

WRESTLING



GETTING THE EDGE:

Conditioning, Injuries, and Legal & Illicit Drugs

J.S. McIntosh

Series Consultants: Dr. Susan Saliba, National Athletic Trainers' Association Education Council, & Eric Small, M.D., Harvard-Trained Sports Physician



Wrestling

by J. S. McIntosh

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藏书章



Mason Crest Publishers

WRESTLING

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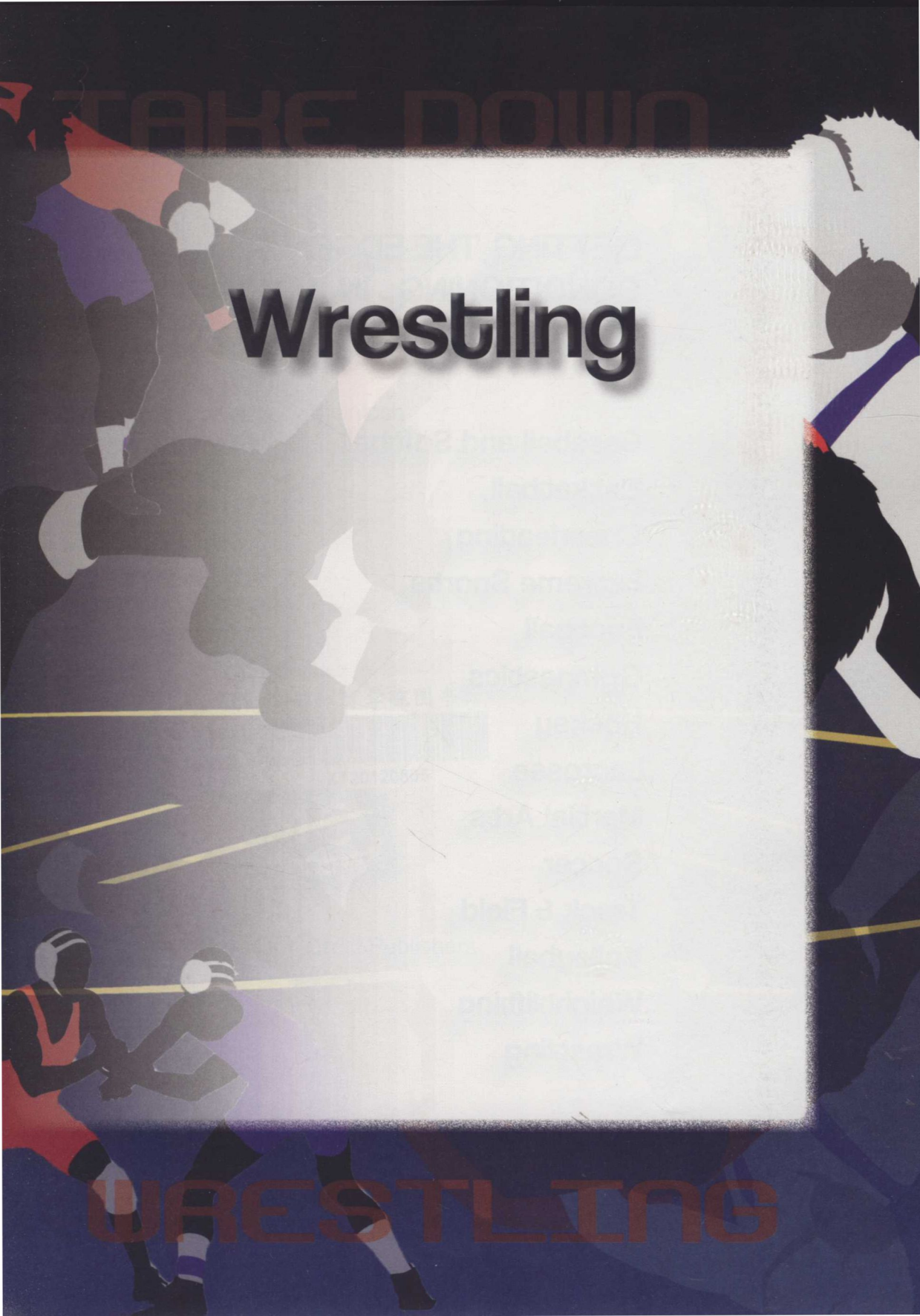
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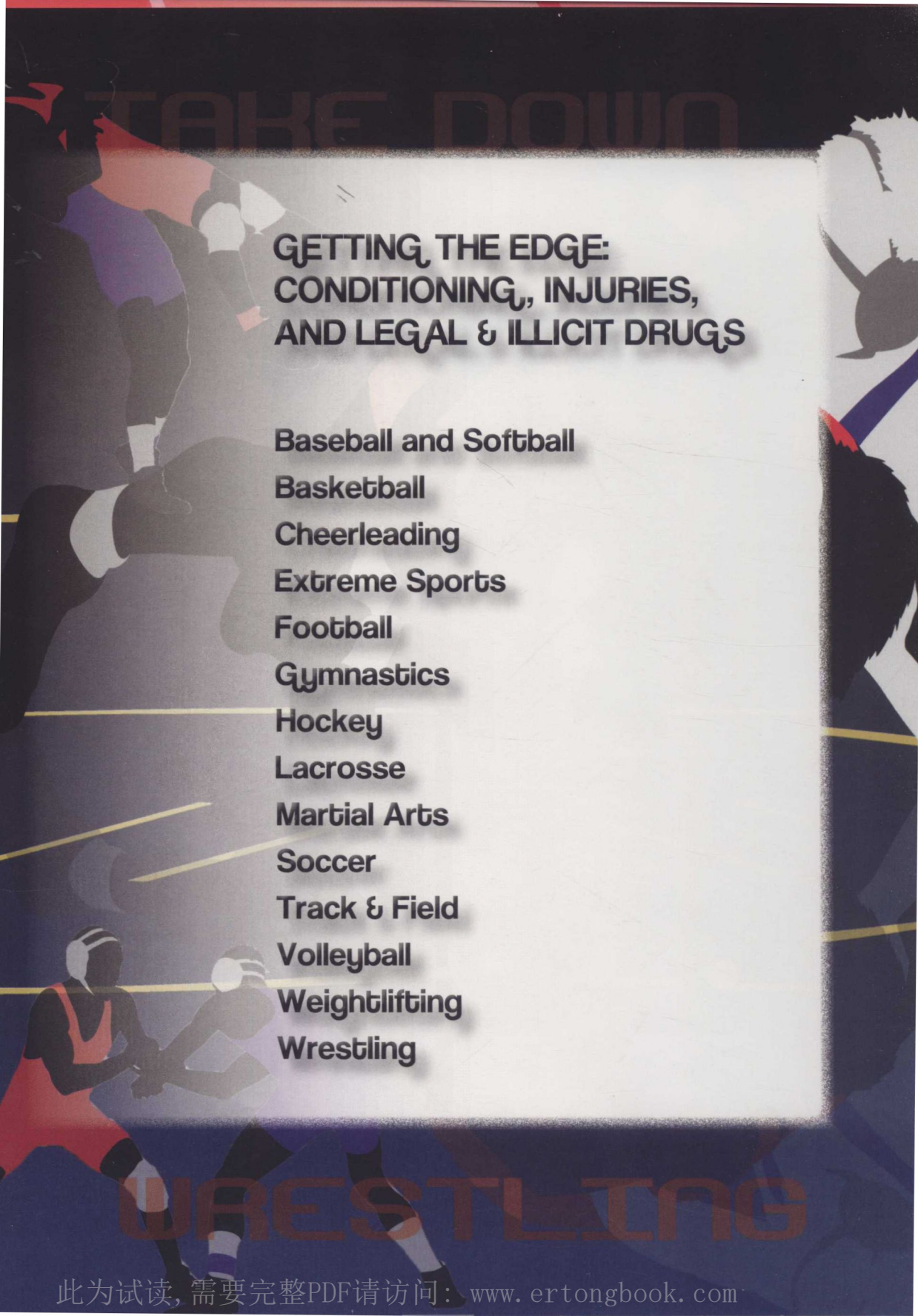
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TAKE DOWN

