

## WRESTLING HISTORY OF INDIA

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### ABSTRACT

Obviously when we take the name of freestyle wrestling then common people get upset and call it American freestyle or Dara Singh style wrestling. After all, the situation has become like this. Indian wrestling and freestyle wrestling are one and the same. Wrestling practiced on clay with a grapple grip is known as Indian style, while it is called freestyle when it is a mat fight with a proposed outfit. Freestyle is a sophisticated district of Indian style.

The Indian style, known in America as 'catch as catch can wrestling', was created at the 1896 Athens Olympics, where Germany's Karl Suchmann became the heavy weight heavyweight. In the future, the Americans introduced a comparative form of wrestling called freestyle wrestling, and that wrestling started on one side of the world and then on the other side as freestyle wrestling, in which wrestling was divided into weight groups, costumes, length of arms and legs was refined. Get-togethers, point structures, illegal holds, etc. Subsequently, the modern style of wrestling started on one side of the planet and spread to the next, competing with the Greco-Roman style of wrestling from above the belt.

### KEYWORDS:

*Wrestling, Wrestler, Games*

### INTRODUCTION

It was put on by Phila and various countries participated in the two styles during the Olympic Games. That's why India should not be forgiven whenever wrestling history is made. Wrestling begins with Aryavarta. The Mahabharata and the Puranas, which are full of depictions of fighting and social affairs, tell that the history of wrestling is 5000 years old. Bhima-Jarasandha, Jimut-Jamuvant, Shri Krishna, Balarama, Shalya, Hidimba and

Bakasura etc. were the Indian wrestlers of the Mahabharata period, who used to shine in the presence of the whole of India. The most established famous books of the world - Mahabharata, Puranas, Bhagavata, Ramayana, etc., depict episodes of wrestling in full pictures with a large number of holds. The word 'Malla' contained at any place in these books goes back to the ancient history of wrestling in India. Apart from this verse of Harivansh Purana, the condition of wrestling of that period which was not proper, was different from modern wrestling.

While Bhagwan Singh drew with Gama in Meerut, there were never-ending notable wrestlers like Mahavir, Chirag All, Pummel Janam, Teja Singh, Harman Singh, Asanat, Mangala Rai, Sukhdev etc. who were essential weight wrestlers . He was a world class wrestler. A European American freestyle star was defeated by Brahmdev Mishra. Also it has been said earlier that Kareem Baks invited back the World's Best title by defeating Tom Standard of America, while Ghulam got the same title by defeating Kadir Ali of Turkey.

In 1921 a protégé of pummel idol Gawker won the world's best title by defeating Edshantel in San Francisco. Originally Viddo Pandit and Sledge Murthy were undefeated in the world. Gunga and Keekar Singh were also top and reputed wrestlers. Bansi Singh of Bihar state was other than a striking wrestler who attempted Gama. It is said that he crushed Chirag Ali, Tremor, Ujagar, Harman Singh, Puran Singh etc. There are innumerable wrestlers who are hidden away from the real setting of wrestling.

Gama himself respected Bansi Singh that he had no equal in the world. Obviously India's level in modern freestyle wrestling is not high enough, in any case the country's soil was at the top of wrestling, Indian style wrestling. The defense is that Indians never believed in free style or points structure wrestling but they believed in degradation and level playing field.

Since so far the Europeans have interrupted this sport so much like Kabaddi that such tremendous standards can be set in it that strength cannot be tried and in which everyone has to fight for themselves in this freestyle wrestling assessment. , The central explanation or flaw in modern wrestling is that the non-appearance of freestyle clashes resulted in the Indians not being competent enough.

Since every wrestling clash is held on tight soil and not on mat whereas Europeans practice on mat and have their challenges on mat and they have satisfactory freestyle wrestling teams even though a single social phenomenon in India Ho who is other than unfit. Freestyle wrestling entered the country from 1932 and the Wrestling Federation of India was formed in 1948.

