

HISTORY OF WRESTLING



Some Sport Science Perspective

David Curby (USA)

International Network of Wrestling Researchers (INWR)

EARLIEST ARTIFACTS – MESOPOTAMIA

2900 BCE



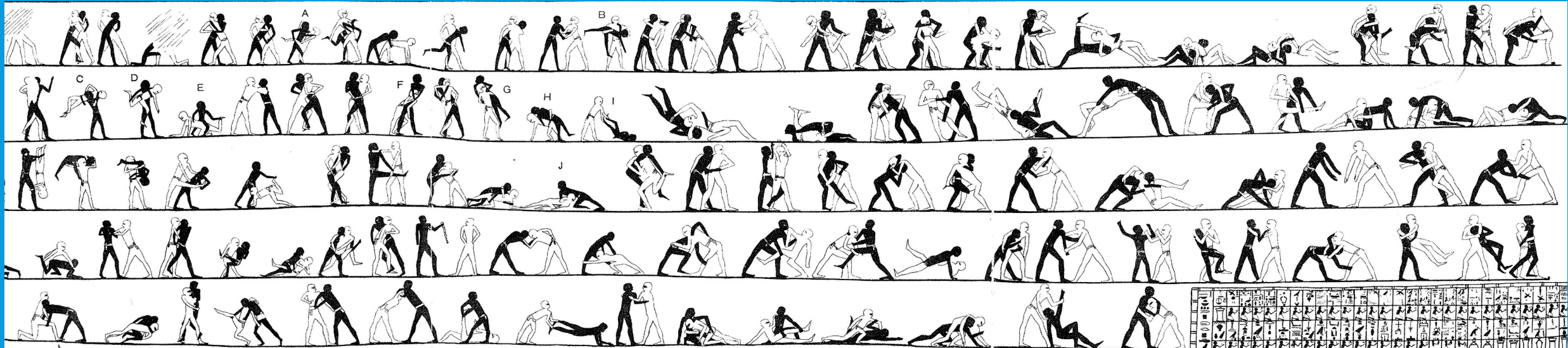
EPIC OF GILGAMESH

(ca. 1700 B.C.E.)

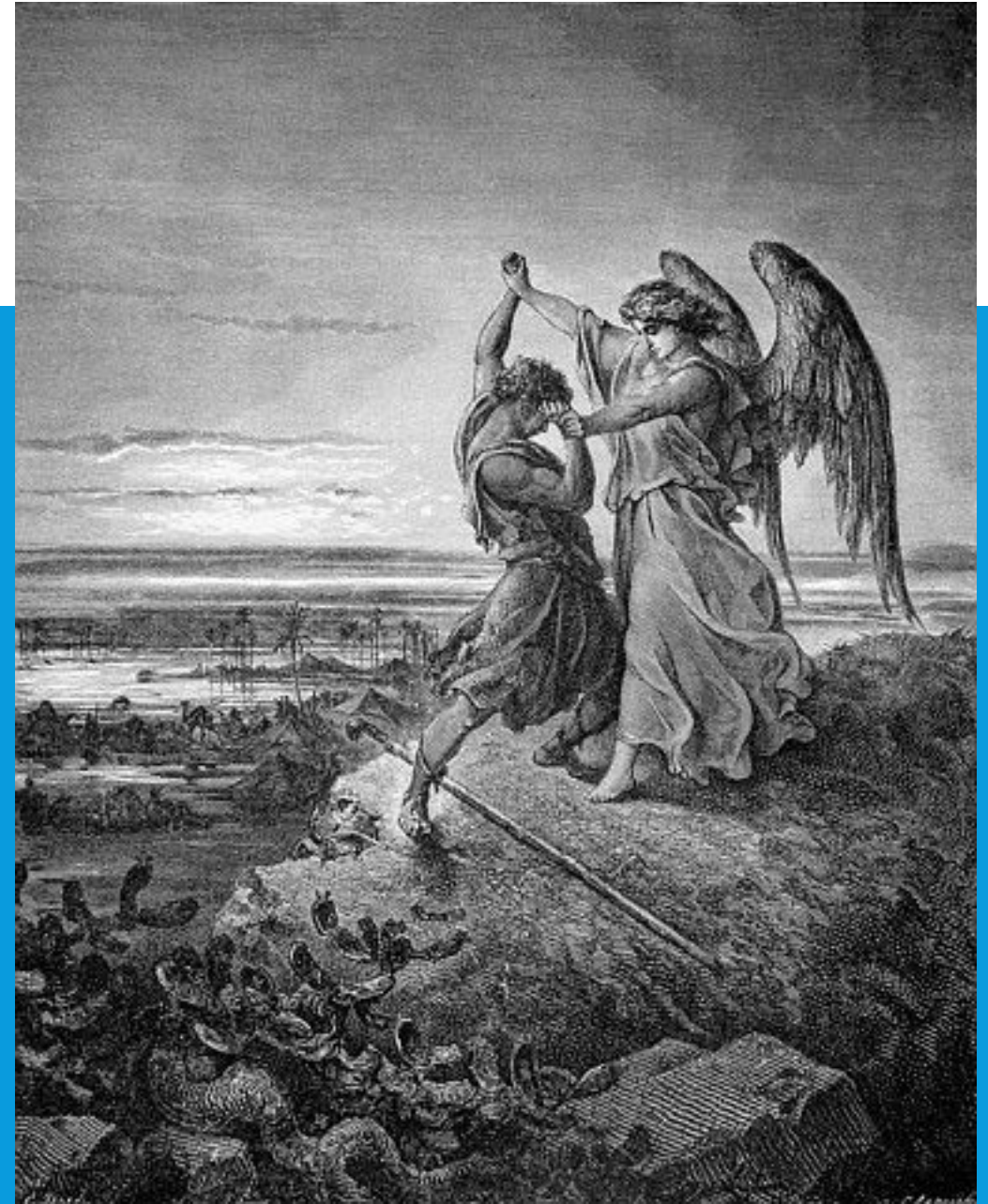
Gilgamesh is important in the heritage of the people in modern Iraq. Just outside the Baghdad airport is a statue to the heroic wrestler.



