

**THE SIGNIFICANCE OF WRESTLING SPORTS FOR SOCIETY AND THE HISTORY OF ITS FORMATION**

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Abstract

This article talks about the importance of wrestling for society and the history of its formation. A society with increased attention to sports develops in the style of a healthy society. There are all types of sports, which serve not only physical fitness, but also spiritual development of a person. In particular, wrestling is a defense of national values and it ensures the strengthening of national pride and confidence in a bright future.

Keywords: wrestling, sport, society, art of fighting, national wrestling, athlete, national values, healthy society.

Wrestling is a martial art, a hand-to-hand fight between two people, in which each tries to overpower the other, knocking him down. A wrestling bout can take place both for a practical purpose (combat actions, self-defense, etc.), and for a competitive purpose, within the framework of wrestling and in the latter case, it is carried out according to the rules specific for each type of wrestling and using certain wrestling techniques.

Wrestling is characterized by mutual overcoming of resistance with the help of special technical and tactical actions permitted by the rules of the competition. The goal of the wrestlers' fight is the victory of one of the opponents, which is expressed in establishing control over the other opponent, suppressing his possible further actions and preparing his further actions. From a practical point of view, this can be achieved by causing death or injury to the enemy; from the point of view of wrestling, depending on its type, this is expressed in the fact that the opponent is forced to take a disadvantageous position (usually lying on his back), to be immobilized, to experience the threat of injury or asphyxiation.

To achieve these goals, wrestlers use wrestling techniques to knock the opponent down and knock him to the ground (various types of throws), immobilize the opponent (holds), injure the opponent (painful holds), strangle the opponent (chokeholds).

The arsenal of possible techniques in wrestling is limited by its rules. In addition, in some types of wrestling, the actions of wrestlers are also evaluated, which are almost completely related to the competitive element: for example, in sumo, a whole group of techniques is dedicated to driving the opponent out of the boundaries of the wrestling area, which entails the victory of the one remaining on the site.

Wrestling differs from other martial arts in the almost complete absence of the technique of striking the enemy with various parts of the body.



Wrestling has been included in the program of the Olympic Games since 708 BC and in modern times was included in the program of all Olympic Games, excluding the 1900 games.

The origins of the struggle. The origins of the struggle should be sought in primitive times. Back then, it was purely utilitarian. The need to obtain food, protect themselves and protect their relatives forced primitive people not only to be physically fit, but also to have specialized motor skills.

One of these skills was the ability to fight without weapons with their own kind and possibly with animals, since it follows from the epic of many peoples that their national type of struggle, whose roots are lost in the mists of time, arose from the struggle of the mythical progenitor of the people with some mythical animals. As studies by ethnographers show, in modern tribes that have retained a completely primitive communal way of life (Australia, the Andaman Islands, Papua New Guinea), the ability to fight is a significant skill in the tribes.

It is believed that wrestling as a system was born at the moment when a person realized that various techniques and methods of fighting could help him save his life and provide himself with food.

Fighting techniques, perhaps once accidentally discovered, began to accumulate, this experience began to be passed on from generation to generation. In the future, the struggle acquired the features of a religious rite and thus acquired a competitive character: the rules of the struggle were developed in the tribes to ensure the safety of the fights for the wrestlers.

Antiquity.



Fresco from the tomb of Khnumhotep II.

2nd row from the top, third from the right - a kind of prototype of the modern front footboard
3rd row, fourth from the right - a clear "reverse belt" The oldest discovered information about the struggle dates back to the 4th millennium BC and these are Sumerian drawings of Gilgamesh wrestling with a lion.

Approximately 3000 BC are tablets found in Iraq depicting wrestling techniques, including with such an original grip as for the fingers.

Of great interest is a figurine found in Iraq and dated approximately 2600 BC. The figurine represents two wrestlers with large jugs on their heads: obviously we are talking about a struggle with the condition of maintaining balance.

By the time of the reign of the 5th dynasty of Ancient Egypt (2504-2347 BC), there are images on the walls of the tomb in Saqqara, which depict six pairs of wrestlers.

By 2100 BC, images of ancient Egyptian wrestling techniques were found in the tomb of the nomarch Khnumhotep II of the era of the Ancient and Middle Kingdom of Beni Hassan. When analyzing these images, one can be convinced that the wrestling in Ancient Egypt was carried



out both in the standing position and in the stalls, while the rules of the Egyptian wrestling allowed the use of blows and painful techniques.

