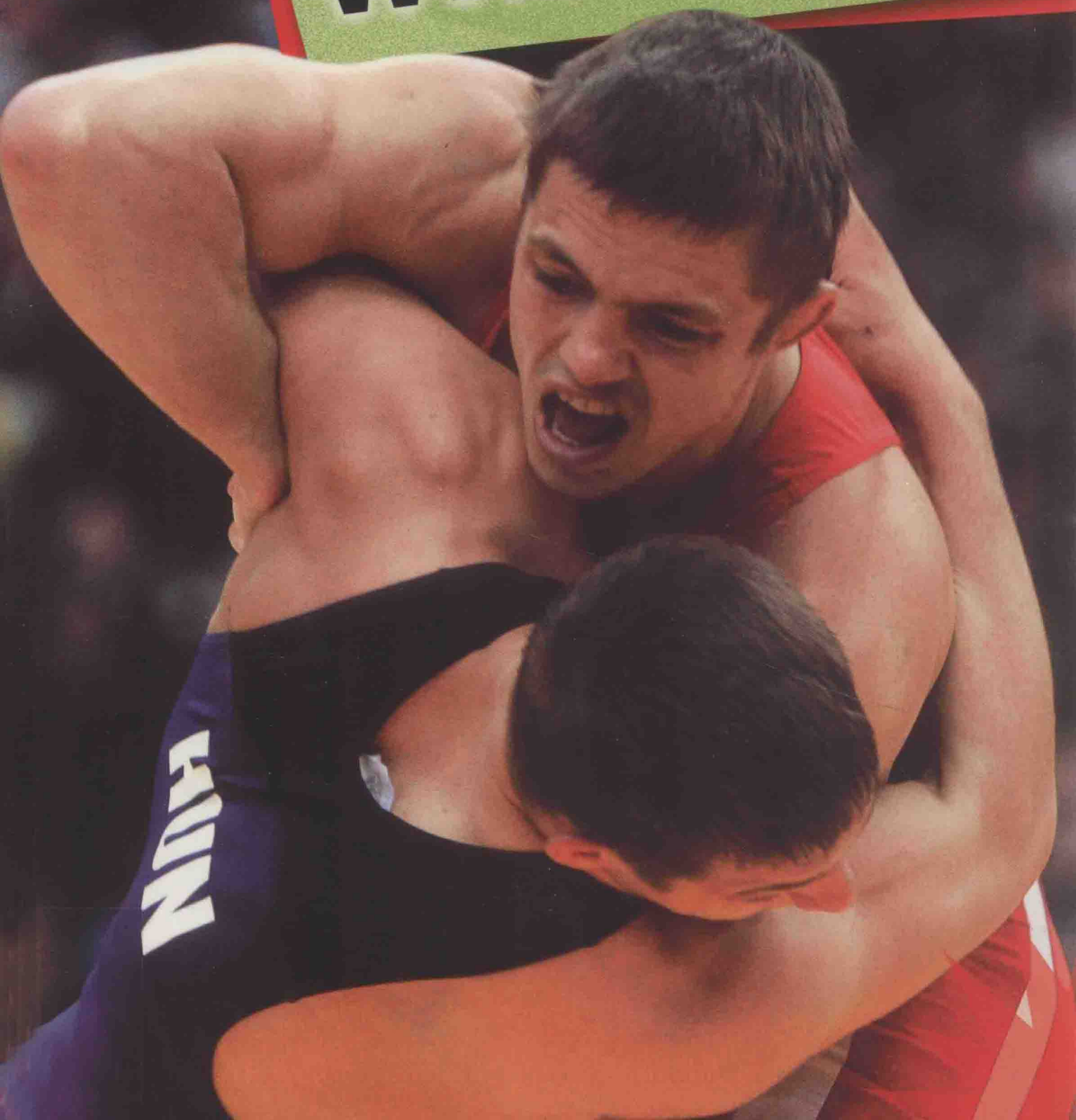


**COMBAT
SPORTS**

WRESTLING



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SPORTS

WRESTLING

Clive Gifford



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WRESTLING

Teaching and literacy notes

Teaching notes and activities by Kathy MacLean, educational consultant at Diversity & Creative Literacy Consultancy. These will help you to make the most of the book.