ANCIENT EGYPT

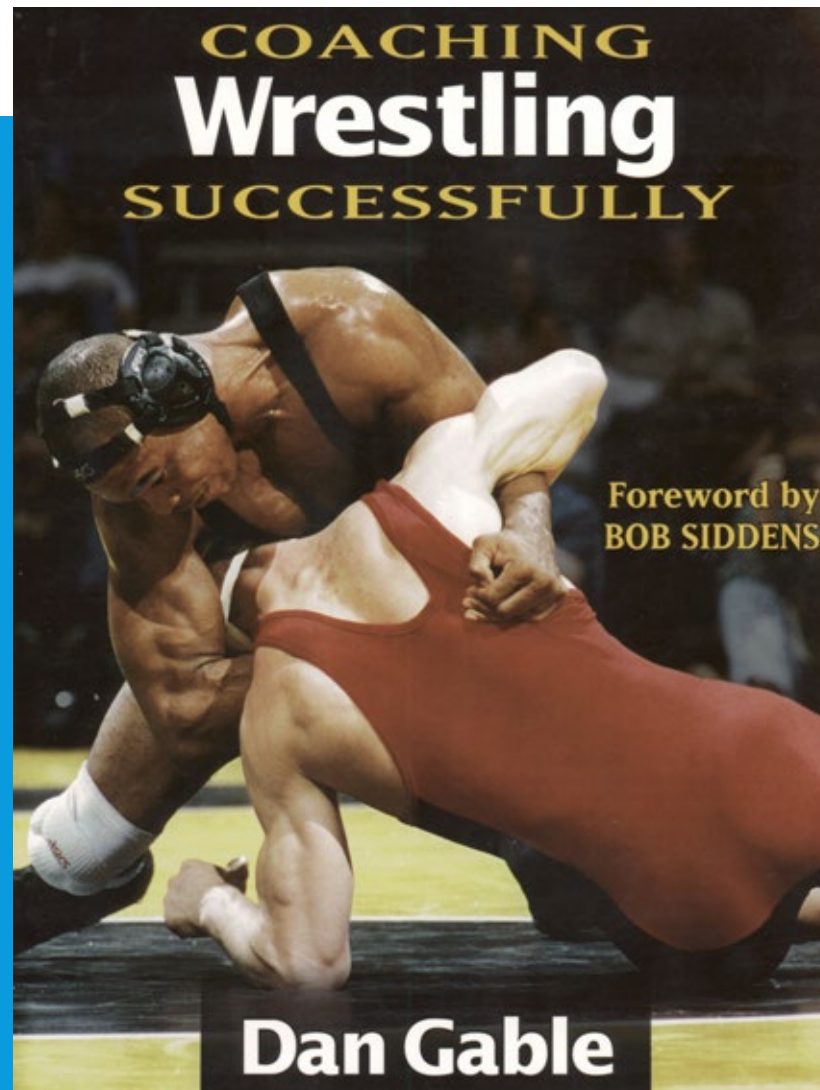


BIBLE-OLD TESTAMENT CIRCA 1200 B.C.E.

