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CHAPTER - I

INTRODUCTION

1.1 WRESTLING

Wrestling is one of the oldest forms of combat on which we have many well documented records. Even before the historic era, Stone Age man had developed a form of wrestling, which bordered on the scientific lines. Stone Age man had to strengthen himself for physical combat. Wrestling at that time was not only the primary type of warfare among men but also extended to clashes between men and beasts. In that age wrestling was significantly a brutal activity.

Wrestling is an ideal sport to prepare men for combat duty. It has an equal value for any young man in developing his physical powers and extensive psychological benefits, which can be derived from competition in this fine art of sport. Owing to rigorous nature, it not only provides a fine mental tonic towards development of an aggressive attitude, but it is unexcelled as a means of acquiring physical efficiency, co-ordination, poise and effective use of the body. After a man has learned how to pin his opponent’s shoulder to the mat, the “Winning Spirit” invades his mind and he realizes that he “Can take care of himself” in any sort of physical encounter.
Wrestling can be called “Father of all Sports.” It is one of the most ancient sports on which we have many records. More than four thousand years ago, at the dawn of civilization, wrestling was a highly combative sport in India and Egypt. In the Mahabharat it is mentioned that due to fusion of brain and brawn, Bhima could kill Hidimba and Bakasur. Balram and Krishna could kill Kamsa and Shalya respectively. Several modes of wrestling and ways of keeping fit, healthy, strong and supple were quite useful and popular.

Wrestling is purely an Indian exercise. This sport along with slight modifications has passed into other Asian countries like Japan in the form of Jujitsu, which is nothing but our Indians fist fight only. Indians have made it a science as there are so many tricks and counter tricks in this exercise. Any off hand attack from an opponent can be identified, if we have mastered these skills. Wrestling develops qualities by which a man can subdue another without a weapon. Every generation in India seems to have produced best wrestlers. Gama and others were declared as world victors in wrestling.

Wrestling event is interwoven with Indian soil in every village in India we came across, at least one Talim (Gymnasium) in every village and the young boys of every village actively participate in wrestling activity. The elders of the village even today take much pride if their sons bring laurels in
wrestling during festivals and fairs of the village, and Wrestling competitions are organized during such occasions.

It is quite natural that we must know about these wrestlers and their day-to-day activities. The researchers have witnessed the activities of these wrestlers, skills exhibited by them and the trials and tribulations experienced during their childhood days. In India there are several eminent wrestlers, but there is scanty literature about their life style and their activities. The researcher has been very much fascinated by the personality of Sri Shripati Khanchanale. The researcher has much respect about Sri Shripati Khanchanale. It is with this objective in view that the researcher has selected this eminent wrestler, who is a shining star in the world of wrestling. He is like a beacon light to the young wrestlers.

A study is undertaken about this great wrestler of India and much light is focused upon his wrestling activity. The wrestling activities of those days and eminent personality like Sri Shripati Khanchanale have left very deep impression upon the researcher. Even today wrestling is the most notable event in North Karnataka and Maharashtra, where researcher is born and they are the main forces which have led him to select the topic.
1.2 HISTORY OF WRESTLING

Wrestling is the oldest sport of the world. The fighting is man’s birth instinct and thus it is not elated with particular country or period, yet it is very essential to know about the origin and development of the popular sport. Most of the European writers admit this idea that the origin of the wrestling is India, while the world-renowned wrestlers are from Greece, Rome, Egypt and China.

1.3 ASSYRIAN AND EGYPTIAN WRESTLING

There is considerable evidence to support the theory that wrestling was highly developed at the dawn of civilization, more than 5000 years ago. In 1938, two stabs were found in the ruins of a temple at Kyafaje, near Baghdad. One was a cast bronze figurine of two wrestlers, each with holds on the other ships. The other was a stone with figures of two pugilists squaring off. These were created by the Sumarians, an ancient people who have long since disappeared.

At about the same time numerous portraits of wrestling matches were sculptured on the walls of the temple-tomb of Beni Hasan in Egypt. These ancient records show that wrestling was a highly developed sport at an early date.
Shows evidence of the interest of very early civilisation in wrestling Iraqi vase (C.A.2600 B.C.)
1.4 THE GRECIAN PERIOD

The Greeks stressed athletic competition not only to train physically fit soldiers, but also sought to develop strong, verile, robust and symmetrically built bodies which have excelled in beauty. They regarded the wrestler as the type of athlete surpassed only by the discuss thrower. The Greeks rated wrestling with running and jumping as the most natural form of athletics. It required no paraphernalia and it provided an excellent method of building muscles and improving health.

1.5 THE ROMAN PERIOD

After the Romans conquered Greece, they took over the supervision of the Olympic games. Under their guidance the games were not a success because the people did not relish competition. The games degenerated into vicious and deadly gladiatorial contests for the amusement of the populace. The Romans never understood the Grecian ideal of sports for sport’s sake; nor did they care for the Grecian athletic festivals.