Prior to the Indo-Pak pack, the main heavyweight wrestler was known as Rustum-e-Back. After this the trend started with the title of Back Kesari. Breathing the essentials led to the formation of several wrestling federation's in India. New titles for "Mahabharat Kesari" as well as "Malla Samarf" were outlined. Nowadays Dr. Pisolkar is the Indian style wrestling secretary and Balwant Singh is the president while freestyle secretary is VM Dutta, still the responsibilities and care of the federation are customary by the President Sh. GS Mander.

The history of freestyle wrestling begins with Maharashtra's KD Jadhav, who earned a bronze upgrade in freestyle wrestling from the Helsinki Olympics in 1952, while Leela Pumel of Mandola (Haryana) brought name and potential to the country by winning the gold qualification from ward wrestling.

Chandgi Sledge won gold in Asian wrestling in 1972. While Satpal received gold beautification during Asian Wrestling in 1982. Different minimal youngsters came up with the Gold Plan from World Wrestling. Naresh Chand defeated USSR lightweight wrestler Ruslana during the Indo-USSR wrestling trials held in New Delhi 1985.

## REVIEW OF LITERATURE

Beginning around 1921, the International Federation of Associated Wrestling Styles (FILA), headquartered near Lausanne, Switzerland, set the "Rules of the Game" with scoring and design rules, which were used for immediate competitions such as the World Games and Block are included in In the mid-year Olympics. (Noh, 2014)

It would be adopted by the Amateur Athletic Association for its freestyle matches. Freestyle wrestling surprisingly gained popularity in America after the cross country fight. By the 1880s, the challenges attracted a variety of wrestlers. The move to metropolitan federations, expanded industrialization, and the elimination of wilderness provided a favorable environment for youth wrestling, boxing, as well as a growth in respect and tradition. (Singh, 2018)

Early wrestling groups emerged a short time later, for example, the wrestling social event of the New York Athletic Club, which had its most important trial in 1878. Competent wrestling was also created (which scorns today's "sports-entertainment"), and by the 1870s, talent title matches offered settlements of up to \$1,000. (Piara, 2015)

Nineteenth-century wrestling matches were notably expanded and could last upwards of eight to nine hours, especially at Greco-Roman social events (where the use of legs and under the midsection is not allowed), and, Indisputably, at that point, it was simply chosen by draw. A time limit was set for matches in the 20th 100th year.

For more than forty years in the twentieth century, freestyle and its American counterpart, school wrestling, did not have a scoring system that organized events without falls. (Rachhin, 2017)

The introduction of a point structure by Oklahoma State school wrestling coach Carly Griffith, which received ratification in 1941, also influenced international styles. Until the 1960s, international wrestling matches in Greco-Roman and freestyle were scored secretly by an original social occasion of three judges, who left with the final decision by lifting hidden paddles at the end of the match. (Ramirez, 2014)

Dr. Albert De Ferrari of San Francisco, who became FILA's VP, advocated for a specific scoring structure and an ideal for a "controlled fall" that would see a fall take place while the compromising wrestler successfully did it. These were soon taken up internationally in Greco-Roman and freestyle. Until 1996, prior to a radical update of FILA governance, an international freestyle match consisted of two three-minute time periods, with a one-minute rest between periods. Today, wrestlers from Russia and Japan put on the most grounded performances. Alexander Medved of Russia overcame 10 major obstacles and 3 resistance to progress to Olympic gold in the hour from 1964-1972. Various school wrestlers have progressed to the freestyle challenge, particularly with impressive achievements at the international level. (Sandhu, 2017)

According to FILA, a Napoleonic pretender named Exbroyat first retained the style. Exbright performed at fairs and proposed his own style of wrestling as "level hand wrestling", to call it back from a variety of hand-to-hand fighting in which striking was permitted. In 1848, Exbright spread the standard that no holds were to be allowed under the midriff; nor were there shocking holds or reshapes that would hurt the enemy. "Level hand wrestling" or "French wrestling" (as the style became known) became active throughout Europe and turned into a major sport. Italian wrestler Basilio Bartoletti actually called the sport "GrecoRoman" to underline the interest in the "old honors". (Sterkowicz, 2011)