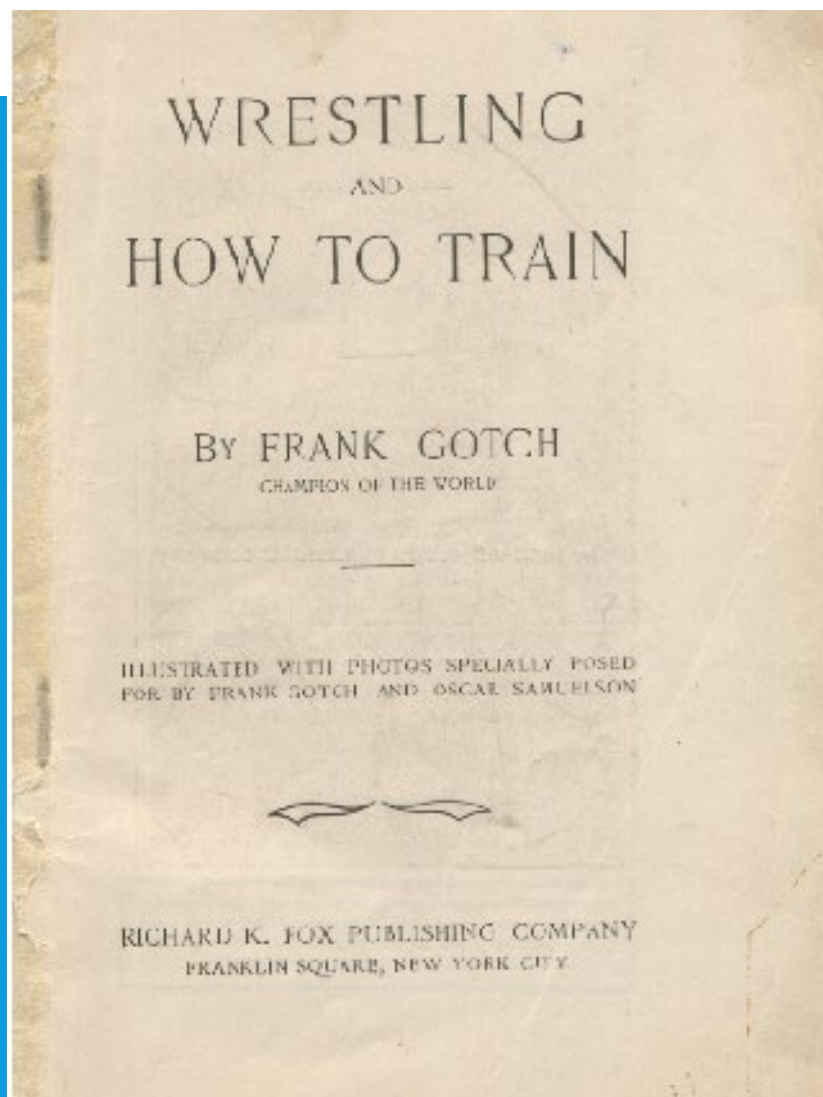


THE MORE THINGS CHANGE, THE MORE THEY ARE THE SAME.
ALPHONSE KARR

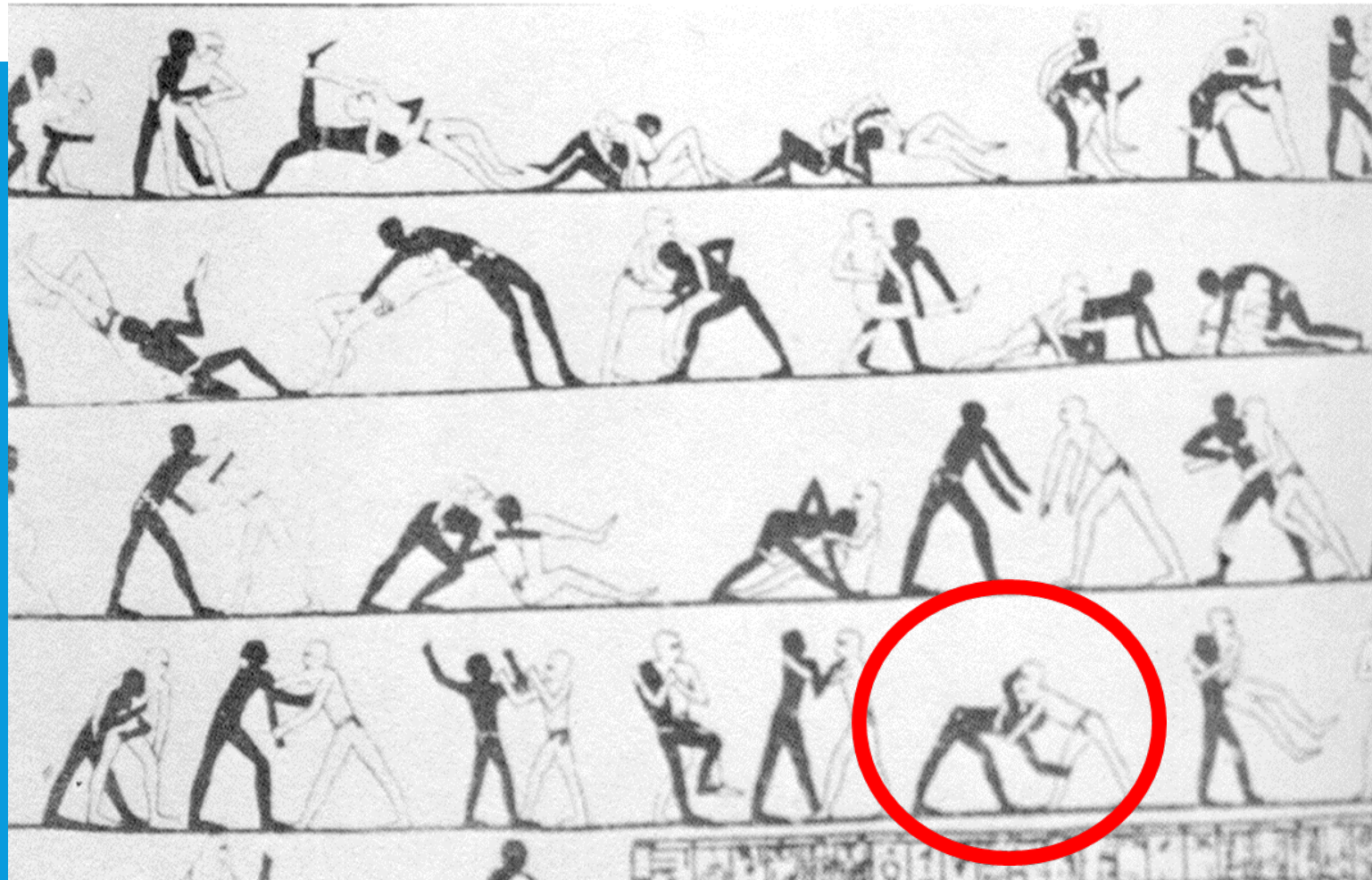
Wrestling Textbook by Dan Gable 1998



TRAINING MANUAL 1918

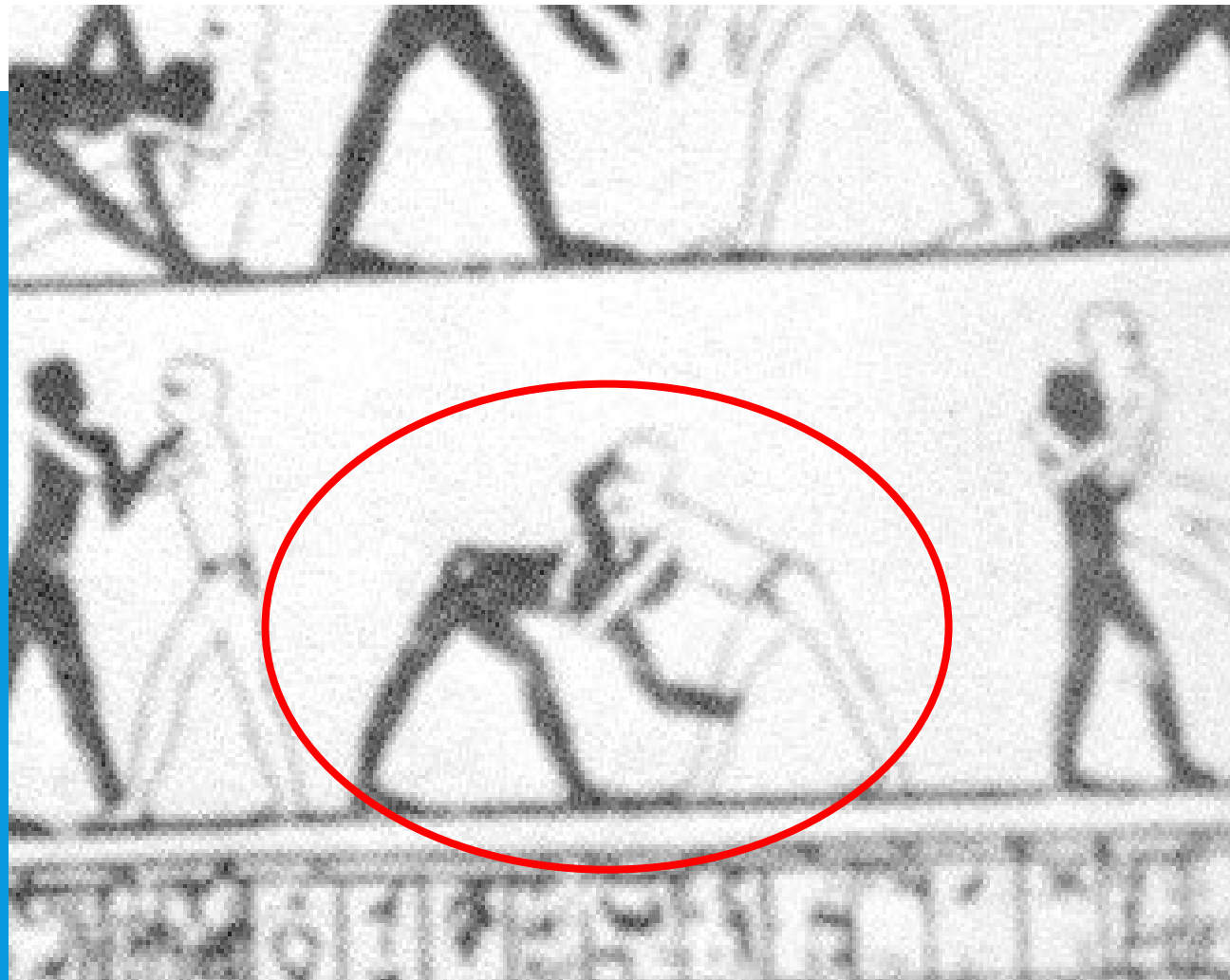


BENI HASAN 2055 B.C.