★ Introducing the text

This is an information text. Work around this type of text offers rich opportunities for literacy and cross curricular activities.

★ Speaking and listening

1. Introduce the book to the child by first showing the front cover of the book and asking them to describe the picture, talk about who the two wrestlers might be. What are they feeling and thinking?
2. Follow this up by finding out what the child already knows about wrestling and what he/she would like to know about the topic. Value their input and ask about their sources.
3. Invite the child to discuss how information texts differ from other types of text they are familiar with. Discuss how the book is organised, focus on explaining the function of the 'contents page'; the 'index' and the 'glossary'. Discuss how these aspects support and enable the process of research.
4. Now suggest that he/she uses the 'contents' to find a topic of interest and then the 'index' in the same way. Discuss the outcome. Which was more helpful or informative?

★ Reading

Read the first chapter 'What is wrestling?' with the child, the amount of support necessary will depend on the child's capability. As part of the reading discuss the pictures. What additional information do the pictures give you?

Find out the meanings of each of the words in this list and make up your own sentences using them.

tactics grapple elimination transformed
legend opponent dominate traditional bout

★ Writing

Write newspaper report of a boxing match between two wrestlers of your choice. The wrestlers can be real or imagined. Do not forget to describe the wrestlers and the place where the contest is taking place. Include some of the moves described in the text.

Cross curricular wrestling

★ Geography

Wrestling around the world

Name the eight different countries mentioned with their different types of wrestling and choose two to write about. Say why you have chosen them.

★ History

- What evidence do we have that wrestling is one of the world's oldest sports?
- Find out who Socrates was, why he was famous, where and when he lived.
- Plot the different types of wrestling in ancient history on a timeline.

★ Maths

- If an official wrestling mat is 9 metres in diameter, what shape is the mat?
- What measurement is the diameter?
- It is surrounded by a further 1.5-metre wide border. Calculate the diameter of the whole training mat.
- What is the name given to half the diameter?
- Work out the radius of the whole training mat and its border.
- How would you work out the size of its area?

These are the lists of contents for the titles in Combat Sports:

Boxing

What is boxing? • Round 1 - the birth of modern boxing • A controversial sport • Boxing's top moves: punches • Getting into boxing • On the road • Boxing's top moves: defence • Making weight • Boxing at the movies • Competition • Boxing at the Olympics • Great champions • Ali: The greatest • Glossary • Further information • Index

Judo

Introducing judo • The origins of judo • The gentle way • Top 10 judo moves - 1-4 • The spread of judo • Respect and discipline • Top 10 judo moves - 5-7 • Modern judo • Clubs and dojos • Judo competition • Olympic judo • Top 10 judo moves - 8-10 • Famous judoka • Glossary • Further information • Index

Karate

What is karate? • Karate's origins • Karate spreads around the world • Karate at the movies • At the dojo • Karate today • Top 10 karate moves - 1-3 • Mind and body • Top 10 karate moves - 4-7 • Kumite • In competition • Top 10 karate moves - 8-10 • Famous karateka • Glossary • Further information • Index

Kickboxing

What is kickboxing? • Kickboxing origins • Muay Thai • Modern kickboxing • All the rage • In training • Top 10 kickboxing moves - 1-3 • Strong mind, strong body • Sparring • Top 10 kickboxing moves - 4-7 • Competition kickboxing • Top 10 kickboxing moves - 8-10 • Famous kickboxers • Glossary • Further information • Index

Taekwondo

What is taekwondo? • Ancient martial arts • Spreading around the world • Top 10 taekwondo moves - 1-4 • The discipline of taekwondo • Fit mind, fit body • Top 10 taekwondo moves - 5-7 • Modern taekwondo • Clubs and dojang • Taekwondo competition • Taekwondo at the Olympics • Top 10 taekwondo moves - 8-10 • Famous fighters • Glossary • Further information • Index