The Grecian culture was so far in advance of Roman culture, that the conquerors became somewhat Hellenized. This was true, in fact the Greek slaves taught the Roman youth. The result of this blending of cultures is illustrated by the Greco-Roman style of wrestling. The Romans’ own methods of grappling were blended with the early Grecian style. This Greco-Roman
style is still used in Europe today and is characterized by the fact that holds below the waist are not permitted.

1.6 WRESTLING IN MIDDLE AGE

The literature of the Middle Age contains many references to historic characters noted for their science and skills in this manly sport. Wrestling had achieved great popularity as public entertainment. Kings established fete days on which wrestling matches were the features of the programme. Monarchs of those days were not only proud of their fine army, but many of them took even greater pride in having a champion wrestler as one of their subjects.

Wrestling was developed at an early date in Great Britain. There were almost as many different styles of wrestling as there were cities. The most famous of these styles were the Cornish, Devonshire and Lancashire. Annually, on St. Bartholomew’s and St. James’ Days, these wrestling tournaments were being held in old London. The champion was given a ram, and others who made a good performance were awarded a game cock. The fact that the English monarchs attended these matches shows the high esteem in which they were held. Both Shakespeare and Chaucer wrote poetic descriptions of the feats of outstanding wrestlers of the Middle Ages.

Throughout the Middle Ages many international tournaments were held. The nation that won these contents was considered superior athletically. The
most famous bout of all was the international match between France and England held at the field of the Cloth of Gold in 1520. The English were defeating the French easily, to the intense pleasure of king Henry VIII of England. Being unable to endure King Henry’s gloating any longer, the French King, Francis leaped to his feet and participated in a wrestling match with the English King.

1.7 WRESTLING IN THE ORIENT

China was probably the first of the Asian countries to introduce wrestling as a sport. However, even before the Christian era, wrestling had became the national sport of Japan. The first wrestling tournament in Japan was held in 25 B.C. These contests were often referred to as ”The Wrestling Festival”. The Sumo wrestlers, gigantic monsters weighing between 300 and 400 pounds, were the feature attraction at all public ceremonies. They often performed before the emperor. American soldiers, who were in Japan after World War II found that these Sumo wrestlers are still extremely popular in Japan.

Before 2000 years the Greco-Roman wrestling was fought in France. A wrestler, Renesons was the world famous star in France. The bout held between King Francis and Henry VIII is world famous. Likewise, Germany also has her own wrestling history, which begins after fifteenth century. The literature of Germany is a strong example of the history. Thus wrestling
reached Canada from America. During the eighteenth century there came a strong famous wrestler named Tophan, an English man who has been appreciated very much by the European writers. Likewise, in the nineteenth century, Ujen Sando and Samson, the Stoutmen brought name and fame to England as Ram Moorti for India. The titleholder of world champion Jemekinsky, a wrestler of Canada can not be hidden from the history of wrestling.

Thus wrestling was played in America, during 15th century. At that time there were so many kinds of wrestling in which “Catch as Catch Can” wrestling was very popular in America. This Catch as Catch Can Wrestling was not other than the pinning fight like Indian Style Wrestling. At first, in America, a popular wrestler Malinglin appeared and after him Tom Cannon became popular as a world famous wrestler. By the end of this century, William Mooldun enlightened the name of America, who used to fight Greco-Roman as well as Catch as Catch Can American style wrestling. Mooldun joined French Infantry. In 1876, he adopted service policy in New York where he became good wrestler of heavy weight class. Mooldun drew with Miller the famous wrestler of heavy weight class. He got the title of world champion by defeating Bibby the middle heavy weight wrestler of Germany. He defeated Martina of Spain and Reega of France to maintain his world champion title. It has been said that Mooldun was so scared that he never touched wine and
cigarette. Likewise, Tom Jorkin was the next American world champion wrestler of Catch as Catch Can style wrestling. But Hackinsch Milt defeated him twice. Earl Kodak, Charles Kutlur, Robber, Gotch etc. Americans of heavy weight were popular in the world.

Origin of wrestling in Australia was after reaching Hackinsch Milt. Hackinsch Milt defeated Glarence Bakker of Australia. Likewise, wrestling started in New Zealand from the nineteenth and the twentieth century. The famous wrestler and expert of physical education Vom Degelan preached this sport in South Africa.

During 23\textsuperscript{rd} B.C. a bout was fought in Japan, which is known as the first fight of the world in which Sukuno was declared a winner. Sukuno is considered as the first master of Japan wrestlers. It is said that during 858 A.D. King Bonto’s two sons quarrelled for the throne and it was decided that the winner of the wrestling will be authorized for the throne and Korishitto became the king after winning the bout. But there was another kind of wrestling – A Sumo who simply downs his opponent or pushed him out from the wrestling arena was declared a winner. Afterwards Ju-Jit Su appeared in Japan from China during 19\textsuperscript{th} century and Dr. Jigaro Kano produced a new type of combat during 1782 which is known today by the name of Judo and Judo has spread all over the world.
1.8 HISTORY OF WRESTLING IN OLYMPIC

Wrestling has its own history in the world. The first Olympic games were held in 776 B.C. in which wrestling was not added but in the eighteenth Olympic game in 704 B.C. wrestling was included in which Hercules and Anatayas fought together. It was such a kind of wrestling, in which by touching the knees of opponent wrestler on the ground for three times, one was declared as a winner. After a long period of 1500 years, Baron Pierre-De Coubertien of France was credited for having reviewed the first Olympic games. Olympic games were held at Athens in 1896. At that time, only one bout was held there in which F. Sutchman of Germany secured the gold medal. In 1900, Olympic games were held at Paris for the second time where no bout of wrestling was fought.