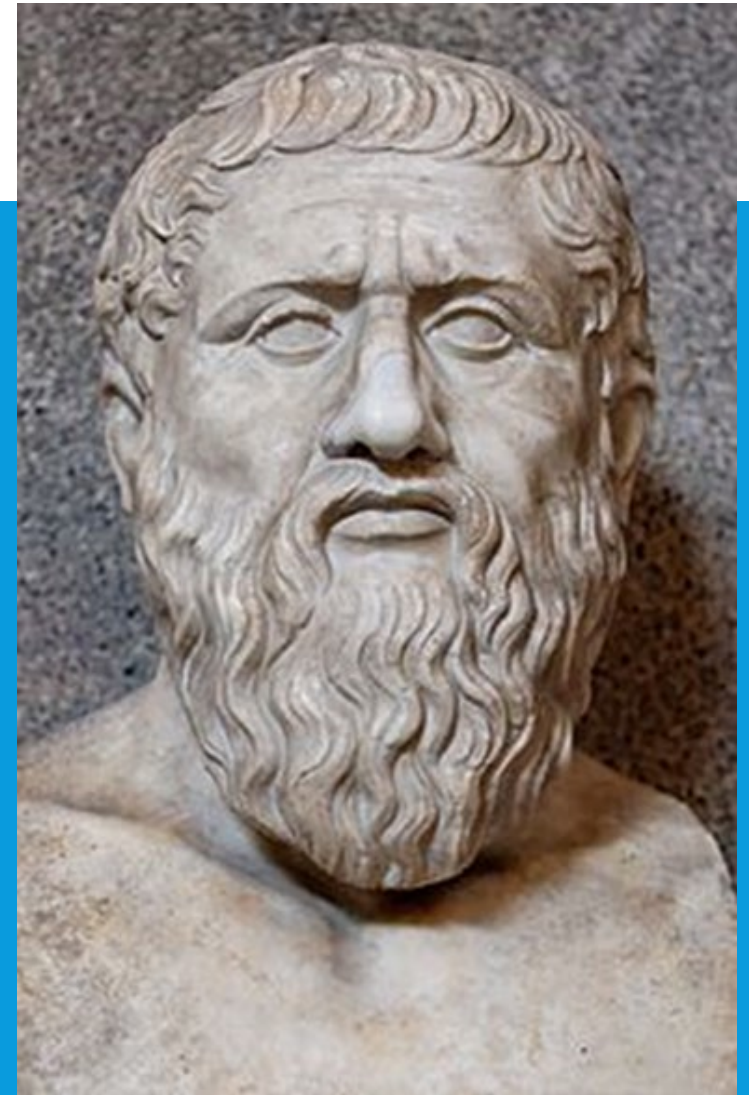
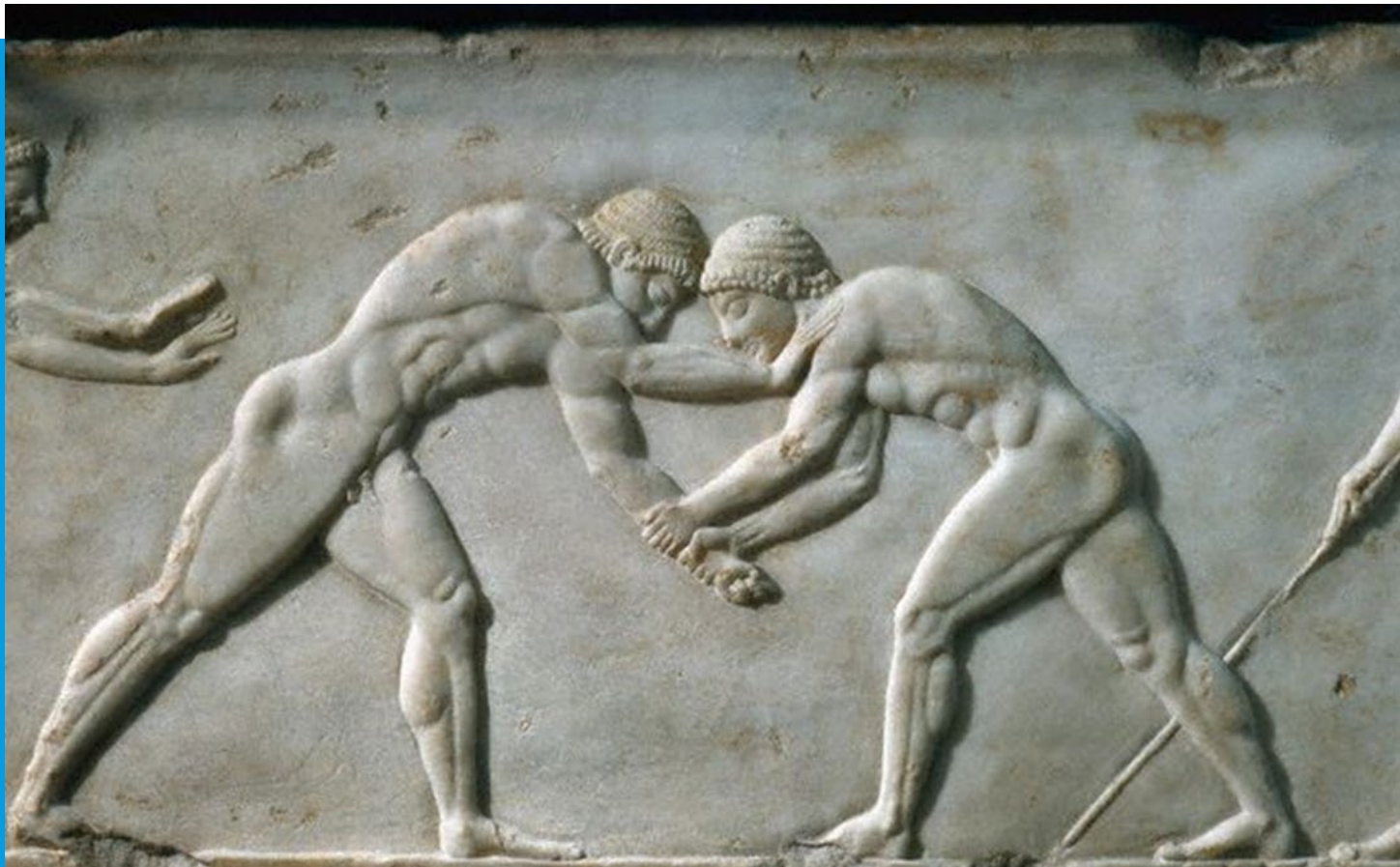




BENI HASSAN



ANCIENT GREECE



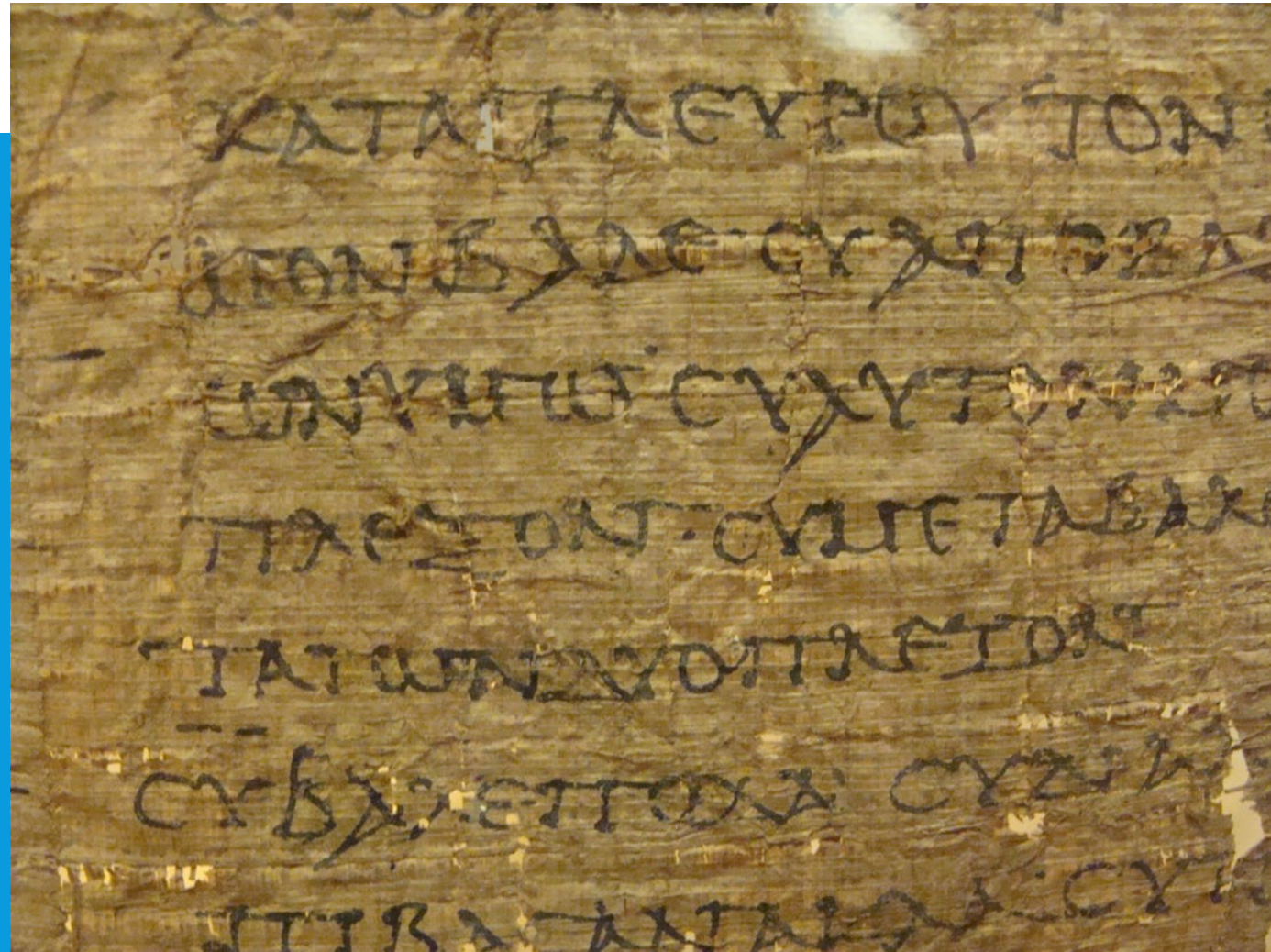


MILO OF CROTON THE GREATEST OLYMPIC WRESTLER?