GETTING THE EDGE: CONDITIONING, INJURIES, AND LEGAL & ILLICIT DRUGS

Baseball and Softball

Basketball

Cheerleading

Extreme Sports

Football

Gymnastics

Hockey

Lacrosse

Martial Arts

Soccer

Track & Field

Volleyball

Weightlifting

Wrestling

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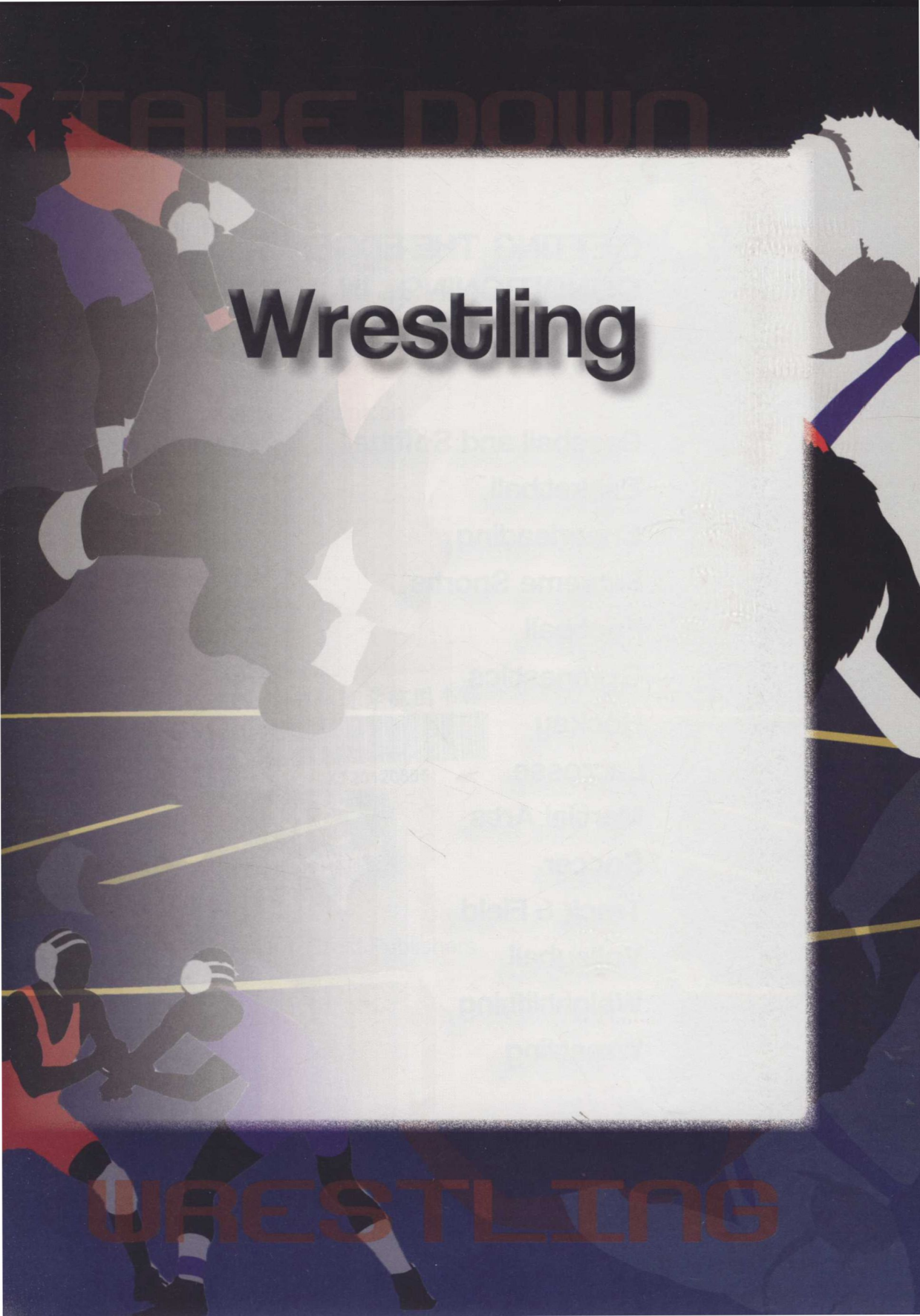
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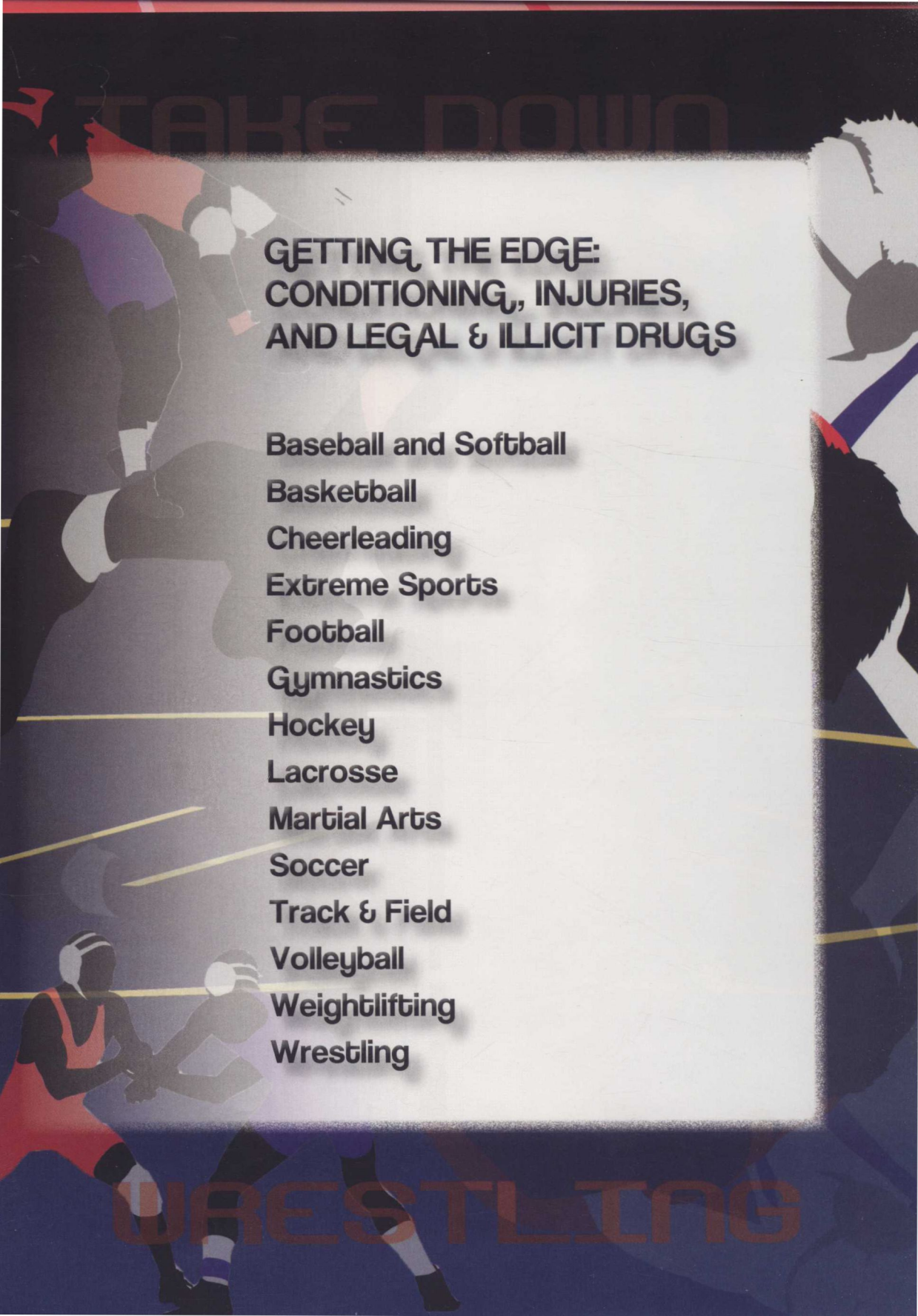
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Introduction

GETTING THE EDGE: CONDITIONING, INJURIES, AND LEGAL & ILLICIT DRUGS is a fourteen-volume series written for young people who are interested in learning about various sports and how to participate in them safely. Each volume examines the history of the sport and the rules of play; it also acts as a guide for prevention and treatment of injuries, and includes instruction on stretching, warming up, and strength training, all of which can help players avoid the most common musculoskeletal injuries. Each volume also includes tips on healthy nutrition for athletes, as well as information on the risks of using performance-enhancing drugs or other illegal substances. GETTING THE EDGE offers ways for readers to healthily and legally improve their performance and gain more enjoyment from playing sports. Young athletes will find these volumes informative and helpful in their pursuit of excellence.