During 1904, the third Olympiad held at St. Louis, Missouri, wrestling become a part of games. The United States won the first “Free Style-Wrestling” tournament. The Olympics gave a tremendous impetus to wrestling throughout the world.

Free style wrestling under the name of Catch-as-Catch was first played in Olympics held at London during 1908, Great Britain got three gold medals while America got two gold medals.
In 1912, at Stock Home Olympic games, gold medals tally was Sweden-one and Finland-three in free style wrestling. There was a bout of nine hours duration between Algrian and J. Bolling of Finland. In the year 1958, Shiripathi Khanchanale fought with Sadiq from Pakistan. The bout was held at Kolhapur for $1\frac{1}{2}$ hour finally, the bout was drawn. Due to First World War, Olympic was held late in 1920 at Antverp. Here, the duration for the free style wrestling was judged upto 15 minutes. The least number of penalty point’s receiver should be considered as the winner and the contestant having five penalty points might be eliminated from the competition.

The next Olympic games were held in Paris in 1924. America got four gold medals, while a heavy weight wrestler Heglan of France snatched one gold in free style wrestling. During Amsterdam olympic games in 1928 Sweden and Finland got two gold medals each. Likewise Egypt got one gold medal. During 1932 Los-Angles Olympic Games Sweden and Los Angeles got two gold medals each in free style wrestling. The next Olympic games were held in Berlin in 1936 and the medal tally was Sweden-one, Hungary-two while Finland, France and Rumania got one gold each.

The next Olympic games were held at London in 1948 after 12 years, where 227 wrestlers of 27 countries participated in wrestling. Sweden got four gold and America won the rest of the gold.
In Finland, Hungary and Italy, the most attractive part on of this Olympic games was the heavy weight wrestlers ‘Kirsi’ who won the gold medal in free style wrestling. During 1952, Olympic game was held at Helsinki. U.S.S.R. participated in Wrestling for the first time. In Greco-Roman and free style wrestling 423 wrestlers of 37 countries took part. Turkey, Russia and Sweden got two gold medals each, while America and Japan got one gold medal each from free style wrestling. In the same Olympic K.D Jadhav of India got the Bronze medal in free style wrestling in flyweight class. The Soviet Union has trained five or six national teams during 30 years, while India has only one team. During 1956 Olympics, U.S.S.R. and Turkey played an important role in free style wrestling. Rome Olympic games of 1960 were better than before. 47 countries participated in this wrestling. The most appreciated heavy weight wrestler during this Olympic was W. Dietrich of Germany, who scored gold in free style wrestling according to his promise. During 1964, Olympic games - Japan, Bulgaria and Russia each scored three gold medals in free style wrestling. During 1968 Olympics, U.S.S.R. stood first and Japan at second place in free style wrestling, in Greco Roman wrestling U.S.S.R. stood first and German in second place. During 1972 Olympics U.S.S.R. stood first and **U.S.A. at second place in Free style wrestling, while U.S.S.R. stood first and Bulgaria at second place in Greco

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* Union of Soviet Socialist Republic
** United States of America

1.9 VARIOUS TYPES OF COMBATS OF THE WORLD
a) KUSTI

It is an old type of wrestling practiced in India as well as Pakistan nowadays. If the wrestler touches both the shoulders on the ground for a moment or a second it is considered as a fall or end of the bout or else the combat is a draw. One can apply the hold by catching the jersey of the opponent and pressing the neck by the knee. Both the wrestlers fight bare foot wearing a langoti and a special type of underwear which is called “Janghia”. The important holds of Kusti are Nikal, Dhak, Dhobi, Multani, Bagalmoori, Sandi, Pat Nikalna etc. Kusti bouts are seen in the rural area of India with a
special prize of white turban “Shella” along with an amount of cash money. These exhibition bouts are organized by the villagers on different festivals in the form of fairs. Moreover bouts are organized by the Kusti contractors in the cities on the basis of ticket collection. The majority of Indians believe in this type of wrestling. Kusti is prominent in Pakistan, Iran, Afghanistan, Indonesia, Singapore, Nepal, Bhutan, Bangladesh, Ceylon, etc.

b) CATCH AS CATCH CAN

Catch as Catch Can is the real form of Indian style wrestling or Kusti in which victory is considered a winner by pinning the opponent by touching his both shoulder blades to the ground or mat. It is popular in America, Canada and England in the rural areas. People wear special dress in this type of catch as catch can style or they wear shirt and pants folding the ends of these clothes, bare footed. It is the real copy of Indian style wrestling. People enjoy the bout on certain occasions of pleasures and during annual tournaments.

c) FREE STYLE WRESTLING

No doubt it is a refined form of Indian style, wrestling or Kusti or catch as catch can style. It was named free style by the American Collegiate Athletic Committee in 1904 and was confirmed under the rules of weight categories. Dress, duration of the bout are regulated by the passage of the time. For example at first, the duration of free style wrestling was 20 minutes and then 15 minutes and later, it came to 10, 9 and 8 minutes and afterwards it was
reduced to 6 minutes and at present it is only 5 minutes. Now the duration of the bout is \(2 + 2 + 2 = 6\) minutes and 30 seconds rest between the sets.