Milo won six Olympic Games and seven Pythian Games, both events held quadrennially.



OLDEST TRAINING MANUAL FOR SPORT



"Challenge and Perspectives in Wrestling" Kyiv, Ukraine, 21-22 November, 2018

WRESTLING AROUND THE WORLD

“FOLKSTYLE”



CUMBERLAND STYLE FROM ENGLAND

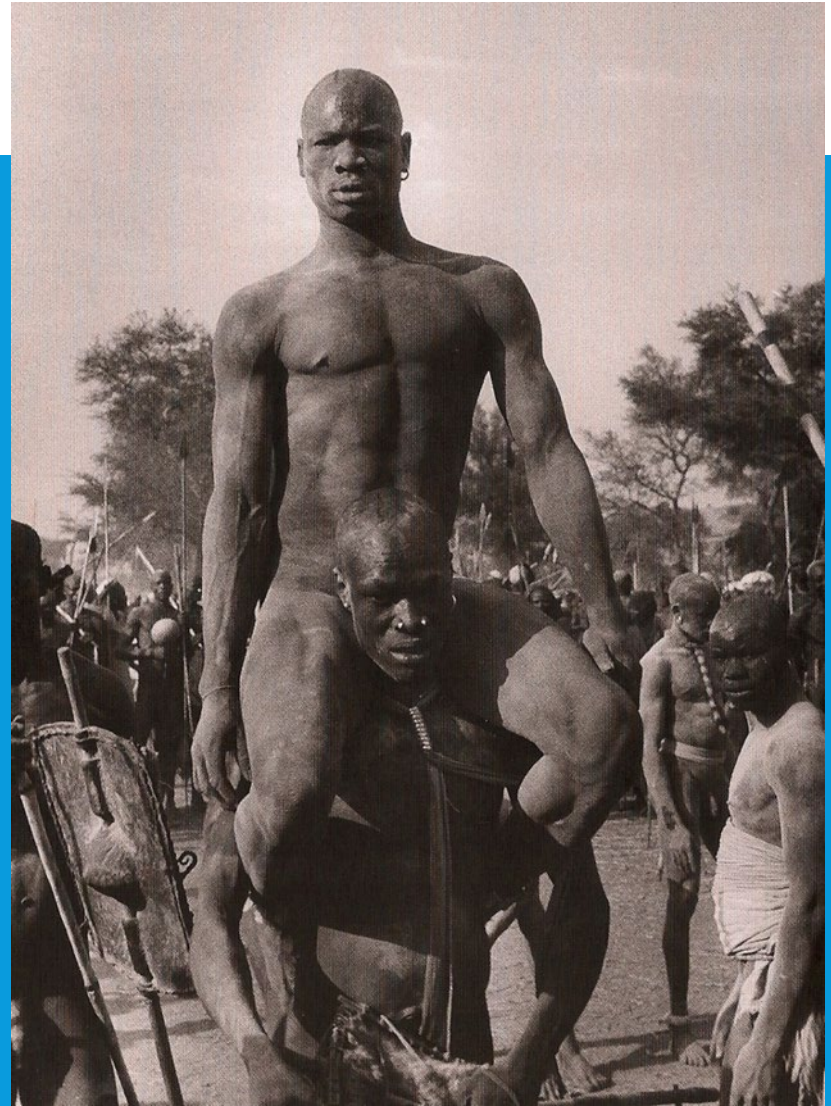


“FOLKSTYLE” AROUND THE WORLD

HUKA TRIBE IN BRAZIL



NUBIANS FROM SUDAN



TURKISH OIL WRESTLING



JAPANESE SUMO



AUSTRALIAN ABORIGININIES



MONGOLIA BÖKH



KYRGYZSTAN WRESTLING ON HORSEBACK



Image by Robbert Wijtman 2018

“Challenge and Perspectives in Wrestling” Kyiv, Ukraine, 21-22 November, 2018

PHILIPPINES



“Challenge and Perspectives in Wrestling” Kyiv, Ukraine, 21-22 November, 2018

TARTAR KORESH

One of the most widespread forms of belt wrestling is Tartar Koresh. Modern competition is centered in Uzbekistan.



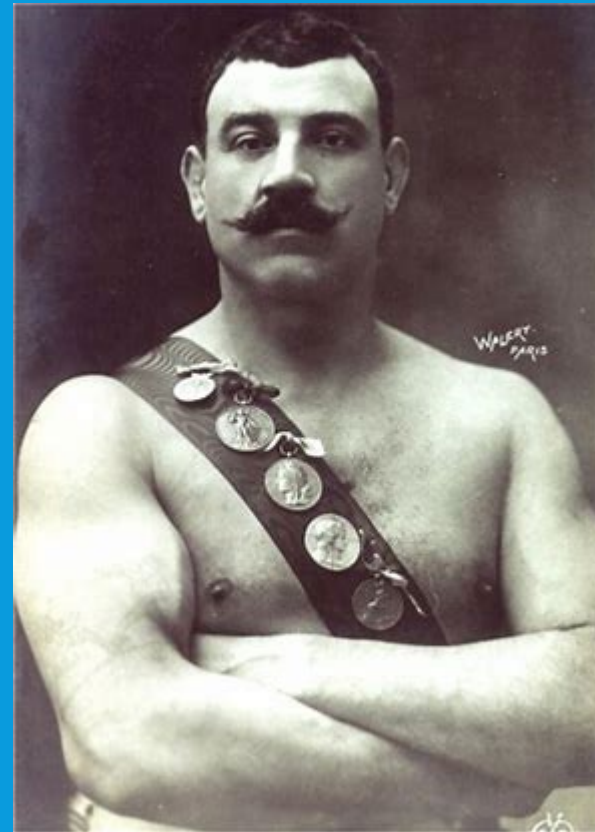
AMERICAN “FOLKSTYLE”