Many of the techniques depicted in the fresco are identical to the current ones. The frieze of the tomb of Pharaoh Ramses III (1160 BC) depicts ten pairs of wrestlers: Egyptians, Africans and Asians, who wrestle in a performance organized by the pharaoh in honor of the arrival of foreign guests. Of particular interest is the figure of the judge, who, turning to one of the wrestlers, recalls that he is in front of the pharaoh and must be attentive.

There is evidence that at the turn of the 4th-3rd millennium BC, the so-called "day of struggle" was regularly held in China.

In the Nart legends, which, according to some researchers, began to take shape in the 8th-7th centuries BC, synag wrestling is already mentioned, a species that was cultivated by the ancestors of modern Ossetians.

The ancient Greek historian Xenophon (not later than 444 BC - not earlier than 356 BC), describing Persia, noted that all youth without exception are engaged in wrestling.



"The struggle of the Russians" watercolor by F. G. Solntsev, XIX century.

The emergence of Slavic schools of martial arts dates back approximately to the 3rd-2nd centuries BC. Obviously, the most ancient Slavic martial art should be considered "bear fight", part of a pagan ritual rite, which was designed to ward off evil spirits.

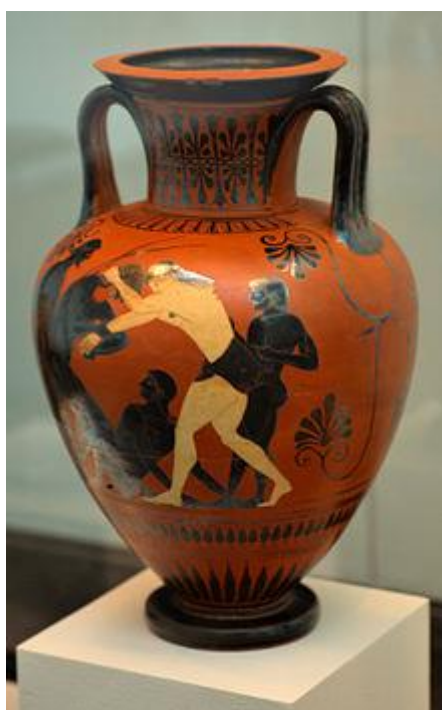
It is believed that such types of Slavic wrestling originated from the bear wrestling, such as wrestling in an armful, in a fight, in a cross, on a collar, etc. There is an opinion that in the Russian tradition, wrestling occupied a subordinate position, in comparison with percussion techniques, wrestling techniques were conditional, had more of a ritual and possibly competitive significance.

Fights of wrestlers were often held at festivities, the venue for the fights was a thick log mounted on high props and horizontally laid, under which there was a pit with liquid mud. The loser fell into the mud and got out to the laughter of onlookers.



Antiquity.

Wrestling, as an art and an element of competitions, received great development in ancient Greece. The invention of wrestling has been attributed to mythological figures such as Athena, Theseus and Palestra, daughter of Hermes; Hercules and Telamon are called the first winners. Wrestling was recognized by the ancients as the most intellectual of all types of competitions, in which, along with physical strength, the ability to outwit and outplay the enemy played a large role. So, Plutarch calls wrestling the most "skillful and ingenious" of the competitions. Such thinkers as Socrates and Plato were engaged in wrestling and the latter took part in the Isthmian games. The rulers were also engaged in wrestling: as they spoke of skillful wrestlers, starting with the Egyptian king Ptolemy II (308-246 BC) and ending with the Byzantine emperor Basil.



Peleus' fight with Atlas on a Greek vase.

The shown grips for the neck and forearm are no different from the current ones in Greco-Roman or freestyle wrestling.

The first reliable and known information about ancient Greek sports in general and wrestling in particular dates back to the end of the 2nd millennium BC.

Wrestling at that time was the privilege of aristocratic warriors, victory in a duel was considered not only as a victory in the competition itself, but also as proof of the divine origin of the winner. In 708 BC, wrestling was included in the program of the Olympic Games. By the 5th century BC, under the influence of changes in Greek society, wrestling ceased to be the privilege of aristocrats, turning into an accessible activity for many and having acquired the features of a spectacle, a commercial event.