Sports medicine professionals assigned to a sport with which they are not familiar can also benefit from this series. For example, a football athletic trainer may need to provide medical care for a local gymnastics meet. Although the emergency medical principles and action plan would remain the same, the athletic trainer could provide better care for the gymnasts after reading a simple overview of the principles of gymnastics in GETTING THE EDGE.

Although these books offer an overview, they are not intended to be comprehensive in the recognition and management of sports injuries. They should not replace the professional advice of a trainer, doctor, or nutritionist. The text helps the reader appreciate and gain awareness of the sport's history, standard training techniques, common injuries, dietary guidelines,



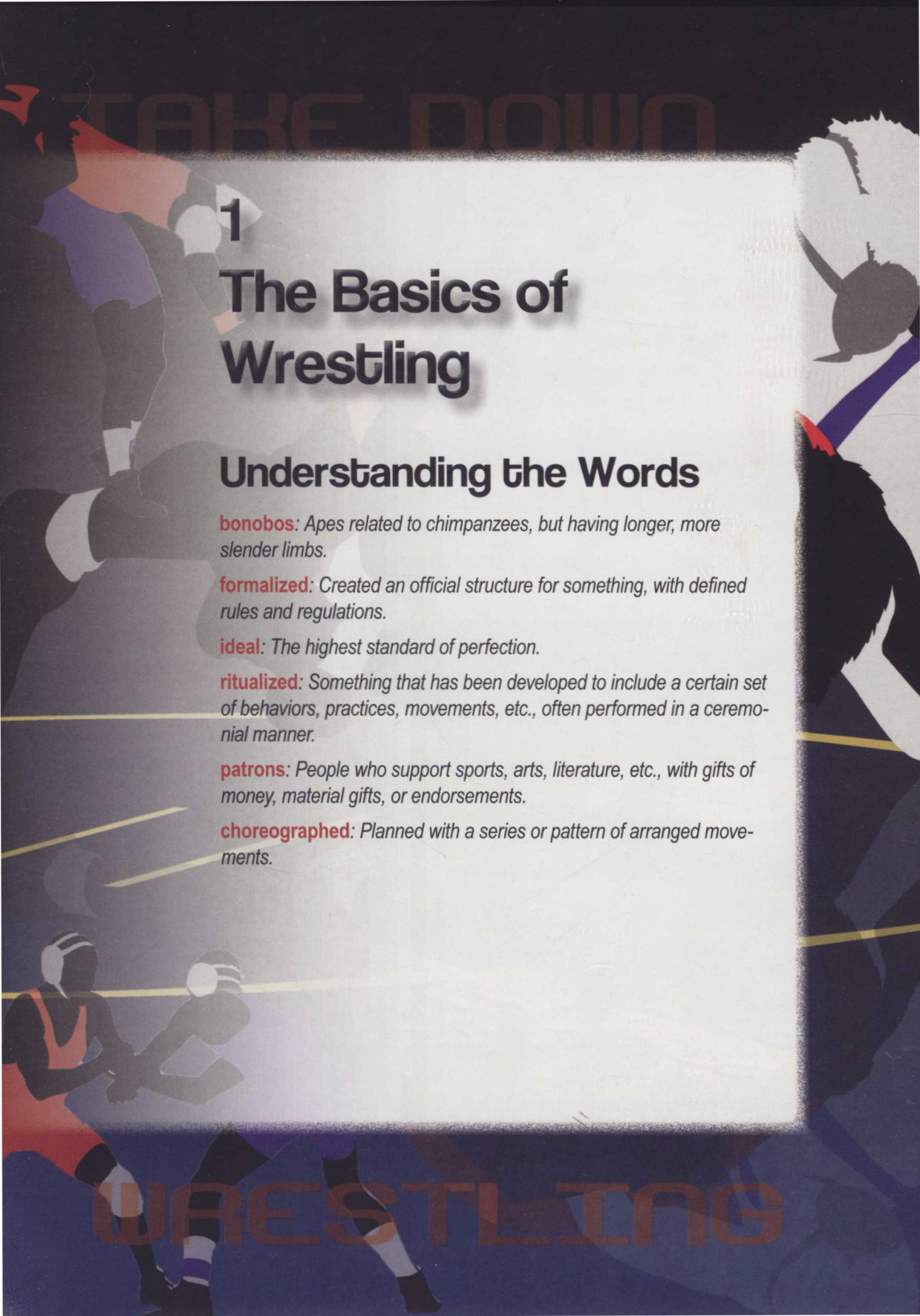
and the dangers of using drugs to gain an advantage. Reference material and directed readings are provided for those who want to delve further into these subjects.