EVOLUTION OF INTERNATIONAL WEIGHT CLASSES

1896-Karl Schumann (GER)
71 kg 157 cm

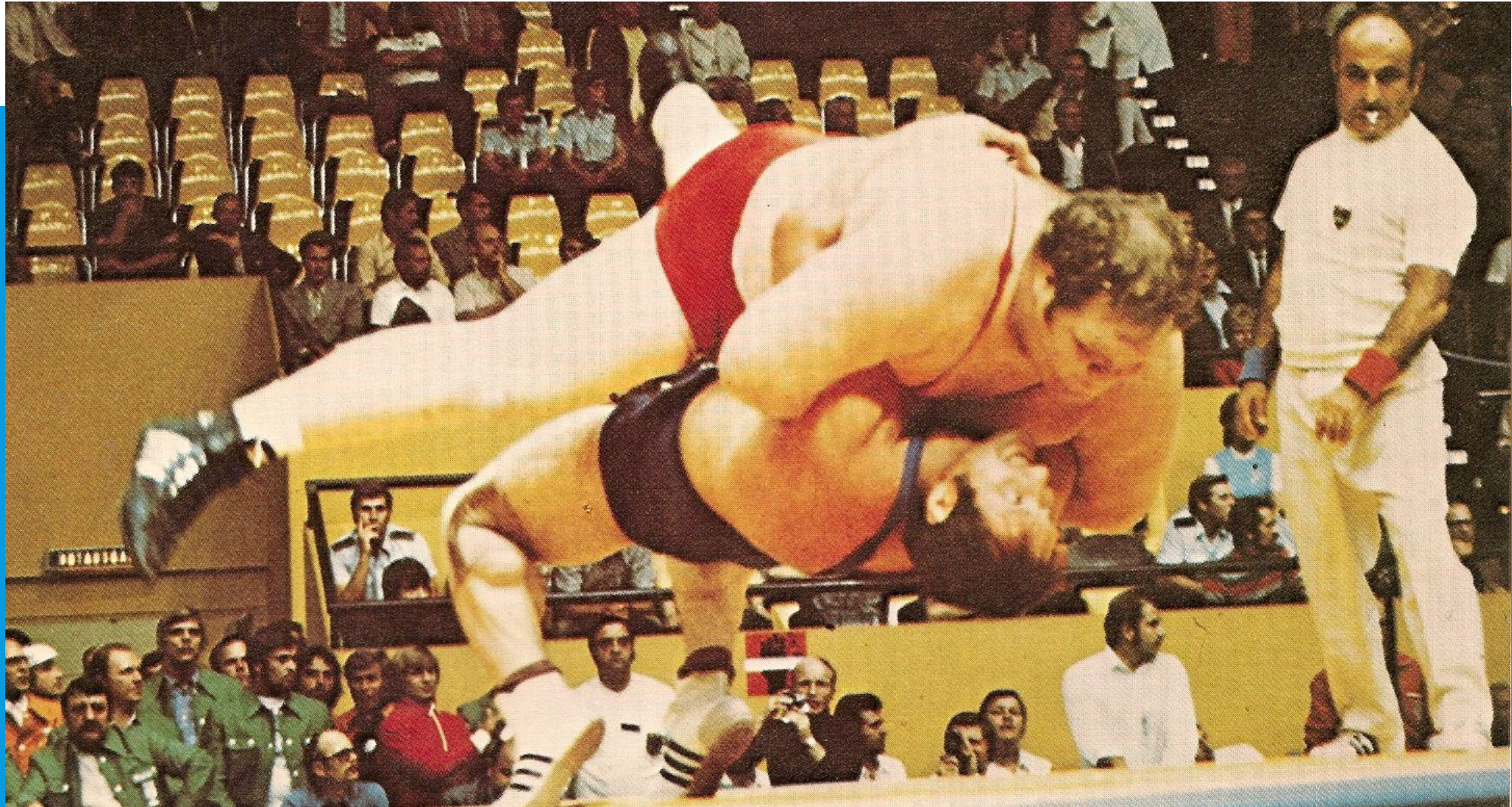


Paul Pons:
Professional World
Champion, 1898
194 cm
114 kg

PERIOD OF EXPANSION OF WEIGHT CLASSES

Olympic Games	# Classes	Classes (kg)
1896	1	One Class
1904 FS only	7	47.6, 52.1, 56.7, 61.2, 65.2, 71.6, +71.6
1906 GR only	3	75, 85, +85
1908 FS	5	54, 60.3, 66.6, 73, +73
1908 GR	4	66.6, 73, 93, +93
1912 GR only	5	60, 67.5, 75, 82.5, +82
1920 WC- same both styles	5	60, 67, 75, 82.5, +82.5
1924 & 1928 GR	6	58, 62, 67.5, 75, 82.5, +82.5
1924 & 1928 FS	7	56, 61, 66, 72, 79, 87, +87
1932, 1936, 1952, 1956, 1960	8	52, 57, 62, 67, 73, 79, 87, +87
1964 & 1968	8	52, 57, 63, 78, 87, 97, +97
1972, 1976, 1980, 1984	10	48, 52, 57, 62, 68, 74, 82, 90, 100, +100
1988, 1992, 1996	10	48, 52, 57, 62, 68, 74, 82, 90, 100, 130

WHAT HAVE WE LOST? “UNLIMITED” CLASS



“Challenge and Perspectives in Wrestling” Kyiv, Ukraine, 21-22 November, 2018

PERIOD OF CONTRACTION OF WEIGHT CLASSES

Men			
2000	World Championships	8	54, 58, 63, 69, 76, 85, 97, 130
2004, 2008, 2012	Olympic Games	7	55, 60, 66, 74, 85, 96, 120
2016	Olympic Games	6	57, 65, 74, 86, 97, 125
2017	World Championships	8	57, 61, 65, 70, 74, 86, 97, 125
2018	World Championships	10	57, 61, 65, 70, 74, 79, 86, 92, 97, 125

Women			
1987	1 st World Championship	9	44, 47, 50, 53, 57, 61, 65, 70, 75
1997, 1998, 1999, 2001	World Championships	6	46, 51, 56, 62, 68, 75
2002	World Championships	7	48, 51, 55, 59, 63, 67, 72
2004, 2008, 2012	Olympic Games	4	48, 55, 63, 72
2014, 2015	World Championships	8	48, 53, 55, 58, 60, 63, 69, 75
2016	Olympic Games	6	48, 53, 58, 63, 69, 75
2017	World Championships	8	48, 53, 55, 58, 69, 63, 69, 75
2018	World Championships	10	50, 53, 55, 57, 59, 62, 65, 68, 72, 76

INCLUSION OF WOMEN



SUMMARY OF CHANGING TIME REQUIREMENTS

1896 Olympics No limit

Before 1957 $6+3+3+3=15$ minutes.

1957-61 $6+2+2+2=12$ min.

1962-68 $2 \times 5 = 10$ min.

1969-77 $3 \times 3 = 9$ min.

1978-88 $2 \times 3 = 6$ min.

1989-97 5 min. + 3 min. of overtime, if necessary

1998 2×3 min. + 3 min. of overtime, if necessary.