Many sources testify to the development of wrestling in Ancient Greece and Ancient Rome. These are monuments of Greek and Roman literature, starting from the 8th century BC and ending with the 12th century AD, epigraphic evidence and papyri, including wrestling



textbooks and competition regulations, as well as fine arts, especially Greek vase painting 4 century BC - 3rd century AD.

There were no strict rules of wrestling: sometimes even the rules of the duel were determined by agreement.

However, there is a general idea of the rules of wrestling. The most important element of the fight was the throw, that is, the removal of the opponent from balance with his subsequent fall to the ground. First of all, a throw in which the opponent fell on his back was considered a successful throw.

The absence of such defeats in a career was especially appreciated by wrestlers: for example, the six-time winner of the Isthmian Games, Damostrat from Sinope, was noted in one of the epigrams, because "he never fell in fights requiring resourcefulness and did not leave an imprint of his own back in the sand."

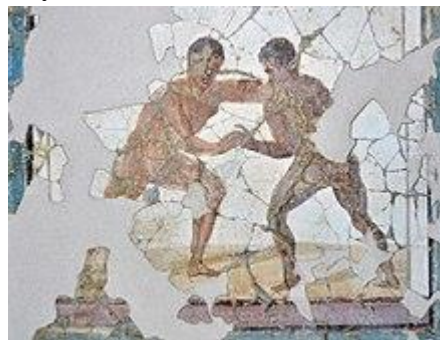
Touching the ground with the shoulders, chest and stomach was counted as a successful throw. Touching the ground with the knee did not count as a throw, but was considered an unfavorable position and ancient wrestlers also prided themselves on not kneeling during their careers.

The technique of wrestling in ancient Greece was different from the technique of the wrestling that we know as Greco-Roman. So, in ancient wrestling, along with grips of the arms, neck and torso, grips by the legs and throws using the legs were allowed. Just like in modern wrestling, in ancient wrestling there was a lying wrestling, in the stalls.

In full, the system of technical actions of wrestlers has not reached the present time. It is known that in the arsenal of the wrestlers of Ancient Greece and Rome there were unbalancing, transfers and knocking down to the ground, but the basis was still throws.

Such throws are noted in the literature and fine arts of that time, such as, for example, a throw through the thigh or, as it was called in ancient Greece, "to turn the pelvis" (for example, Theocritus, speaking of the preparation of Hercules, indicates that "All those tricks with which, Argive men, conducting throws by turning the pelvis, knock each other down, he was trained by the son of Hermes Harpalik of Panopia").

There were known throws over the back with a grip on the shoulder, throws with a grip on the leg or legs, tilt throws, trips, sweeps (for example, a sweep in the knee from behind is described by Homer in the Iliad: "Ajax raised Odysseus. But he, not forgetting the tricks, hit the enemy from behind in the knee and knocking his legs down, knocked him back"), hooks, twists. Biting, finger-picking and hitting were forbidden. These actions in the bout were punished by the referee hitting the offender's body with a rod.



Wrestlers in an antique fresco of the 3rd century.



Greek wrestlers in the early period competed naked, rarely used loincloths. The Romans and in a later period, most of the Greeks, on the contrary, always performed in armbands. Before the fight, the wrestler rubbed himself with oil and then sprinkled the body with a layer of fine dust. The time of the fight was not limited, there were no weight categories (there is only one source that the wrestlers could be divided by weight). The fight was up to three counted throws, after which the victory was awarded; victory was also awarded if the enemy went beyond the allotted area.

The victory could also be awarded as a result of the surrender of the enemy (for which, as today, it was necessary to tap the palm of the hand several times on the body) due to a suffocating or painful hold. If the former were, judging by the sources, very common, including chokeholds in the rack, then there are fewer sources of the latter; it is recognized that they were used in the form of wrestling, but were more characteristic of pankration. It is obvious that the rule of voluntary surrender arose already in later times. This follows, for example, from sources that testify that the Spartans nevertheless performed in martial arts only at wrestling competitions, where there was no possibility of voluntary surrender, in contrast to pankration and fisticuffs, where the fight was fought only until voluntary surrender. It was believed that a voluntary surrender, if such took place, would dishonor both the Spartan and the state.

Wrestling during antiquity developed not only in Greece or Rome. So, for example, Herodotus, describing the Thracians (the territory of modern Bulgaria), indicates “They say goodbye to the dead. They fill the grave and arrange various competitions. The most expensive awards are given to wrestlers”.

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