Nowadays free style wrestling is controlled by the International Wrestling Federation (FILA) establishing the head quarter at Lussuane in France. Free style has been adopted in commonwealth Games, European Games, Asian Games and in the World Championship at least by hundred countries for a long time. In India and Pakistan it is very popular. According to Chaudhary Arif Mohd, the Secretary General of Pakistan Wrestling Federation, Pakistani wrestlers have won about 150 medals from international free style competitions. Now, not less than 100 countries are affiliated with FILA because of its fame. All the countries organize national Championships every year. Pinning the opponent by touching both the shoulder blades with the mats simultaneously for a second is registered as a fall or victory, otherwise bout is declared on points scored. The wrestlers wear lion cloth, costume, ankle shoes with socks having a small handkerchief with the dress during the contest. A contestant is allowed to use all body parts in effort to secure the fall or points. But he is forbidden to catch costume, private parts, hair, skin or twisting the joints more than 90 degree or to apply locks and scissors. Hence, wrestling is considered as the most popular game in India and the world. The most important holds of free style wrestling are Flying Mare, Duck under, leg tackle,
cross buttock, fireman’s curry, side swings, Nelsons, Colundun, Gutrench etc. and they are well known throughout the world.

d) **GRECO-ROMAN WRESTLING**

This type of wrestling is fought mostly in European countries. It is the wrestling of Greece and Rome, which is very clear by its pronunciation also. In Indian ‘Purasas’ and the epic like ‘Mahabharata’, it has been named as “Bhaau Yudh” meaning arms fight. It was adopted in Olympic games. The Greco-Roman is held along with free style in mini Junior and Senior age groups.

Greco-Roman wrestlers wear the same dress as in free style and the points system with the fall and all prohibitions rules are similar to free style. But it is strictly forbidden to use the legs of opponent or own during the combat. Most important holds of Greco-Roman wrestling are flying mare, Arm drag, Cross buttock, Saltos, Neck levers, etc.

e) **TRADITIONAL FREE STYLE**

It is the old wrestling style, which is fought throughout the world, mostly in American countries and Europe. In traditional or professional free style, wrestling contestant wears a short underwear or high underwear upon the lion cloth or langoti and over size ankle shoes with over size socks. The arena is called the ring as the ropes are tied around it so that the wrestler may not be
able to cross the ring during the heavy push hold. A submission (to surrender) knock out or a fall is considered when a wrestler touches both the shoulders of his opponent up to 3 seconds. The use of close fist, and striking or kicking or grabbing the sexual parts of the opponent is not allowed in traditional free style. The period had passed when in professional free style, hair was teared, bones were broken, fractures inflicted, arms and legs were twisted off, eyes were gouged out and what not happened? A wrestler was thirsty of the blood of his opponent. Due to the framing of the modern rules, free style appears in an impressive shape. Both the contestants wrestle appear in the ring in a fine shake and the referee looks after the wrestlers combat minutely. Total submissions are rare, public warnings can be given against persistent offenders who refuse to hide the referee’s verbal cautions. A wrestler is disqualified by more than two public warnings. Professional wrestlers are mostly heavy other than of any style wrestlers. Zebra kid, Destroyer, Giant haystack, King-Kong, Dady are the famous American and European heavy weight wrestlers. Dara Singh is also a well known Indian free style wrestler. Indian traditional wrestling bouts are organized on contact basis by means of ticket collection. This type of wrestling is not recognized by olympic or world championship committee bout. The majority, throughout the world, likes it. The same type of wrestling was in action during the Mahabharata period as the Puranas and the epics describe about the Free Style bouts, where a man could die during the fight. Lord Krishna became a legend in this type of wrestling. In free style
wrestling mostly these techniques are popular - Airplane, Arm locks, cradle hold, double thing, pick up, fore arm, smash, nelson, arm lock, headlock, scissors etc. The contest lasts upto 3 rounds of 4 minutes. Public takes much interest in this funny wrestling, other than any sport.

