

**A STUDY ON DIFFERENT WRESTLING STYLES**

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**ABSTRACT**

A typical international wrestling tournament consists of straight eliminations with an ideal number of wrestlers (4, 8, 16, 32, 64, etc.) Resistance in each weight class takes place over one day. Wrestling in a coordinated weight class and age group occurs the day before, with all material wrestlers having studied and appeared by a trained professional. Each wrestler, after upsetting the straight scale, randomly draws a token that bears a particular number. If an ideal number did not occur to start the elimination shift, a cutoff round would eliminate the excess number of wrestlers. For example, 22 wrestlers may show the best number of 16 wrestlers. The six wrestlers who scored the best number after 16 and the six wrestlers who scored six before 17 would then wrestle in six matches in the Limit Round. The managers of those matches were then in a very distant era. In the clearing round, the best number of wrestlers then compete and fight in matches until two winners emerge who will fight in the finals for first and next.

The match takes place on a thick adaptable mat that is shock dosed to ensure safety. For the Olympic Games, the mat must be new for each giant scrimmage and the World Cup. The width of the main wrestling ground is nine meters and it is surrounded by a line of 1.5 meters of equal thickness called the safety zone.

**KEYWORDS:***Match, Style, Wrestling***INTRODUCTION**

The evaluation circle consists of a red strip of one meter width inside the nine meters which is on the outer edge of the circle and is known as the red zone. The red zone is used to help show laziness towards the wrestler; Hence,

it is collectively called the renunciation zone. Inside the red zone is the central wrestling space which is seven meters wide.

Greco-Roman wrestling is a style of wrestling practiced all over the planet. It was tested at the first modern Olympic Games in 1896 and has been associated with each advent of the Mid-Year Olympics beginning around 1908. This style of wrestling forbids under the midriff which is a significant difference between it and freestyle wrestling, the other type of wrestling in the Olympics. This handicap receives a complement on the throw. Since a wrestler may not use trips to take an opponent to the ground or throws by holding or receiving his opponent's leg.



**a Greco-Roman wrestling match**

The arm grabs, presses and headlocks found in freestyle have a more primal explicit quality in Greco-Roman and in particular the use of throws known as suplexes, in which the destructive wrestler holds his opponent by the neck. Drops backwards and lifts into a high turn. Phase to bring your opponent's shoulders to the mat. Of course, even on the mat, a Greco-Roman wrestler could use structures known as body locks and belly wrenches regardless of the various methods of managing to twist his opponent's shoulders to the mat without falling to his feet. Should be searched including (yet not limited to). , As defined by the International Federation of Associated Wrestling Styles (FILA), Greco-Roman wrestling is one of the six important forms of teen ruthless wrestling practiced internationally today. The other five schemes are freestyle wrestling, catching/facility wrestling. Sea Side Wrestling, Pankration Athleema, Elish/Belt Wrestling and Standard/Individual Wrestling.

The Greco-Roman name was applied to this style of wrestling as a technique, which appears to have originated in the ancient metropolitan foundations that surrounded the Mediterranean. Despite the consequences of its name, it is a modern genre with, for the most part, coherent beginnings. It was discovered in France during various years

after the Napoleonic conflicts. It has been studied that many styles of European individual wrestling may have preceded the earliest stages of Greco-Roman wrestling.

The British never really appreciated Greco-Roman wrestling, with its more unrestricted excess, freestyle, but on an assortment of lands, the style was surprisingly unreliable. Essentially all central local European capital metropolitan confederations carried out international Greco-Roman challenges over the nineteenth 100 years, with great honor funds awarded to the winners of the occasion. For example, the tyrants of Russia paid 500 francs for wrestlers to dress up and fight in their handicap, with 5,000 francs going to the opposing victor by qualification. After a short period of time Greco-Roman wrestling became dominant in central Europe and was an important style enrolled in the modern Olympic Games, starting with a heavy weight meet in Athens in 1896, and filling in the rest over the course of the 100 years of the 20th century.

