

Role and places of wrestling in the olympic movement system

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Abstract: The publication reveals the role and place of wrestling in Olympic programs. The way of the birth of wrestling as an Olympic sport is analyzed. The results of the analysis of the evolution and tendencies of the development of wrestling in the system of the international Olympic movement show that this sport occupies a worthy place and progresses considerably.

Keywords: sports; Olympic Games; competition rules.

Introduction. The threat of exclusion of wrestling (Greco-Roman, free, women's) from the 2020 Summer Olympics program, which arose in February 2013, has caused quite a reasonable concern for sports professionals and fans (Apojko, & Tarakanov, 2013; Shandrygos', & Myckan, 2014). Wrestling is one of the oldest sports that were included in the Olympiad programs in ancient times, and since the first Olympic Games of today (Athens, 1896) the fights of fighters have almost always and very organically been included in the rules of competition. The exclusion of wrestling from the Olympics, with three types at once, could cause irreparable damage to the entire Olympic movement, would increase antagonism between the members of the various martial sporting fights, and, as a result, adversely affect the development of sports in many countries.

Goal. To analyze the evolution and tendencies of the development of wrestling in the system of the international Olympic movement.

Research methods. The research materials were searched using theoretical analysis and generalizations of literature and experimental data.

Results of the study and their discussion. The history and diverse nature of wrestling shows that this sport has existed since the advent of humans. To survive, it was necessary to run, jump, throw and, finally, to defend themselves in duels. At some stage of development, these skills have turned into sports, although attack and defense have continued to play a major role. It is now more important to find out who is the fastest and most durable, who better jumps or throws and who is the most powerful and skillful fighter. Rules were created that determined even the arrangement of the playing field.

Speed, strength, endurance, technique and tactics were developed through training to improve results. And nowadays boys and girls are also engaged in fighting.

In early civilizations wrestling played a considerable role. Examples include Egypt and Ancient Greece. Graphic depictions of fight scenes are preserved on

monuments of most phases of the reign of Pharaohs. The most important part of this heritage is the depiction of the tombs of the six rulers in Beni Hassan during the 11th and 12th dynasties (circa 2000 BC). Several walls of the tombs are covered with successive scenes of wrestling matches. These are unique documents for the study of the «world history» of the sport.

Particularly revered in this sport in ancient Greece. A description of the fight can be found in Homer's Iliad. There, the fight is mentioned as part of the funeral games at Patroclus's funeral (Апојко, 2016).

Each young man had to learn to fight. For this purpose there were special sports facilities – palesters. (The name comes from the word «pale» – wrestling). Usually a place for employments presented the opened internal court, surrounded a colonnade.

Athletes unrobed, oiled a body olive oil and sanded him, that an opponent could do a capture and his hands did not slide here. After training or competitions the layer of sand was taken off the special scraper, and then an athlete took a bath.

The collisions of fighters took place in position, upright. The delights of any part of body were allowed. That who touched sand three times by any part of body except for feet was considered won. Thus, today's, so-called Greco-Roman style has nothing in common with the fight of epoch of antiquity.

On the Olympic games of 708 BC a fight was plugged in the program as fourth discipline after three competitions in at run. In 632 BC in the number of competitions there was the added fight for youths. In pentathlon (also from 708 BC), it was the fifth and last discipline. The best wrestler became an Olympic champion.

Since there were no weight classes at the time, wrestlers and other athletes who participated in doubles competitions would probably be super weightlifters today. Pentathletes owned the bodies of modern multi-athletes. These athletes have been widely criticized by Greek Intellectuals for leaning against physical strength and hard methods of struggle. However, this criticism was the exact opposite of their extreme popularity among viewers.

The multiple Olympic champions were, as they are today, the stars they bowed to, and among them were two fighters: Milon Croton and Timasife Croton. Milon (c. 555 BC) achieved an Olympic victory among the youths at the 60th Olympics in 540 BC. Eight years later (532 BC) he became an Olympic champion among men. From 532 to 516 BC he won five consecutive victories in the Olympics, won seven at the Pythian Games in Delphi, ten at the Isthmian and nine at the Nemean. At the same time he received the title «periodical» six times, which was awarded to the athlete who won all four Panellin games.