1.10 WRESTLING HISTORY OF INDIA

Whenever we name the free style wrestling the lay people have mistaken and call it by American Free Style or Dara Singh styled wrestling. But it is not like this. Indian wrestling and free style wrestling are same. With the grip of a underwear the wrestling practiced on soil is known as Indian style while it is said free style, when it is fought on a mat with a prescribed dress (costumes and shoes). Free style is a refined shape of Indian style. The Indian style, which is called ‘Catch as Catch Can wrestling’ in America, was the first time organized in 1896, Athens Olympics where Karl Sutchman of Germany became the champion of heavy weight. In future, Americans named the same wrestling as free style wrestling and that wrestling is known all over the world by the name of free style wrestling in which the wrestling was refined by weight categories, dress, duration of the bout, point system, illegal holds etc. As a result of this, the modern style of wrestling spread all over the world which includes the Greco roman style wrestling fought by above the belt. It was sponsored by FILA and hundreds of countries take part in both styles during the Olympic games. So, whenever history of the wrestling is written, in
the name of India should not be forgotten. The origin of wrestling is found in Aryavart (an old name of India). Mahabharata and Puranas, which are full of the descriptions of fights and bouts, prove that the wrestling history is 5000 years old. Bhima-Jarasandh, Jimoot-Jamuwant, Shri Krishna, Balaram, Salya, Hidimba and Bakasur etc., were the Indian wrestlers of Mahabharata period, who shine in the history of India. The oldest holy books of the world - Mahabharata, Puranas, Bhagwata, Ramayan etc., describe the bouts of full pictures of wrestling with thousands of holds. The word ‘Malla’ (means wrestler) mentioned everywhere in these books puts forth the ancient history of India’s wrestling. Moreover this sloka of Harivansh Purana classifies the shape of wrestling of that period which was not inferior to the modern wrestling.

While Bhagwan Singh drew with Gama in Meerut (U.P.), there were so many famous wrestlers like Mahaveer, Chirag Ali, Ram Janam, Teja Singh, Harman Singh, Eassanat, Mangala Rai, Sukhdev etc., the heavy weight wrestlers. They were world standard wrestlers. A European American free style star was defeated by Brahmadev Mishra. Moreover it has been mentioned before that Karim Bux won the world champion title by defeating Tom Canon of America while Ghulam got the same title by defeating Kadir Ali of Turkey. A pupil of Ram Moorti Gaukar secured the world champion title by defeating Adshantal in San Francisco during 1921. Gama was declared
world champion in 1928 by defeating Zebisco after a disputed bout held in London. Likewise, Viddo Pandit and Ram Moorti were undefeated in the world. Goonga and Keekar Singh were also top most and world famous wrestlers. Bansi Singh of Bihar State was also a famous wrestler who challenged Gama. It is said that he defeated Chirag Ali, Thremer, Ujagar, Allahabux, Harman Singh, Pooran Singh etc. there are so many wrestlers hidden from the history of wrestling. Gama himself appreciated Bansi Singh that he had no match in the world.

No doubt that Indian’s standard is not up to the mark in modern wrestling free style but this country was on top in soil wrestling, the Indian style wrestling. The reason behind it is that Indians never believed in free style or points system wrestling but they believed in fall and flat only. Because, now Europeans have made this game so congested just like Kabaddi by firming so many rules in it that strength can not be tested by and in which every one prepares himself for the fight in the comparison of this free style wrestling. The main reason or drawback in modern wrestling is that Indians are not competent enough due to lack of free style competitions. Because every wrestling competition is held on soil and not on the mat while the Europeans practice on the mat and have their competitions on the mat and have sufficient free style wrestling teams but India has a single team which is also unprepared. Free
style wrestling entered the country from 1932 and the Wrestling Federation of India was formed in 1948.

Before the Indo-Pak partition the heavy weight wrestler was honoured by the title of Rustam-E-Hind. After this the next title of Hind Kesari was started. By passing the time many wrestling federations were formed in India. The new titles of “Mahabharat Kesari” as well as “Malla Samrat” were formed. Nowadays Dr. Pisolker is Indian style wrestling secretary and Balwant Singh is president while free style secretary is V.M. Datta but all the responsibilities and cares of federation are assumed by President Shri G.S. Mander.

History of Free style wrestling starts from K.D Jadhav of Maharashtra, who secured a Bronze medal in free style wrestling from Helsinki Olympics in 1952, while Lila Ram of Mandola (Haryana) brought name and fame to the country by winning the gold medal from Commonwealth wrestling at Cardiff. Maruti Mane, Ganapati Andalakar and Malwa secured golds from Asian wrestling at Delhi in 1968. Chandagi Ram earned gold from Asian wrestling in 1972.