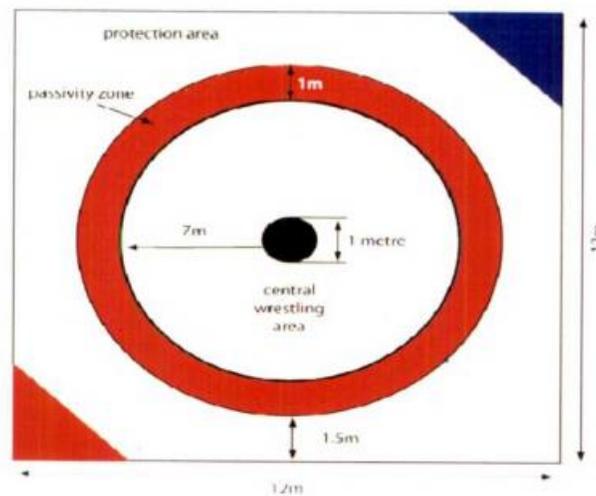
### **Weight Classes**

At this point, international Greco-Roman wrestling is divided into four manager age categories: student, student, youth, and senior. Understudies (age 14–15 with active partner; or age 3 with clinical declaration and parental help) wrestle in 10 weight classes ranging from 29 to 85 kg.

Wrestling begins in 10 weight categories ranging from 39 to 100 kg (young fellows aged 16–17; or aged 15 with medical assistance and parental assistance). Youth (18 to 20 years of age for fellow enthusiasts; or 17 years of age with clinical certification and parental guarantee) wrestle in eight weight categories ranging from 46 to 120 kg. Seniors (males 20 years and above) wrestle in seven weight categories ranging from 50 to 120 kg. For men, there is also an unprecedented depiction for some Greco-Roman characters, "veterans", for men 35 years of age and older, possibly including indistinguishable weight classes as seniors for all intents and purposes. (8) Relatively, of men. All age categories and weight categories can be applied in freestyle wrestling. Wrestlers can basically wrestle in their own weight class once they appear. Wrestlers in the senior age group can wrestle in one weight class except for the heavyweight division (which starts at over 96 kg for men). Different nations may have different weight classes and different age depictions for their levels of Greco-Roman sparring.

The central wrestling arena has a central hoop, one meter wide. The central circle is wrapped by a strip 10 cm wide and is bisected by a red line eight cm wide. The diagonally talking corners of the mat are marked with the wrestlers' colors, red and blue.

## The Wrestling Mat



### The Match / Bout

A match is a contest between two individual wrestlers of the same weight class. In Greco-Roman wrestling, a jury (or get-together) of three prepared experts (referees) is used. The umpire controls the action in the center, blowing the whistle to start and stop movement, and directs the scoring of holds and infringements. The arbiter sits at the edge of the mat, screens those who succeed, and at times lends his assistance when required by the master for various decisions. The mat observer finds a position on the scoring table, keeps time, commits to clear normality, and instructions given by referees and judges. To call for a decline, two of the three experts must agree.

### Period format

### Match scoring

In Greco-Roman wrestling, as well as in freestyle wrestling, centers are usually allowed to be organized around risky actions and credibility. For example, when a wrestler plays a great enough throw that gets his opponent into bet position, he is awarded the best number of centers that can be scored in one case. Similarly, a wrestler who faces the test to move quickly along the mat (with his shoulders in contact with the mat) may give a specific number of centers to his opponent. Scoring can be accomplished in the following ways:

- Takedown (position 1 to 5): A wrestler scores a takedown when the wrestler manages to hold his opponent from a proper position on the mat (when the wrestler is on his feet). Some space near the three possessions must be controlled on the mat (eg two hands and one knee; two knees and one hand or head; or two hands and head).

(5 centers) – Five centers are awarded for a takedown accomplished by a throw of bottom-of-the-seat (a strike in which a wrestler brings his opponent off the mat and controls him so that his feet land right next to him) or So moving from the standing or standard area to the position and bet position in a brief.

(3 Centers) - Typically, three centers are awarded for a dynamite delivery takedown that does not lead to a brief and grapple position for his opponent or for a takedown where a wrestler's opponent is held to his ground. Carried by the feet or its legs. If the stomach is on his back or side (a throw of short sufficiency) then he is at risk.