Wrestling

What is wrestling? • An ancient history • Wrestling around the world • Folk wrestling • Wrestling today • In training • Top 10 wrestling moves - 1-3 • Mind and body • Professional wrestling • Top 10 wrestling moves - 4-6 • Wrestling at the Olympics • Top 10 wrestling moves - 7-10 • Famous wrestlers • Glossary • Further information • Index

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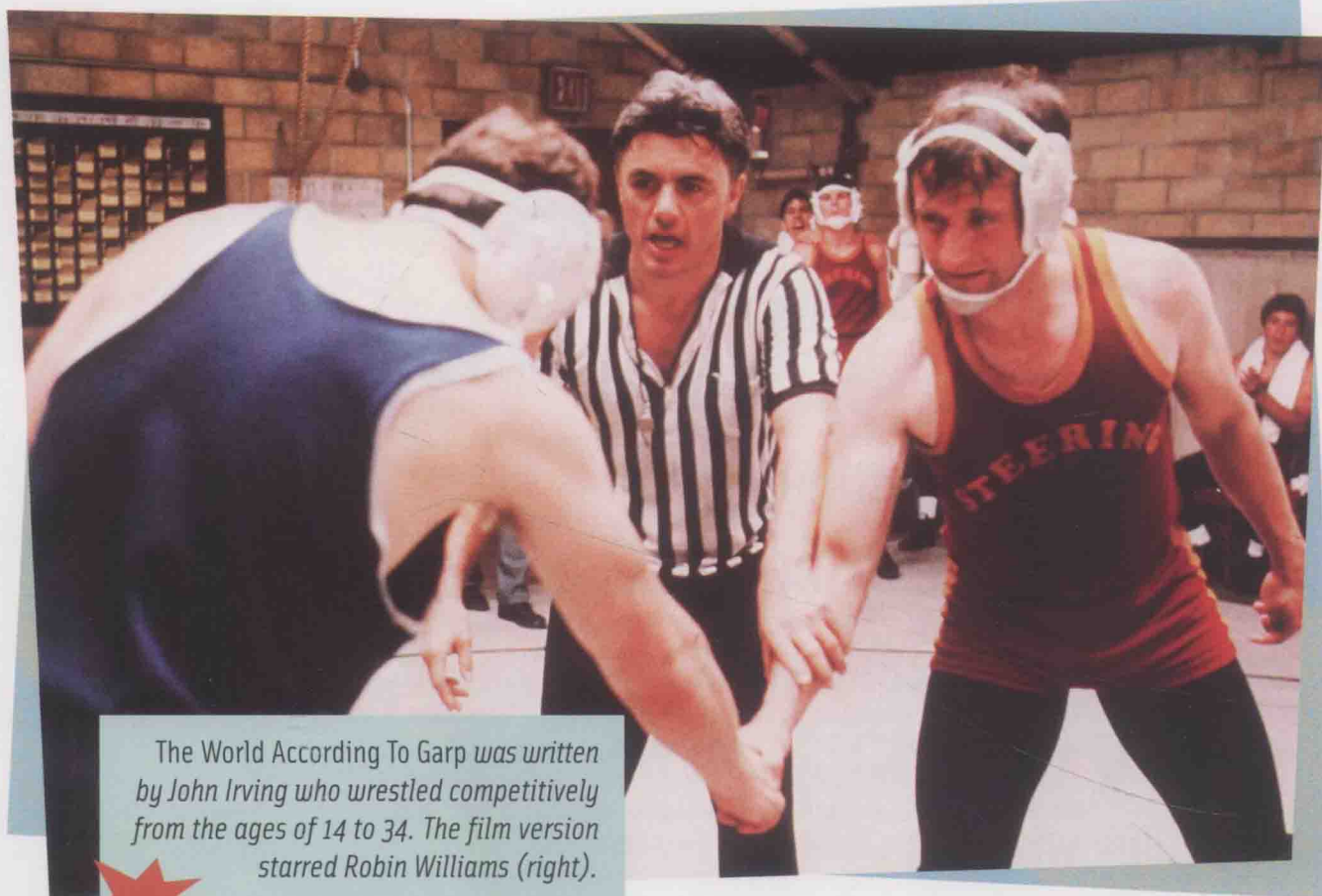
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WHAT IS WRESTLING?

