people want to know they can depend on you. That is why wrestling is such a strong community of people. They always have someone in their corner, win or lose."
- "As a coach, I love the idea of getting to know the wrestlers and parents," says Jeff Wichern, JJ Trained Wrestling Club Director. "We try to make sure we're one big family."
- "The bond of being a wrestler creates easy conversation and the ability to have something in common for one another," Donnelly says. "For some, going up to someone new and talking or introducing yourself isn't hard at all while others struggle in this area. The more people someone meets or networks with, the more opportunities they possibly provide themselves with in the future."
- "But what will stand out are the bus trips to meets and talking to teammates on the ride, the friendships that were forged through the sport, the joking around before practice, the post-practice conversations with a coach, how your words helped inspire a teammate on to victory, how what teammates said to you before or after a match affected you and have never been forgotten," Bach says. "The interactions and the relationships are what resonate, and what impacts lives going forward."
- **Physical Fitness:** If you want a sport that encourages physical fitness, then wrestling is hard to beat. You need to be in top physical condition to compete successfully, developing endurance, muscle strength as well as flexibility. Coaches teach you how to make the most of your strengths, meaning this is one sport that can make use of your individual talents.
- **Discipline:** Discipline is a big part of wrestling. From keeping a strict nutrition regime to stay within weight classes to getting out of bed on a cold morning for training, wrestling will make you a more disciplined person. Top wrestlers will develop a disciplined and healthy lifestyle that's good for their overall fitness and helps to maximize their wrestling talent.
- **Mental Strength:** Mental strength is something that all good wrestlers have. Being out there on the mat on your own can be daunting, but the best wrestlers are able to deal with the pressure and channel it into their game. Coming back from a loss can also be difficult, but the sport is all about winning and losing and being able to deal with both.
- **Injury:** Unfortunately, as wrestling is a contact sport, injuries are something that many wrestlers will experience at some point. Safety equipment is therefore essential, from headgear to the right wrestling shoes and knee pads. Injury can never be completely guarded against due to the nature of the sport, but the right equipment can help.

There are also some unhealthy practices within the sport, such as unhealthy weight loss techniques in order to make weight. So long as you prepare in advance and stick to your regime, hopefully you'll be able to avoid these and continue in the best practices of the sport. If you're looking for a sport that gives you all round mental and physical fitness, then look no further than wrestling. During a practice and in matches, wrestlers use all of the major muscle groups in the body – making wrestling is a great way to get physically fit. **Increased Cardiovascular Endurance:** The more a person wrestles, the more they develop both functional strength and cardiovascular endurance.

#### **IV. WRESTLING MOVEMENT IN INDIA**

Wrestling in India has been a popular sport from the ancient times. It is considered as a prestigious event in the Olympic Games. Wrestling is known as dangal and Mal Yuddha. The Great Epic Mahabharata has mentioned about the game of wrestling in India. Bhima, Jarasandha, Duryodhan and Karna are all great wrestlers in the Epic. The Epic Ramayana also mentioned about wrestling and Hanuman is one of the greatest wrestlers at that time. GobarGoho was a world famous wrestler and Pehlwani practitioner. He won the World Light Heavyweight Championship in the United States in 1921. He was the first Asian to win this title. GobarGoho developed new style of wrestling which in turn helped in rising indian wrestling to newer heights.

**AmbikaCharanGuha** was an Indian wrestler who founded the first akhada of Bengal, which became a pilgrimage to the budding wrestlers of India. Swami Vivekananda also learned wrestling from his akhada. Kodi Ramamurthy Naidu was an Indian wrestler who gained enormous respect to Indian wrestling. He was awarded the title KaliyugiBhima by the King George of the United Kingdom. He later established a Circus company and donated a lot of money to Indian Independence Movement and charitable trusts. NathmalPahalwan was a wrestler and popularly known as Guruji and Pahalwanji. He won numerous wrestling contests and won prestigious title of Hind Kesari.

**Sanjay Kumar** is a well-known Indian wrestler who has won the title of Bharat Kesari and Hind Kesari. He had participated in commonwealth games in 1995 and won gold medal. He also got 5<sup>th</sup> position in Asian championship in 1991. He made a record by winning Bharat Kesari title continuously for 10 times. World Wrestling Entertainment is a company that deals with professional wrestling. It is professional wrestling promotion founded by McMahon in 1952. It is the largest company holding more than 320 events per year. Its headquarters is in Stamford, Connecticut. The events that are promoted by WWE or based on entertainment and is comprised of scripted and choreographed matches. Total Nonstop Action Wrestling Company deals with professional wrestling founded by Jeff Jarett and Jerry Jarett. It became one of the world largest wrestling promotions. It is now considered as next to WWE. Its headquarters is situated in Nashville, Tennessee. This company has promoted new style for wrestling by introducing hexagonal ring and X division for safer high-flying and high risk style of wrestling.

#### **Techniques of wrestling**

Wrestling is a grueling sport and a tough one to perfect. Wrestling as a sport is very popular worldwide and has legions of fans that follow it regularly. However, the moves which wrestling stars do in the ring, take years of practice to do safely. In order to become a good wrestler, you need to practise a few basic techniques. These are vital for all beginners to perfect, in order to avoid injuries while wrestling, and making an impact inside the ring. Let us have a look at five basic wrestling techniques for beginners. Wrestling is a sport that tests your strength, endurance, intelligence and quickness as you engage in a physical chess match with your opponent. You must use moves and countermoves as you and your opponent battle in a constant struggle for the upper hand. As a beginner, you need to master the basic moves and techniques so that you can unleash them on your opponent and defend against these moves when they are used against you.