(1 point) - A point is awarded for a wrestler carrying his opponent with his feet on his stomach or side so high that his back or shoulders are not in contact with the mat.

- Reversals (I point): A wrestler is awarded one point for a reversal when the wrestler manages to hold his opponent from the guard position (when the wrestler is being forced down by his opponent).

The straightness is also called the risk position (2 or 3 center): A wrestler obsessed with accountability when he realizes his opponent is back on the mat for a few minutes. The natural setting for straightness is also discarded if the wrestler's back is on the mat even if the wrestler is not trapped.

- Disciplines (1 or 2 centers): Under the 2004–2005 international style changes, a wrestler whose opponent receives some confidential time scores a point, except in the event that an injured wrestler is passing. Various infractions (e.g. making a hold or some distance from the mat, striking an opponent, dealing with or causing injury to the real world, using an illegal hold, etc.) are reprimanded by potential, it is conceivable that Some natural surroundings, an idea, and a choice of position for the enemy.

- Ridiculously Concealed (Point): Whenever a wrestler places his foot in a safety spot, the match is over, and a point will be awarded to his opponent.

## **FREESTYLE WRESTLING**

Freestyle wrestling is a style of teen wrestling that is practiced all over the world. Close to Greco-Roman, it is one of the two styles of wrestling in the Olympic Games. It is a close to Olympic style event, probably one of the most

organized sports ever. American alternative continuous school wrestling is formed under different criteria and is called practical and school wrestling. Freestyle wrestling, like its American spinner, school wrestling, has the most obvious opening moves in catch-as-catch-can wrestling and, in the two styles, a pivotal goal is to follow your opponent to the mat, gaining a brief lead. . , Freestyle and school wrestling, unlike Greco-Roman, both license the use of the wrestler's or his opponent's legs in offense and defense.



### freestyle wrestling

According to FILA, freestyle wrestling originated under the name "catch-as-catch-can" wrestling in the outstanding UK and US. The "catch-as-catch-can" wrestling phenomenon was a particular phenomenon in Britain and the variation created in Lancashire particularly influenced freestyle wrestling. During the nineteenth century "catch-as-catch-can" wrestling at fairs and in good times gained a remarkable noticeable quality. In catch-as-can-can wrestling, both competitors begin standing and after a brief period of time one wrestler tries to pin his opponent's shoulder to the ground.

There was no hope of a fall, both wrestlers continued to land holds, and generally all holds and technique were sensible. This is how a Scottish group of Lancashire wrestling turned out to be remarkable. It began with two wrestlers standing chest to chest with locked arms around the body feeling each other, with the match progressing to the ground if there were no falls. Originally, the Irish was the collar-and-elbow style, where wrestlers started with two wrestlers holding each other's feet by the collar with one hand and the elbow with the other hand. If neither wrestler is down, the contestants will be with both until standing up and falling to the ground.

### WOMEN'S WRESTLING

Throughout the history of wrestling, the improvement in women's wrestling has been encouraging. In about a century, we've come from the typicality of seeing barely any young children over the age of one to women looking

for Olympic redesigns, or even minors at alternative school events. Women's wrestling was adopted by the French Wrestling Federation in 1977. Establishing women's wrestling clubs and actually working with the first Open Title in the delayed time frame, the international coordinating party of wrestling, FILA, stepped up the fight to spread women's wrestling. , which was completed in 1982. The main large-scale standoff with the heroes of France took place in 1987. While the United States was teeming with competitors since this first major break, USA Wrestling did not hold its most important public titles for women until the 1990s. The United States brought back the title of World Meet event in 1999. Last fall in Athens Patricia Miranda and Sarah McMann won seminal Olympic enhancements for the United States in incredibly extended time frame wrestling. During this same time there was a very fundamental level of influence in the approach of women and their athletic cutoff points to credible and clinical fields. Only at the 1984 Los Angeles Olympic Games were women allowed to run in events longer than 1,500 metres, with an extension to 3,000 metres, and giant distance running. With the improvement of women's sports, it was seen that there are more fundamentally indistinguishable features than differences in the way the games are arranged and the performance of individuals.