Written in a direct and easily accessible style, *GETTING THE EDGE* is an enjoyable series that will help young people learn about sports and sports medicine.

—Susan Saliba, Ph.D., *National Athletic Trainers' Association Education Council*







1 The Basics of Wrestling

Understanding the Words

bonobos: Apes related to chimpanzees, but having longer, more slender limbs.

formalized: Created an official structure for something, with defined rules and regulations.

ideal: The highest standard of perfection.

ritualized: Something that has been developed to include a certain set of behaviors, practices, movements, etc., often performed in a ceremonial manner.

patrons: People who support sports, arts, literature, etc., with gifts of money, material gifts, or endorsements.

choreographed: Planned with a series or pattern of arranged movements.

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Organized fighting without the intent of physical harm is something many mammals do. Wolves, foxes, and domestic canines—"man's best friend"—all snarl and roll around in make-believe fury, using their open mouths in a form of play-fighting. Male goats butt heads in mock competitions. Chimpanzees and **bonobos**, the closest evolutionary link to humans, wrestle with each other without any intent to cause harm. Scientists think that animals engage in these pretend battles to reduce tension and educate their young for the day when they may need to know real battle skills.

Humans aren't all that different. Siblings often tussle like puppies, and adults enjoy competitions of strength. Wrestling is the **formalized** sport that has evolved from these mock duels of strength.



Goats are just one of the many animals—including humans—that play fight.



The History of Wrestling

ANCIENT WRESTLING

We know from archeological evidence that wrestling was practiced at least 3,000 years before the birth of Christ. It was both a form of military training and also an early form of bodybuilding, a way to perfect the **ideal** human body. Babylonian artwork dating from the third millennium BCE depicts wrestlers grappling with each other using belt-hold grips. Similar works of art have been found in Egypt, India, Japan, China, and Europe, all dating from the centuries between 3,000 BCE and the first century BCE.

Competitive wrestling is also described in ancient literature. Monumental wrestling battles are described in the Gilgamesh Epic, which was written down on stone tablets around 2,000 BCE in Mesopotamia, an ancient kingdom of the Middle East. In the Old Testament of the Bible, Abraham's grandson Jacob wrestles with an angel, who finally makes use of divine power to dislocate Jacob's hip, but even so cannot break free from Jacob's iron grip.

A few thousand years later, the ancient Greeks were also passionate about wrestling. Wrestling schools, known as *palestras*, flourished throughout ancient Greek cities, and wrestling was included in the Olympic games as early as 708 BCE. In these early Olympics, there were two main types of wrestling: *orthia pale* and *kato pale*. *Orthia pale* athletes fought standing, and the winner had to throw his opponent to the ground twice in three bouts. *Kato pale* combined what today we would consider wrestling and boxing, and the contestants fought at floor level. Victory was secured when one contestant was forced to submit, signaling defeat by raising the right hand with a pointed index finger. All wrestlers fought in the nude, and matches took place in an earthen ring called a *keroma*. The wrestlers' bodies were smeared with olive oil in order to make grips more difficult and to protect the skin. The Romans