No doubt Lord Krishna is the founder of wrestling in Aryavarta (old India) that is why the origin of wrestling is Mathura where renowned wrestler like Guru Baldev Chaube has been produced. The founder of Indraprastha (Modern Delhi) arena is also Lord Krishna from which wrestling spread all over India as well as in the world. Chatrapathi Shivaji, Samrat Guru Ram Das and in the beginning of the 20th century Maharaja Sahooji brought inspiration in Maharashtra wrestling where so many wrestling stars brought name and famed to India. Maharashtra’s history alone is equivalent to the history of the rest of India at present. In the year 1959 Shripathi Khanchanale became Hind Kesari wrestler by defeating Banata Singh Punjab Kesari at Hyderabad and in the year 1963 Indian Government formed a team of famous wrestlers and sent it to other nations to play matches with other nation’s wrestlers for 20 days. In that team Shripathi Khanchanale is one of the leading wrestler in Indian team. The team visited Moscow, Berlin, Uzbekistan, Leningrad, Kabul and Khandahar. K.D Jadhav name has been already given above, Maruti Mane gained the title of Hind Kesari in 1964 and secured the gold medal during Jakarta Asian Greco-Roman wrestling in 1962. Likewise, Ganapati Andalakar became Hind Kesari in 1960 after defeating Kharak Singh of Delhi and secured
one silver and one gold from Jakarta free style wrestling and Greco-Roman style wrestling during 1962. Moreover, Harish Chander, Biradar, Yuvaraj Patil and Dadu Chaugle were the most reliable wrestlers of Maharashtra. Delhi has its own history of wrestling where Chandagi Ram, Subhash, Sanjay, Kartar Singh, Satyapal as well as Rajender Singh, Leela Ram Udechand (Haryana) and Laxmikanth Pande (U.P.) have been the champions of Asia. Moreover Meharuddin and Janardhan of (U.P.) and Fateh Singh of (Rajasthan) were the super heavy weight popular champions.

Diwan Pratap Chand, Mama Mahol, Sard Panwar, Guru Hanuman, Chandra Swami, Uttam Prakash Bansal, Dr. Pisolkar, Balwant Singh, K.D. Nayyar, G.S. Mander, V.M. Datta, Raj Singh, Surender Vig and Dhara Singh etc. have been the main promoters of wrestling during 20th century.

The Indian style wrestling is the base of free style wrestling. If it is separated from free style wrestling the result will be ended in a smoke. The soil wrestling is conducted during our religious festivals. The wrestling fairs are organized during festivals and functions in every corner of India throughout the year where thousands of people enjoy it. In villages wrestlers are worshipped like gods and they are offered milk as well as cream with respect. So the wrestlers enjoy the wrestling in fairs for the competitions and for money. Here, I feel proud to mention about two wrestlers Naresh Chand and Ashok Kumar’s amazing bouts. Naresh Chand, ASI Delhi Police, who
represented India in International wrestling in Minsk (U.S.S.R.) has a record of almost 2000 bouts, while Ashok Kumar has a record of nearly 800 bouts who secured bronze, silver and gold medals. The other main wrestlers are Rajender Singh Chauhan, Rajinder Yadav, Ashok Kumar, Rajinder Bisht, Shahid Ali, Jogender Singh. Junior national champions and international upraising stars have many fresh hopes. They are proud of their town and villages. A wrestler generally becomes proud of his tribe as those people feed him day and night.

The master arena is called “Khalifa” or “Guru”. The wrestler of an arena worship their Guru by touching his feet. They organize a weekly competition of all the arenas. The Indian wrestlers mostly like to practice in sand arena and it has been proved beneficial to practice in the soil according to the climate of India. Here, most wrestling practice is possible during the winter season only. But one feels a special place after practicing in the soil. Body and face look bright. It removes hairs on body and avoids the skin diseases while it makes the skin clean. This is the main cause that Indian wrestlers are not able to become successful in free style wrestling. The wrestler should practice on the mat to take part in International wrestling which is the fresh demand during the present days. They must practice on the mat during winter season. Then, no doubt they can secure the international medals. Modern wrestling techniques are described with details with the important holds. Even a lay person can also become a wrestler or master of wrestling.
1.11 THE INDIAN WRESTLING HOLDS

The Indian wrestling holds can be divided into four categories.

a) HANUMANTI WRESTLING

The holds full of skills, strategies and tactics used by Hanumanti such as leg hold and throw, cross buttock, leg hook and throw, arm and leg throw. Wrestling fought with expertness and holds.

b) BHEEMSENI WRESTLING

The type of holds requiring strength and power used by Bheemseni, such as lifting the opponent above the shoulder level and throwing him down, neck press etc.

c) JAMUWANTI WRESTLING

The wrestling in which locks and chalks are used. It holds full of locks used by Jamuwanti.

d) JARASANDHI WRESTLING

The wrestling in which body parts are twisted and broken. It includes the locks namely neck lock, ankle lock, arm lock, etc.

Limb breaking holds used by Jarasandhi, included shoulder lock, hand pull and wrist lock on the back, strangle hold and wrist breaking etc. Generally untrained and unskilled villagers who have enough strength usually make full
use of Bheemseni wrestling, where as Hanumanti wrestling has an advantage to beat even a stronger opponent by applying tricks and skilled holds. In Jamuwanti wrestling, by use of locks, a wrestler is able to bring his opponent under his control and can make him feel exhausted. And in Jarasandhi wrestling, by means of limb breaking holds, a wrestler can harm the opponent\(^1\).

Wrestling provides an opportunity to every individual of any age to develop stamina, strength, flexibility and ability to qualify the confidence, courage and patience, which are essential for leadership.

Wrestling, as a sport evolved for the youth of the country and it can rightfully represent the tradition and antiquity as well. At present wrestling is very popular in each and every nook and corner of our country. Especially in the villages of India it does not require equipment and can be practiced by the youth themselves\(^2\).