There are few developments where women's wrestling has just been presented and is at an irrefutable level that is based on the complement of roughness and wrestling ability. In the US, the Glimmer Women Contenders is an all-female stable of wrestling development affiliated with the notable independent advancement Ring of Honor, and is considered to be fundamentally indistinguishable from male wrestling. In Mexico, yet now and again recognizable as their American, Canadian or Japanese adornments, female wrestlers have always been well-known and respected in the original, and continue to fight in many foreign countries. Chickfight and Sovereign of Tumult unified space in Europe and independently in France have seminal ties to female sovereign wrestling, again viewed as being more grueling than male wrestling.

### **Inter Gender Wrestling**

For most of the matches arranged so far, women and men would occasionally go on to wrestle each other in a fit of wrestling, as this was considered shocking and unnatural. Andy Kaufman used this to gain notoriety when he created a covered course title and left it open to any female challenger. This prompted a long feud with Jerry Lawler. During the 1980s, mixed mark pack matches began to take place, with a man and woman in each party and a standard that provided only men and women could seek each other out. If a tag was made, the other team was expected to switch their actual wrestler as well. Despite these limitations, many mixed tag matches coordinate

some putative joint efforts between individuals of different sexes. For example, a heel may chase a female wrestler from a rival party in order to attract a negative social event reaction.

### **Midget Wrestling**

Humble wrestling can be traced back to the festivities of able-bodied wrestling and the early stages of vaudeville. Lately, the prestige and indisputability of the little guys in wrestling has waned astonishingly as wrestling associations have prohibited peewee divisions from becoming storylines closer to fights. Regardless, WWE has made a few attempts to enter this market during the 1990s, with "surprisingly modest" and "low regard" as of 2006.

### **Submission Wrestling**

Submission wrestling is a wrestling style that involves controlling an opponent without using striking and what is more a feature of the use of the soles hold, referred to as a hold or "feature hold". It starts from a standing position or on the ground after a throw, and the goal is to submit the opponent using immobilization techniques such as locks.

### **BEACH WRESTLING**

Clearly, to give wrestling a more primal allure to televise. FILA took on beach wrestling as a strength discipline during 2004–2005. Beach wrestling is wrestling performed by wrestlers, male or female, inside a sand-filled circle of 6 m (20 ft) width, with only two weight representations, basic and light. The objective is to throw an opponent or to carry the opponent on their back. Wrestlers wear swim suits instead of the important wrestling formals. Wrestlers may wear spandex or athletic shorts.

The international standards have been changed by the UWW in 2015, with stricter rules allowing wrestlers to score center via takedown, pushing their opponent out of the field of play, or pinning an opponent on their back. An extension of the annual World Sea Side Wrestling title, Sea Side Wrestling has been attempted at the Youth Olympic Games, Asian Games, Down Under Games, Mediterranean Games and the 2019 World Sea Side Games.



### **Beach wrestling**

## **CONCLUSION**

Indian women displayed their prowess by standing apart in the KD Jadhav wrestling arena by impressing in nearly six qualifications over the last two days. Alka Tomar, the energetic adult - Anita - won gold and Babita Kumari, who won silver, consolidated their medal tally at Area Games Dehli. Geeta Rani surprised Alka and Anita by winning India's gold medal in District Games Delhi. While Alka got the better of Canada's Tonya Verbeek, Anita defeated Canada's Megan Buddens to win the Secret Two round in the Centres. Anita won 4-0. Had the gold count been more, Babita forgot to copy her sister Geeta's success. She lost 4-6 to Nigeria's Ifeoma Christie Nwoye in the 51kg freestyle. Thus India completed six medals, three gold, two silver and one bronze. In the midst of all the fun, was there a piece of data? The grapplers were unhappy that women's wrestling and the Greco-Roman style would not be required for the Games. Both the orders have appeared in Delhi and India have done surprisingly well. Perceptions of India's freestyle wrestling coach Piara Squash Sandhu on the performance of women wrestlers at the Federation Games Dehli.

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