#### **Basic Shoot**

The basic shoot is the foundation for many of the takedowns that you will learn as a beginning wrestler. A shoot that is fundamentally sound will take you into your opponent quickly and under his defenses to allow you to initiate your offense. To perform a shoot on your opponent, change your level, dropping down to get lower than your opponent while stepping forward and dropping to a knee with your dominant leg. Carry your momentum through that step and then step with your other foot into your opponent, putting your knee between his legs. You should be able to close the distance between you and your opponent quickly and in one fluid motion to get into a position to control your opponent's legs and perform any number of takedowns.

#### **Double-Leg Takedown**

The double-leg takedown is one of the first wrestling takedowns most coaches will teach. To do this takedown, first shoot into your opponent and grab him around both legs at the knees with your head on his hip. From this position, continue to drive forward, either staying low to the mat and pulling your opponent's legs into you until he falls backward or standing up with your opponent's legs, lifting him off the ground and throwing him back down onto the mat. Either way, press your advantage and control your opponent on the mat to gain your two points for the takedown.

#### **Single-Leg Takedown**

The single-leg takedown is favored by wrestlers in the heavyweight class and can be used when your opponent has a strong base or is an excellent defensive wrestler. To do the single-leg move, shoot at your opponent but aim for one of his legs, preferably his lead leg since it is closer and less easily defended. Once you

have shot in, place your inside hand next to your opponent's foot. With your other hand, grab the ankle and then stand up, keeping a firm grip on his foot. With your opponent off balance, twist or trip him to the mat, taking a controlling position and earning two points for the takedown.

### **Rear Takedown**

The rear takedown is used when you have controlling position of your opponent's back and he attempts to escape by standing up. If your opponent can gain his feet, break him back down to the mat by using this takedown. With your arms wrapped around his waist and your hands clenched together, place one of your feet behind the corresponding foot of your opponent -- such as your left foot behind his left foot -- with your foot perpendicular to his, forming a T. Throw your other leg between your opponent's legs and sit down, keeping your hands clenched. As you fall, bring your opponent back down to the mat with you and roll through the sit-out to regain top position down on the mat.

### **Top Indian Wrestlers and their achievements**

<b>Name</b>	<b>Acievements</b>	<b>Photo folio</b>
Sakshi Malik	Shakshi Malik was born on September 3, 1992 in Mokhra village of Haryana's Rohtak district. Her father, Sukhbir, was a bus conductor with Delhi Transport Corporation and mother, Sudesh Malik, was a supervisor at local anganwadi. She is the first India's female wrestler to achieve a medal at the Olympics. This year she won the bronze medal in Rio in the 58 kg category.	
Sushil Kumar Solanki	He was born in Barpola village near Najafgarh in South-West Delhi to father Diwan Singh and mother Kamla Devi. He won the 2010 world title in 66 kg weight division, a silver medal at 2012 London Olympics and bronze at 2008 Beijing Olympics. He is the only India to win two individual Olympic medals.	
Udey Chand	Born on June 25, 1935 in Hisar, Haryana, Udey Chand was the first individual world championship medal winner from independent India. The Government of India awarded him with the prestigious Arjuna award in wrestling in 1961.	
JatindraCharanGoho	Popularly known as GobarGoho, he was born in Kolkata on March 13, 1892. He was the first Asian to win the World Light Heavyweight Championship in the United States in 1921.	
KhashabaDadasahebJadhav (K D Jadhav)	He was born in Goleshwar, Maharashtra on August 14, 1984 to renowned wrestler DadasahebJadhav. He won a bronze medal in wrestling at 1952 Summer Olympics in Helisinki and was the first athletes from India to win a medal in the Olympics.	

YogeshwarDutt	Born on November 2, 1982, Yogeshwar is an Indian freestyle wrestler. He was awarded with Rajiv Gandhi Khel Ratna award in 2012 and prestigious Padma Shri award in 2013. He won the bronze medal in 2012 Summer Olympics and a gold medal in 2014 Commonwealth games at Glasgow.	
The Great Gama	Ghulam Muhammad, popularly called 'The Great Gama' or 'Gama Pehalwan' was born on May 22, 1878 in Amritsar, Punjab of British India. He was awarded with the World Heavyweight Championship on October 15, 1910.	
Dara Singh	Born on November 19, 1928, Dara Singh was an Indian professional wrestler, politician, actor. He won the Commonwealth Championship in 1959 by defeating George Gordienko at Calcutta. He also achieved the World Wrestling Championship by defeating Lou Thesz on May 29, 1968 in Bombay.	
GeetaPhogat	Geeta was born on December 15, 1988 in Bhiwani district, Haryana. Her father, Mahavir Singh, was a former wrestler. She won the gold medal in 2010 commonwealth games in 55 kg freestyle category.	

## V. CONCLUSION

Wrestling is one of the oldest sports not only in India but also in the world. As everyone knows about the ancient time of Ramayana and Mahabharata, people used to play wrestling. Hanuman and MahabaliBhimawere the great wrestlers of that time. Hercules was a famous wrestler of Greece, in those days wrestling was treated as the pride of the common man. Even now it has great popularity in International Sports and Olympic Games. When the Olympics started, there were only two events: wrestling and athletics. Wrestling is called "Father of all sports". The science of wrestling is interesting though it is complex; it gives scope to intelligence of high order. As a form of exercise, it ensures strength, stamina, and health. Moreover, regular practice in wrestling improves the tone of muscles and keeps the body fit, supple, and active. The exercise of wrestling not only makes the body strong but also keeps the mind sound. It is both an ideal body-building and re-creative sport. It develops perfect physical fitness, quick reactions, endurance (stamina), self-control, will power, and imagination.



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