Various others in the eighteenth and nineteenth years attempted to tone down their contemporary athletic practices by finding some connection with the old frills. The eighteenth-century work *Tumbling for Youth* by Johann Friedrich Guts Muths depicts a type of sensible wrestling called "orthopale" (used by Plato to describe a standing piece of wrestling) meaning that someone with a lower- The body does not imbibe. Certified Old Wrestling was exceptionally wonderful; Greek Wrestling. (Yang, 2015)

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In Bhimseni wrestling, the domineering person uses his power and the skilled wrestler kills his opponent heavier than him by keeping in mind the use of skill and structure, it is called Hanumanti wrestling. Wrestling in Jamuvanti, on the other hand, is to satiate the enemy in locks, while the opponent may be hurt by dislocating the body's joints, deforming or bending his body parts.

Wrestling in Jarasandhi said that wrestling was dominant in the Mughal period. Manjha state wrestler Suchit Singh was a simple and tall leader. Most countries have a specific style of wrestling. Wrestling in India takes place in mud or mud pits. The soil is mixed with ghee and various other things and usually precedes each preparation.

While Jogendra improved to a silver from a heavy gridlock. Rajendra H. Singh made various gold enrichments at the public level. The specific king Krishna is the originator of wrestling in Aryavarta to the extent that wrestling originated from Mathura where expert wrestlers like Baldev Chaubey became prominent.

The coordinator behind Delhi Field is the same expert Krishna from whom wrestling spread across India as well as across the world. Chhatrapati Shivaji, Samrat expert Sledge Das and Maharaja Shahuji in the early 20th century inspired Maharashtra wrestling where so many wrestling stars brought name and fame to India. Maharashtra's profile of isolated encounters matches the typical perspective of the rest of India on this point.

In the year 1959 Sripati Khanchanale became Back Kesari Pehelwan by defeating Banta Singh Punjab Kesari in Hyderabad and in the year 1963 Government of India molded a social group of popular wrestlers and organized events with wrestlers from other countries for 20 days in different countries Sent. Shripati Khanchanale is one of the leading wrestlers of the Indian party in that pack. The social program visited Moscow, Berlin, Uzbekistan, Leningrad, Kabul and Khandhar.

KD Jadhav is named above, Maruti Mane received the title of Back Kesari in 1964 and gold medal during the Jakarta Asian Greco-Roman Wrestling in 1962. In addition, Ganapati Andalkar became a Kesari in 1960 by defeating Delhi's Kharak Singh in a straight and secured a silver and a gold from Jakarta freestyle wrestling and Greco-Roman style wrestling during 1962.

Naresh Chand, ASI Delhi Police, who supervised India in the International Wrestling in Minsk (USSR), has the record of around 2000 social occasions, while Ashok Kumar basically has the record of 800 celebrations, having won bronze, silver and Received gold medals. , There are different new suspects among junior public legends and international rising stars. They are satisfied with their cities and towns. A wrestler is on the whole satisfied with his gathering because they feed him with determination.

The master sphere is depicted as a "caliph" or "expert". A field wrestler cherishes his ruler by showing him at his feet. They trace the struggle of the seven-day week to the vast number of farms. Indian wrestlers more or less prefer to practice on sand grounds, and according to India's climate, practicing on clay has been shown to be useful. Here, it can be said that most wrestling events are possible throughout the cold season. Regardless, straight after practicing in the clay feels like a great place. Body and face feel amazing.

It removes hair on the body and cleanses the skin as well as keeps it away from skin pollution. This is the key driver that Indian wrestlers cannot help in freestyle wrestling. The wrestler must practice on the mat to participate in international wrestling which is new interest during consecutive days. He should practice on mats in the winter season. Then, potentially they can get international discrimination. The modern wrestling structure is largely characterized by nuances with holds. Undoubtedly, even a layman can turn into a wrestler or a well-organized stalwart of wrestling. This man has killed many wrestlers inside the ground with the ideals of his impressive impression. Also, they have ripped off the way they manage wrestling. It is amazingly clear from this verse that at that time it was highly regarded to hurt or kill the opponent.