What links Hollywood actors, Robin Williams and Tom Cruise, with former US presidents, Abraham Lincoln and George Washington? All were keen amateur wrestlers! Wrestling is an exciting sport. It is an epic battle of strength, skill and tactics between two competitors.



The *World According to Garp* was written by John Irving who wrestled competitively from the ages of 14 to 34. The film version starred Robin Williams (right).

"More enduringly than any other sport, wrestling teaches self-control and pride. Some have wrestled without great skill - none have wrestled without pride." - US wrestling coach, Dan Gable.

Strength, timing and control

Each wrestling contest between two wrestlers is called a bout. There are many different forms of wrestling, but all of them involve a wrestler using his or her strength and timing to gain control over their opponent. This involves gripping the opponent and sometimes throwing them to the floor. Points are awarded for various techniques during the bout.



South Korea's Kim Min-chul lifts Rawshan Ruzikulov of Uzbekistan.

SEVEN IN A ROW

At the age of 47, ten years before he became the first ever President of the United States, George Washington won seven wrestling bouts in a row against opponents from the Massachusetts Volunteer army!

AN ANCIENT HISTORY

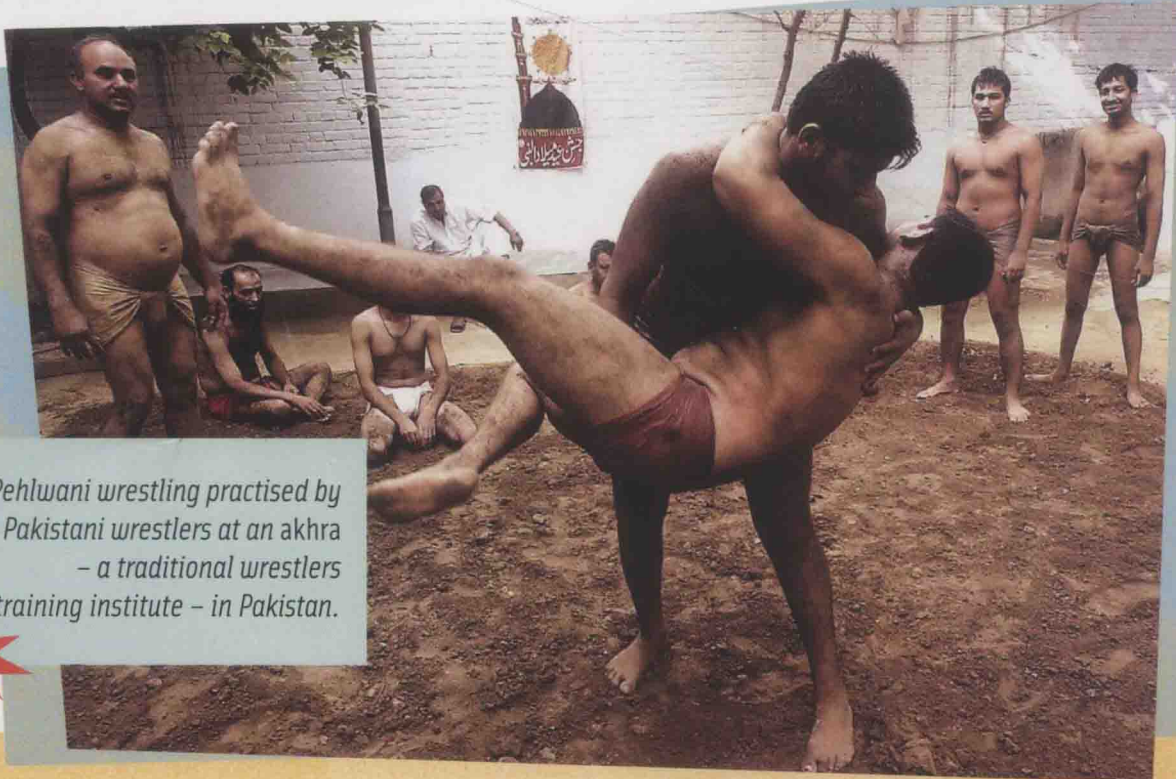
Wrestling is one of the world's oldest sports. Archaeologists have discovered paintings of wrestlers from ancient Egypt and ancient Babylonia (Iraq), some dating back over 5,000 years.