Milton Croton was the first periodical whose name came to our time and the only six-time winner of the antiquity. In 512 BC he was defeated by a younger rival, Timosifeus Croton. Milon became a military leader in the war that broke out in 510 B.C. between Croton and Sibaris, he is said to have been married to Pythagoras Mie's daughter. Many legends speak of his exploits. Here are two of them: he raised and carried the calf on his shoulders every day until the animal became an adult. One day, as he was having lunch with friends, one of the pillars supporting the roof of the

house broke down, but Milon held down the falling beams until everyone was able to run out into the yard. In our era, the athlete became the object of image for many sculptors.

Among the tribes of the early Middle Ages during the great migration of peoples struggle was one of the most important physical exercises. A clear confirmation of this is the «Nibelung Song».

In the heyday of the Middle Ages, wrestling played an important role in the lives of farmers, squires (landowners) and knights. It was one of seven types of physical training of knights and was an element of squires training. Competitions from a wrestling were held at every fair. Disputes that could not be resolved by the court in the event of an uncertain outcome of the previous fencing duel were resolved in the fight.

The wrestling of the late Middle Ages was of such great importance that such famous artists as Albrecht Durer and Fabian von Auerswald published numerous books dedicated to her, describing and depicting all possible hobbies (Apojko, & Tarakanov, 2015).

At the present stage of sports development, wrestling was among the first species to be widespread. Greco-Roman style originated in the middle of the last century and was popular in Italy and France, and free-wrestling, based on the traditions of the past, – in England. Initially, there were two types of competitions: for a weightlifting and gymnastics (Belov, 2000).

Considering in more detail the evolutionary aspects of wrestling as a historically formed Olympic sport, it should be emphasized that, as already noted, it was part of the programs of the ancient Olympic Games in ancient Greece, and wrestling was both in the form of independent discipline, and as part of the so-called pentathlon . This pentathlon included long jumping, javelin throwing, running, discus throwing and wrestling. In the course of competitions weaker participants were eliminated, and only two of the best athletes won the title of Olympic champion in a wrestling match (Apojko, & Tarakanov, 2013).

Also note that during the revival of the modern Olympics, the Greco-Roman wrestling was one of the most popular sports on the planet and was therefore included in the program of the I Olympiad (1896). Since the Games of the III Olympics (1904), Olympic recognition has been won by the free wrestling (Mindiashlivi, & Podlivaev, 2007). In 1912, the International Federation of Combat Styles (FILA) was founded.

As expected, wrestling was included in the program of the first modern Olympic Games, where the champion was Carl Schumann from Germany, a gymnast who defeated the Greece athlete of power sports, George Tsitas. There were no weight categories then and the duration of the bout was not established. The fight was considered completed when the opponent was «laid on the shoulder blades».

There have been periods in the history of this sport when it was not part of the Games program. At the Olympics of 1900, wrestling was not included in the program, but since 1904 athletes have competed in all but one of the following

Games (Nerobeev, & Tarakanov, 2012). As in most other sports, there has been an increase in discipline and the emergence of new weight categories. The number of disciplines varied as follows: 5 + 5 (1920), 7 + 7 (1932, 1936), 8 + 8 (1948-1968), 10 + 10 (1972-1996), 8 + 8 (2000), 7 + 7 (2004-2012) (Shandrygos', 2019).

The FILA then had to make changes to allow women to compete, as well as meet the requirements that limited the total number of participants. Since 2004, due to the trends of the world sports movement (Apojko, & Tarakanov, 2015; Nerobeev, & Tarakanov, 2012), the women's (free) wrestling (4 «Olympic» weight categories) has been included in the program of the Olympic Games.

Since 1948, there has been an increase in the weight categories as representatives of other nationalities smaller and lighter than those of Europe and North America began to participate in the competition. Intense training led to the need to introduce the category for super heavyweights, which resulted in the fact that the order of division into weight categories again and again had to change. In the interests of equality, as already mentioned, competitions for women have been included in the program since 2004.

Until 1924, there were no restrictions on the fight in time. In 1912 in Stockholm, the final fight in the Greco-Roman semi-heavyweight division was interrupted after 9:00. Both fighters were awarded the silver medal. Gold was not awarded (Shandrygos', 2013).

Another change to the rules (Shandrygos', & Myckan, 2014) was adopted at the extraordinary FILA Congress in Moscow on May 18, 2013, when Nenad Lalovic from Serbia was elected the new president of the federation. He succeeded Raphael Martinetti of Switzerland, who resigned on the recommendation of the executive council of the federation. FILA has been reformatted, changed the name and structure of UWW (United World Wrestling).