2005 Best of 3, 2 min. periods

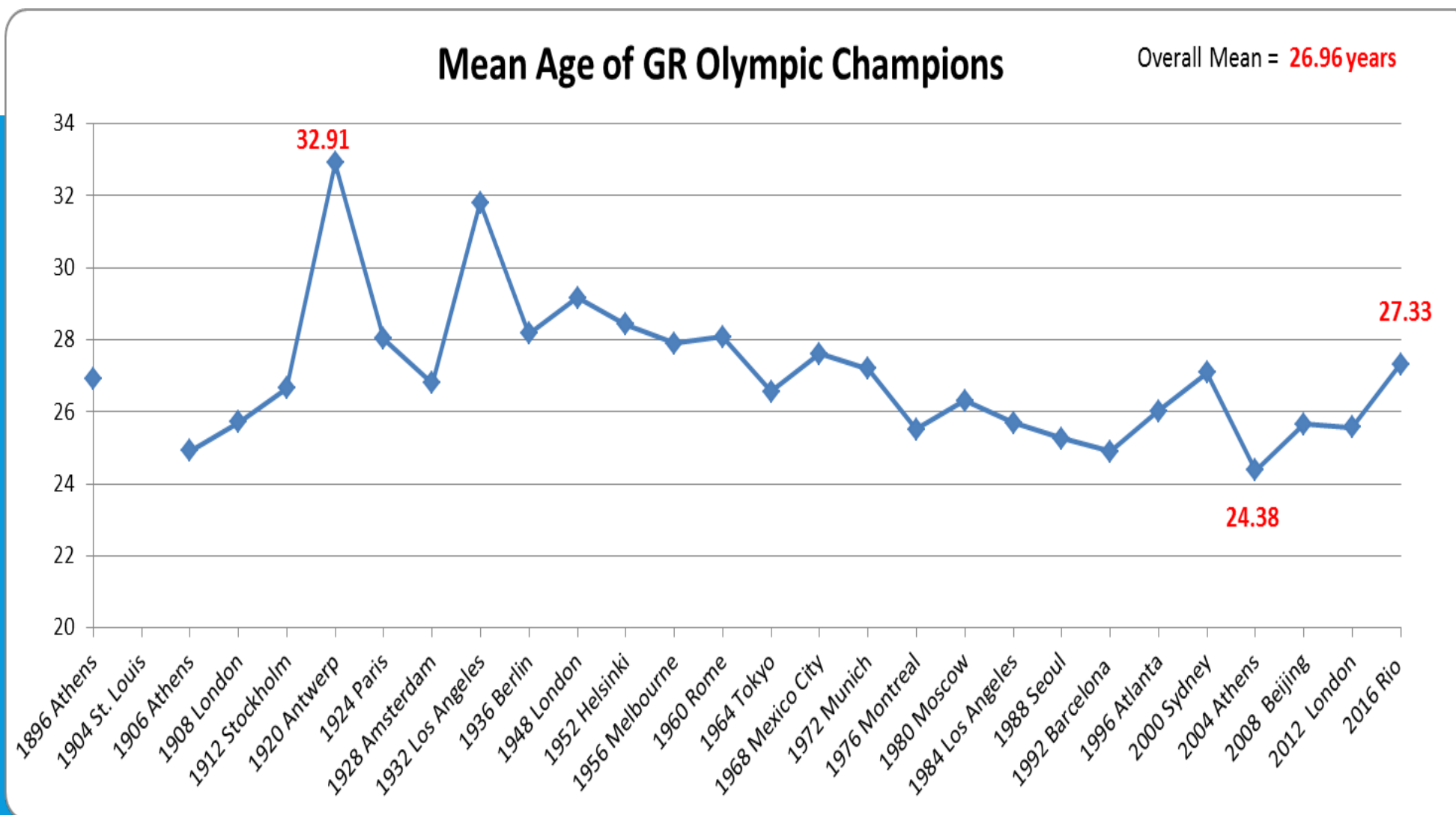
Present $2 \times 3 = 6$ min. (no overtime)

DURATION OF THE MATCH

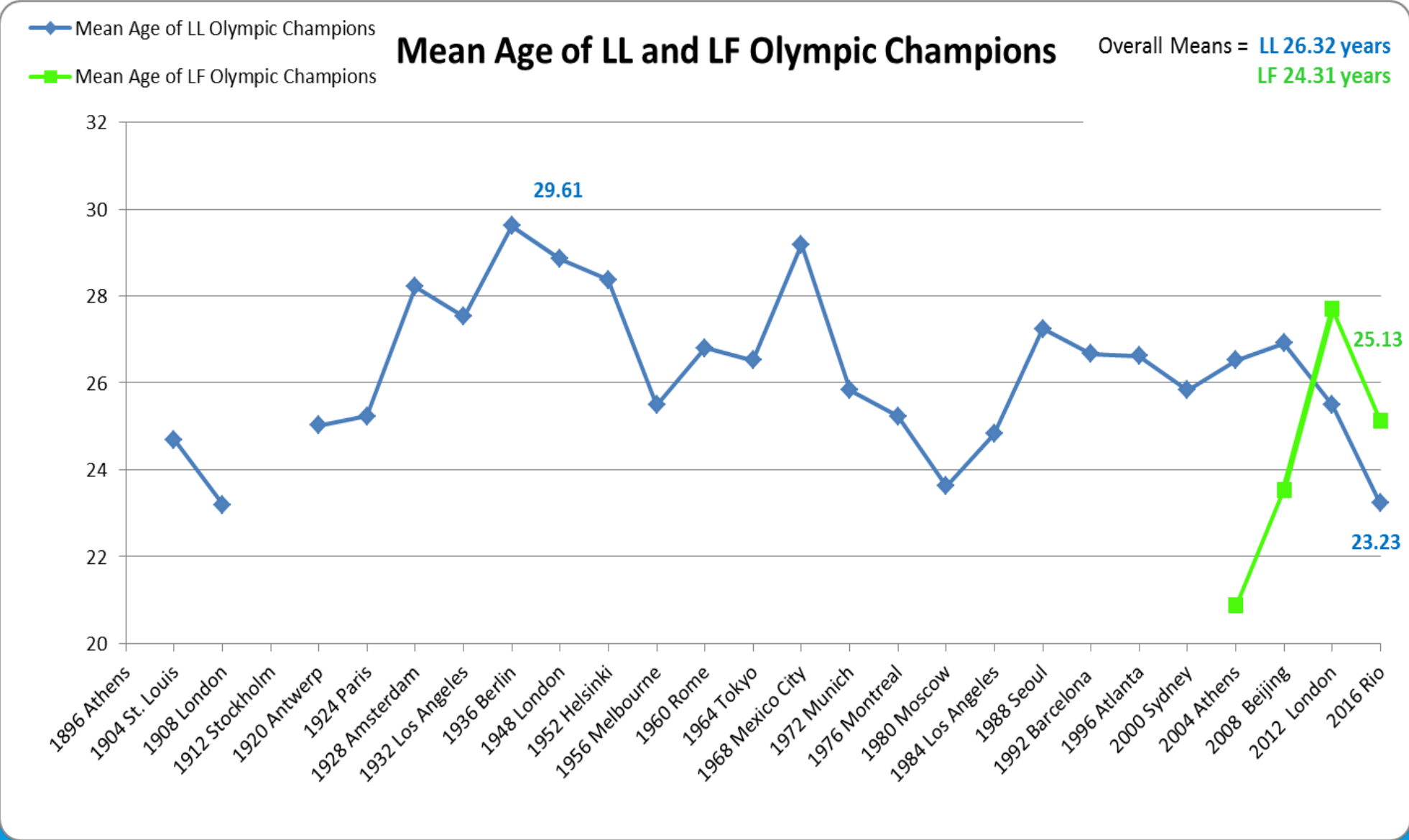


The bout between Klein and Asikainen lasted 11 hours and forty minutes—the world's longest wrestling match.^[1]