Jiao li

In China, Jiao li wrestling developed thousands of years ago. It is the oldest Chinese martial art. By 200 BCE, Jiao li wrestlers were bodyguards to the Emperor of China.

Pehlwani wrestling

Ancient Pehlwani (or Pehalwan) wrestling from India is more than 2,500 years old and is still performed today. In the first half of the twentieth century, the greatest Pehlwani wrestler was Ghulum Mohammed, known as the Great Gama. He lost only a single match in over 5,000 wrestling bouts!



Pehlwani wrestling practised by Pakistani wrestlers at an akhra – a traditional wrestlers training institute – in Pakistan.

ANCIENT OLYMPICS

The ancient Greeks were keen wrestlers, and from 708 BCE wrestling was an event at the ancient Olympics. Legends were created there including Milo of Kroton, who is said to have won the adult wrestling competition an incredible five times in a row. The Romans took on the Greek style of wrestling, creating the Greco-Roman style still in use today.



"I swear it upon Zeus, an outstanding runner cannot be the equal of an average wrestler." - *Socrates, famous Greek scholar.*

WRESTLING AROUND THE WORLD

Compared to many combat sports which began in just one country, wrestling developed all over the world. Many forms are still popular in one country or in a specific region.

Schwingen

In Switzerland, Schwingen wrestling (below) is centuries old. Wrestlers wear shorts over their clothes. The two wrestlers hold onto their opponent's shorts and try to throw each other onto their backs.



Sumo

Sumo wrestling (right) is hugely popular in Japan. Professional wrestlers try to force each other out of a circular ring, called a *dohyo*. They can also win a bout by forcing their opponent to touch the ground with a part of their body other than their feet. The very greatest sumo wrestlers are given the title *Yokozuna*.



Evala

Evala wrestling (left) occurs every year amongst the Kaybé people of northern Togo and signals a boy's progress into adulthood.

Sambo

Sambo is a form of self-defence invented in Russia. As a sport for men and women, a bout lasts six minutes. Sambo wrestlers wear a tight jacket called a *kurka* and shorts called *trusi*.

FOLK WRESTLING

Some forms of wrestling are known as folk wrestling. They are thousands of years old, but are still performed at festivals and competitions today.

Glima wrestling

The Vikings brought Glima wrestling to Iceland over 800 years ago. It involves both wrestlers wearing a special leather belt which their opponent grips. The two wrestlers have to stand upright and step around each other in a circle.

Cumberland and Westmoreland wrestling

This is believed to have been brought to England by the Vikings. It begins with the wrestlers linking their fingers behind the back of their opponent. This hold must be kept throughout the bout as the wrestlers struggle to throw their opponent.