Standard Indian wrestling isn't just a sport - it's an age-old subculture where wrestlers stick together and plan and notice absurd standards on everything from what they can eat to what they can eat in their spare time. Abstain from drinking, smoking and even sex. This feature is getting on with pure life, building spine and furthering your wrestling potential.

The wrestlers have a space with cooking centers called the akhara, where the wrestlers live under foolproof rules. The diet of pehelwans includes milk, almonds, ghee, eggs and rotis and every pehlavan has some basic things to keep in mind in organizing feasts. The sport is in decay but now unique akhadas survive and there are some committed people who are trying to keep this age old piece of Indian culture alive. At that time Bhagwan Singh had drawn with Gama in Meerut, at that time there were such persistent hitting wrestlers. He was a world class wrestler.

A student of Hathoda Murthy Gawker got the title of Best on Earth. In San Francisco during 1921, Gama defeated Zbyszko to become champion after a trial conference held in London in 1928. Essentially, Viddo Pandit and Hammer Murthy were undefeated at World Dumb and Keekar Singh was the top and surprisingly notable wrestler. It states that the body weight of Keekar Singh was around 7 pounds.

Bansi Singh of the state of Bihar was thus an outstanding wrestler who attempted Gama. It said that he crushed Gamma. There are so many wrestlers hiding away from the real setting of wrestling that Gama himself respected Bansi Singh had no equal in the world. There is no doubt that India is at a low level in modern freestyle wrestling even though this country was at the top in Indian style wrestling soil.

A central interpretation of the discontent in modern wrestling is that Indian freestyle is not living up to the ideal due to the absence of problems. As each wrestling challenge on the mat and a standalone social event of satisfactory freestyle wrestling teams, which was the first time freestyle wrestling was entered in the country since 1932 and in 1948 the Wrestling Federation of India was formed for the first time.

Combinations in Greco-Roman and freestyle are now three rounds of two minutes each. Before each match, each wrestler's name is called, and the wrestler's spot is on the corner of the mat assigned to his or her voice. Then the referee, calling them both to his side at the blending point of the mat, energetically welcomes them, looks at their attire, and checks for any sweat, smooth or slick material, and perhaps some obstructions. The two wrestlers then greet each other, shake hands, in between the referee blows his whistle to start the period.

A wrestler overwhelms the game when he has won two out of three periods. For example, it is expected that one competitor will win the required period 1–0 and the other reaches 1–0, the match being over. Regardless, a third and closing period would result if the other contestant won with the time period. Basically a fall, injury omission, or infringement closes the match; Any additional functionality for Win Achieve Period End. A delayed consequence of this relationship is that it is possible for the terrible wrestler to knock out the winner. For example, periods may be scored 3-2, 0-4, 1-0, applying an unbroken score of 4-6 regardless of victory for the less focused wrestler.

During the wrestling phase from neutral position, the two wrestlers look for takedowns and atmosphere for 60 seconds, as one would expect. In the all-around, the wrestler who has made the most centers near the completion of the required seconds will have the advantage in an Olympic lift from an open standard position over the other wrestler.

These positions are known as areas of strength. If both wrestlers have not found a center at this point, the referee sends the red outfit wrestler first to the mat boss to take the ball/surround the sack. The ball/box deposited by the wrestler as shown by the shadow of the ball. Reserved advantage will be given to the wrestler of that gathering,



the wrestler will toss the colored ball/box. The wrestler who wins the secret ball will get advantage in the social event.

## CONCLUSION

Indian style wrestling is the basis for freestyle wrestling. If it is limited to freestyle wrestling then the result will be tarnished. Mud wrestling operates during our officiating festivals. Wrestling fairs are organized in every nook and corner of India during festivals and cutoff points when a large number of people feel the commitment to appreciate. In the cities, the wrestlers are respected as intelligent beings and they are also given milk and cream with respect. Hence wrestlers participate in wrestling in fairs for odds and money.

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