Dubey\(^3\) states that as a sport, wrestling undoubtedly goes further back than any existing records. India, Greece and Italy are known to have paid special attention to this sport. The wall paintings found in a tomb at a village – Benihasan in Egypt revealed that wrestling was a sport practiced in villages by the youth. According to Greene Kanth this sport was practiced about five

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1 Majumdar, D.C. *Encyclopedia of Indian Culture*. Baroda: Companions, Baroda, India. 1950, pp. xxi-xxii.
thousand years ago with a good knowledge of wrestling which holds in Egypt. Similar to this in India, Shri Shripathi Khanchanale is also one of the Indian wrestlers born in a small village called Ekshma in Belgaum district of Karnataka state and becomes a role model of wrestling.

Datta\(^4\) opines that wrestling is also a natural sport like athletics and swimming. It is considered both as a means of survival against heavy odds and to establish superiority over others. Wrestling has played an important role in the evolution of modern man. A peep into history reveals a vivid picture that wrestling is the oldest game of India and no wonder it spread to other parts of the world from India. According to one school of thought, wrestling spread from India to Greece and from Greece to Italy. In due course of time it spread to England, Japan and to other parts of the world.

Although Greek tradition described the origin of sports and basic rules to the legendary heroes, wrestling was probably introduced into Greece from Egypt through Asia. Homer described wrestling holds, which corresponded closely to those portrayed in the Benihasan drawings from the wrestling pictures of the great historians. It is evident that wrestling was the favourite exercise in Greek athletic training\(^5\).


A good wrestler has various qualities, which are symbolized in each letter of the word ‘wrestler’. He should know that each letter denotes quality and trait, which qualifies him to be a good wrestler.

\[
\begin{align*}
W &= \text{Will to win and wisdom} \\
R &= \text{in life and exercise} \\
E &= \text{Emotional stability and efficiency} \\
S &= \text{Strength, skill and stamina} \\
T &= \text{Technique and tenacity} \\
L &= \text{Loyal and laborious} \\
E &= \text{Equipoise and energetic} \\
R &= \text{Resourceful and reliable}\end{align*}
\]

Wrestling is a favourite sport of India. Similarly, baseball and boxing are common in United States. India had nurtured out some of the world-renowned wrestlers. The great Gama, visited Paris and France during 1889. He was of enormous size, standing nearly 8 ft. well proportionate and strikingly handsome. European wrestlers who tried to face him were defeated within less than a minute. Due to native superstition, no Indian wrestler was allowed to migrate to foreign countries until 1910. Gama appeared in London under the guardianship of Benjamin and he had defeated Dr. Benjamin and Zebisco\(^7\). Then he became a world champion in wrestling.

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\(^6\) Umbech and Johnson, Successful Wrestling, p.13.
Gama got the title of world champion in 1928 at Patiala after defeating world famous wrestler Stenis Los Zebisco and eliminating Adshantal. Shri Gaurav Babu gained the title of world champion in 1921. Viddo Pandit defeated many wrestlers of Europe.

According to Datta\(^8\) an old champion of wrestling Shri Ramdas, built 12,000 Hanuman temples and established Akhadas and Gymnasiums adjacent to those temples. He also inspired the people to take up wrestling more enthusiastically. Ramdas, therefore, may be considered a ‘Pioneer of wrestling in Maharashtra’.

Sarkar\(^9\) stated that wrestling is a game, which can be introduced and started in a small place anywhere on the earth. It does not require any extra expenditure. If any person possesses strength, agility, courage and enthusiasm, he can play wrestling. It is referred to as one of the fastest games.

Wrestling has been a popular sport in India. To promote the Indian wrestlers, almost all the states have launched many awards and rewards to promote wrestlers. “Dasara Kesari”, “Kumara Kantirava”, “Kantirava”, “Kumar Kesari”, “Ekalavya” and also every state launched the State Kesari awards like “Maharashtra Kesari”, “Karnataka Kesari”, “Punjab Kesari” and

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\(^8\) Datta, UM. *Development of Wrestling in India*. II Haryana State Wrestling Championship Souvenir. 1969, p.20.

the heavy weight wrestlers are awarded with the awards “Mahabharat Kesari”, “Mall Samrat” and “Rustam-E-Hind”. The highest award in India is “Hind Kesari” award and started by Indian Wrestling Federation in the year 1959. Shri Shripathi Khanchanale is the first wrestler to receive Hind Kesari award. Other winners of Hind Kesari award are as mentioned below:

1.12 SOME OF THE IMPORTANT HIND KESARI Awardees

Some of the important Hind Kesari award winners are:

- Shripathi Khanchanale
- Ganapati Andalakar
- Kartar Singh
- Master Chandagir Ram
- Kadak Singh
- Maruti Mane
- Meharuddin
- Hajrat Patel
- Sakhavan Singh
- Dinanath Singh
- Chamba Mutanal
- Satpal
- Yogesha Laxman Dodke
1.13  THE CASE STUDY AND IMPORTANCE OF THE CASE STUDY

In the case study, the researcher strives for an in-depth understanding of a single situation or phenomenon. The case study is a form of descriptive research. Although it consists of a rigorous, detailed examination of a single case, the underlying assumption is that this case is an example of many other such cases. Consequently, by in-depth study of a single case, a greater understanding about other similar cases is achieved. This is not to say, however, that the purpose of case studies is to make generalization, quite, on the contrary, for drawing general conclusions from a case study in not justifiable.