Regarding the changes in the rules, in the future the fight will be limited to two periods of three minutes. Even passive fighters are now preparing for this. In addition, the first vice-president of the federation became a woman, and the number of women's weight categories increased.

Thus, at present, the wrestling is represented by three kinds at the Olympic Games, in which 72 medals of different grades are played, including 18 gold, 18 silver and 36 bronze medals (Shandrygos', 2019). Synthesizing historical information about the role and place of struggle in the programs of the ancient Olympic Games, as described in the writings of historians and in the publications of specialists in the struggle (Belov, 2000; Mindiashlivi, & Podlivaev, 2007; Piloyan, 1991; Tunnemann, 1991), it is possible to select the followings positions:

- wrestling was included in the programs of ancient Olympiads during more than thousand years, beginning from 700th to our era;
- the capture of feet and throws was allowed by feet;
- throws were set off, when the attacked wrestler touched supports by the back, shoulder or thigh;
- for victory in a duel it is necessary it was three times to give up a competitor;

- shots, asphyxiations, captures of fingers, were forbidden;
- a fight personified by itself force, flexibility, courage, intellect, exactness of motions;
- the greatest success in wrestling competitions at the ancient Olympic Games was won by Milon Croton, who was a six-time champion and was honored to be immortalized in statues with portrait likeness;
- a short time later, a pankration appeared in the Olympics, a combination of wrestling and percussion techniques, while allowing painful and suffocating techniques.

Thus, the important role of wrestling in the programs of the ancient Olympic Games is quite obvious, since it has almost always been a part and mainstay of these games. However, the fight was the final link to the pentathlon competition and an integral part of the pankration competition, which once again underscores the absurdity of the claims made by MOC leaders in 2013 to the alleged lack of dynamism and entertainment of the fight.

Let us note only that, under the rules then existing, wrestling was more like a free than Greco-Roman, and therefore the modern name of the Greco-Roman wrestling looks archaic, and does not accurately reflect the traditions of wrestling that existed more than two thousand years ago.

The results of the analysis of the evolution and tendencies of sport wrestling in the system of the international Olympic movement show that this sport occupies a worthy place and progresses considerably (Apojko, 2016; Shandrygos', & Myckan, 2014). This is evidenced by the following facts (Apojko, & Tarakanov, 2015):

1. Association under the auspices of FILA (since 2013 – UWW) specialists, athletes and sports fans from more than 170 countries from different continents of the planet;
2. Olympic representation of sports in three different disciplines (Greco-Roman, free and women's) with a draw of 72 Olympic medals, including 18 gold, 18 silver and 36 bronze;
3. Significant aggravation of competition of the participating countries in the fight for the prize-winning places at the Olympic Games: only in the last five Olympics were the winners of the competitions of 23 countries, and the winners – the fighters of 38 countries;
4. The Olympic tradition of sports wrestling, which has almost always been included in programs of both ancient and modern Olympiads;
5. Intensive increase of amount of fighters and countries-participants during more than 100-years-old to the period of the modern Olympic games;
6. Maintenance of intrigue of rivalry of two leading fighter countries (To the USA and Russia) in a fight for leadership after the amount of Olympic rewards;
7. FILA's longstanding efforts to adapt competition rules to the evolving changing demands of the sports community and the MOC;
8. Intensive development of women's wrestling, which gained Olympic status at the beginning of this century.

Conclusions.

1. Wrestling has a deep historical root in world Olympic motion, occupying an operating place in the programs of ancient Olympiads as independent discipline and completing the competition of athletes in pentathlon, and from the moment of revival of the Olympic games a lead through of games of first of Olympiad (1896) is a very important constituent of global process of development of Olympic sport.

2. Evidence of significant prospects for the development of wrestling as a permanent participant in the Olympic movement is: the association, under the auspices of FILA (UWW), of wrestlers, professionals and sports enthusiasts from more than 170 countries from all continents; a broad Olympic representation of wrestling in three different disciplines, including Greco-Roman, free and women's wrestling; the constant and very noticeable intensification of competition among wrestlers and participating countries in the fight for the prize-winning places at the Olympics; FILA's longstanding efforts to adapt competition rules to the evolving demands of the sports community; intensive development and great prospects of women's freestyle wrestling, who received Olympic status from the XXVIII Olympic Games (2004).

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