PEAK AGE - MEAN AGE OF GR OLYMPIC CHAMPIONS



PEAK AGE - MEAN AGE OF FREESTYLE OLYMPIC CHAMPIONS





OLDEST OLYMPIC CHAMPIONS

	Freestyle	Weight	Age
Arsen Mekokishvili (USSR)	1952 Helsinki	87+ kg	40.27
Gyula Bobis (HUN)	1948 London	87+ kg	38.81
Valentin Jordanov (BUL)	1996 Atlanta	52 kg	36.51
Kaarlo Maekinen (FIN)	1928 Amsterdam	56 kg	36.21
	Greco Roman		
Adolf Lindfors (FIN)	1920 Antwerp	82+ kg	41.52
Anatoli Roschtschin (USSR)	1972 Munich	100+ kg	40.49
Johanes Kotkas (USSR)	1952 Helsinki	100+ kg	37.48
Kaarlo Anttilla (FIN)	1924 Paris	62 kg	36.85
Carl Westergren (SWE)	1932 Los Angeles	87+ kg	36.80
	Women		
Icho, Kaori (JPN)	2016 Rio de Janiero	59 kg	32.18
Saori Yoshida (JPN)	2012 London	55 kg	29.84
Kaori Icho (JPN)	2012 London	63 kg	28.15



YOUNGEST OLYMPIC CHAMPIONS

Men's FS	Games	Weight	Age
Saban Trstena (YUG)	1984 Los Angeles	52 kg	19.6
Togrul Asgarov (AZE)	2012 London	60 kg	19.90
Sadulaev, Abdulrashid (RUS)	2016 Rio de Janeiro	86 kg	20.28
Sanasar Oganesyanyan (USSR)	1980 Moscow	90 kg	20.48
Abushev Magomedgasan (USSR)	1980 Moscow	62 kg	20.71
Snyder, Kyle (USA)	2016 Rio de Janeiro	97 kg	20.75
Greco Roman			
Islambek Albiev (RUS)	2008 Beijing	60 kg	19.62
Suren Nalbandyan (USSR)	1976 Montreal	68 kg	20.13
Yerlikaya Hamza (TUR)	1996 Atlanta	82 kg	20.13
Shazam Safin (USSR)	1952 Helsinki	67 kg	20.30
Alexander Karelin (USSR)	1988 Seoul	130 kg	21.00
Women			
Xu Wang (CHN)	2004 Athens	72 kg	18.91
Kaori Icho (JPN)	2004 Athens	63 kg	20.19
Jiao Wang (CHN)	2008 Beijing	72 kg	20.61

GREAT YOUNG CHAMPIONS



Abdulrashid Sadulaev (RUS)



Kyle Snyder (USA)



WRESTLING IS A VERY NATURAL, YET, COMPLEX SPORT



The great **Alexander Medved** has described wrestling as a synthesis of several sports and defines it follows: "In order to become a wrestler one should

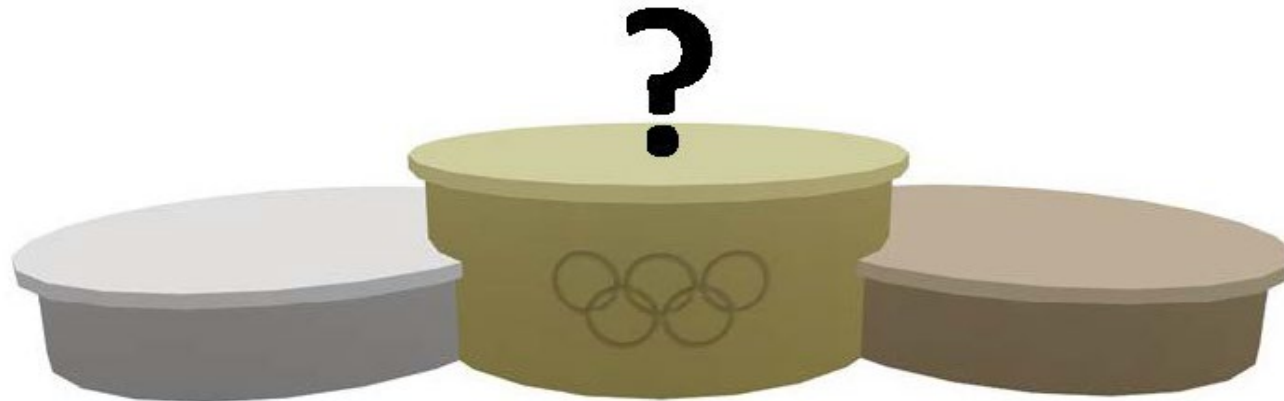


have the strength of a **weightlifter**, the agility of a **gymnast**, the endurance of a **runner** and the tactical mind of a **chess master**.

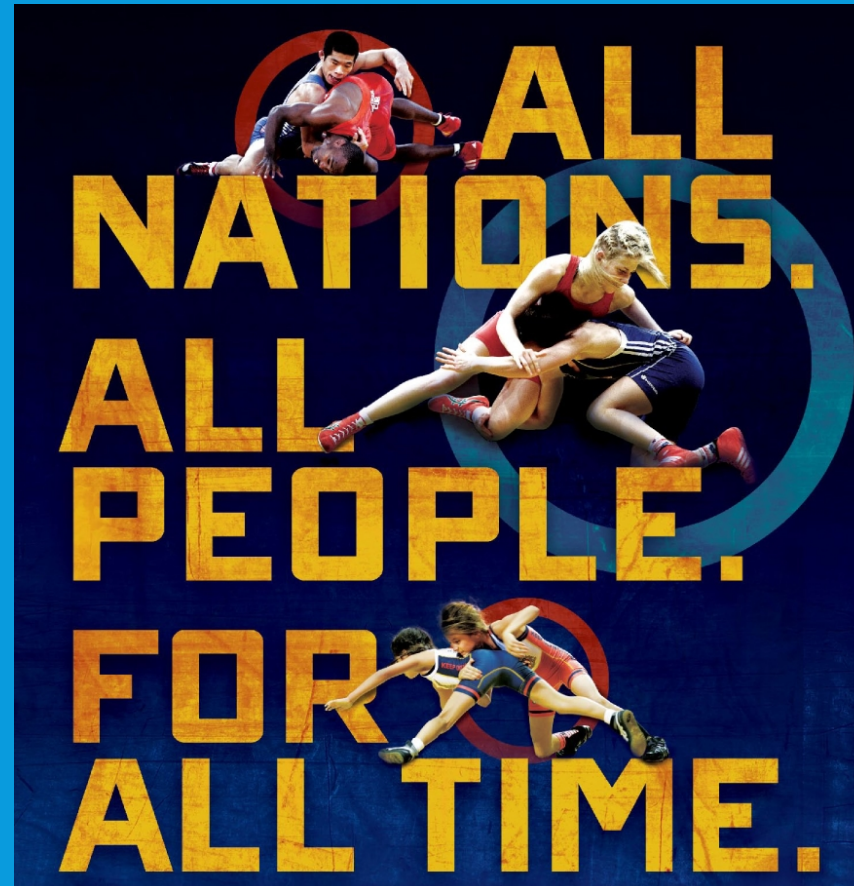


CHALLENGES FOR WRESTLING

THE QUEST FOR THE PODIUM!



CHALLENGES FOR WRESTLING



"Challenge and Perspectives in Wrestling" Kyiv, Ukraine, 21-22 November, 2018

CHALLENGES-MAINTAINING THE LEGACY OF OUR HEROES



Zhan
Belenyuk



**THANK YOU FOR THE PRIVILEGE OF
SPEAKING WITH YOU! GOOD LUCK!**

**Дякую за привілей спілкуватися з
вами! Удачі!**