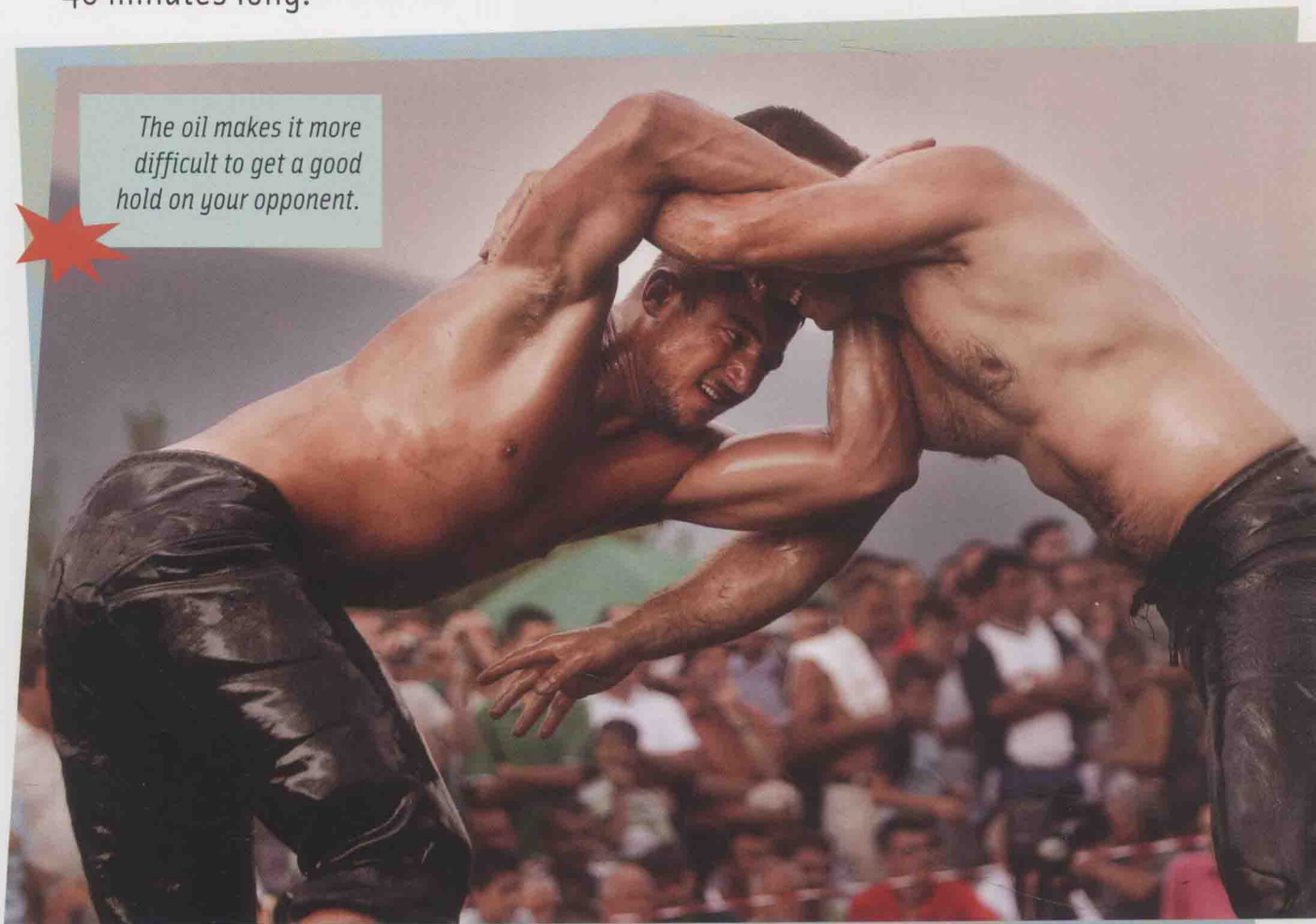
These wrestlers are trying to throw each other to the ground.



Oiled up

Yaglı Güres is a traditional form of wrestling from Turkey. Wrestlers wear leather shorts called *kispet* and cover their bodies in slippery olive oil. Originally, there were no time limits and bouts could last for two days! Today, bouts are either 30 or 40 minutes long.

The oil makes it more difficult to get a good hold on your opponent.



Modern folkstyle

Wrestling boomed in US schools and colleges and is now called folkstyle or collegiate wrestling. It is similar to freestyle wrestling (see page 12) and allows the use of legs and arms to make holds. It places more importance on control than making big throws.