The case study is not confined to the study of an individual. The case study technique can be used in research involving programs, institution, organizations, political structures, communities, and situations. The case study involves the collection and analysis of many sources of information. In some respects, the case study has some of the same features as historical research. The case study approach is not frequently used in trying to understand why something has gone wrong.

The case study is very flexible as to the amount and type of data that are gathered, as well as the procedures used in gathering the data. Hence, the steps in methodology are not distinct or uniform with all case studies. One of the
first steps is to define and describe the present situation. Background information is then required in the effort to better understand the present situation and perhaps to slide light on some possibility been formulated, they should be tested. This step may involve the elimination of some possible causes, re-examinations by the analysis of the background information. The final step is to verify one or more of the hypothesis.

One of the principal advantage of the case study approach is that it can be fruitful in formulating the new ideas and hypothesis about areas, especially areas in which there is not clear cut structure or model. On the other hand, as primary weakness of case studies or subjects, other weaknesses include the future to utilize the appropriate sources of information and subsequently concluding that the problem stems from a source which is not really relevant. There is also the danger of relying too heavily on memory.

**TYPES OF CASE STUDIES**

In many ways, case study research is similar to other forms of research. It involves the identification of the problem, collection of data, and the analysis and reporting of results. Case studies can be descriptive, evaluative and interpretive.
a) **DESCRIPTIVE STUDIES**

A descriptive case study presents a detailed picture of the phenomenon but does not attempt to test or build theoretical models. Sometimes, descriptive case studies are historical models. Sometimes, descriptive case studies are historical in nature, and sometimes they are done for the purpose of achieving a better understanding of the present status.

b) **EVALUATIVE STUDIES**

Evaluate case studies are also description and interpretation, but the primary purpose is to use the data to evaluate the merit of some practice, movement or event. The efficacy of this type of case study relies on the competence of the researcher to use the available information to make judgements. The case study approach enables a more in-depth, holistic approach to the problem than may be possible with survey studies.\(^{10}\)

c) **INTERPRETIVE STUDIES**

Interpretive case studies also employ description, but the major focus is to interpret the data in an effort to classify and conceptualize the information and perhaps theorize about the phenomena. For example, a researcher might use the case study approach to reach greater understanding about the cognitive processes involved in sport.

CASE STUDY SUBJECTS

Subjects in a case study depend, of course, on the problem being studied. The subject or case may be as person (student, teacher, player or coach), a program (little league baseball), an institution (a one-room school), a project (basic stuff) or a concept (mainstreaming). In most cases, random sampling is not used because the purpose of a case study is not to estimate some population value but to select subject from which one can learn the most.

1.14 CHARACTERISTICS OF THE CASE STUDY

The study involves the collection and analysis of many sources of information. In some respects, the case study has some of the same features found in historical research. Although it consists of intensive study of a single unit, it may be that the case study’s ultimate worth is an insight and knowledge of a general nature and improved practices. The generalizability of a case study is ultimately related to what the reader is trying to learn from it.11

1.15 STATEMENT OF THE PROBLEM

In wrestling “Hind Kesari” Award is a prestigious award. To get this award the wrestler has to struggle hard during his wrestling career. Till date nearly 40 wrestlers have been successful in gaining this award. I, myself, a wrestler have a personal interest in wrestling. I want to introduce one of the

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prestigious Hind Kesari awardee Sri Shripati Khanchanale through my research work.

Shripati Kanchanale is the first Hind Kesari award winner. It is very essential to introduce him to the society. Wrestling is the most popular sport in rural region. Many of the wrestlers struggle hard to get this award and we have no proper information about them, their family background; their birth place and childhood days; education; diet; daily routine work; facilities, motivation, achievements and awards.

The purpose of the present study is to assess the factors and facts behind the successful performance of Shri Shripati Khanchanale in wrestling.

1.16 OBJECTIVES OF THE STUDY

- To understand his family background.
- To know his childhood days, birth place and education.
- To comprehend his interest regarding sports.
- To study his diet.
- To understand his daily routine work.
- To gauge his achievements.
- To understand the incidences that made him a wrestler and the champion wrestler.
- To know about the awards received by him.
➢ To study his present social status.

➢ To study his present economic conditions.

➢ To gauge his experience.

➢ To know his trainees achievements.

➢ To understand his nature, behaviour and hobbies.

➢ To know his children’s achievements in field of physical education.

➢ To study his physical and health condition.

➢ To study the effects of Dands and sit-ups exercises on his health in his old age.

➢ To know his aims after retirement from wrestling.

➢ To know his ambitions unfulfilled if any.

1.17 LIMITATIONS

➢ The study is limited to his political leadership

1.18 DELIMITATION

➢ The present study is delimited to a monocase.

➢ The study is delimited to his family background; his birth place and childhood days; education background; facilities and motivation; choosing the sport; diet; daily routine work; where and how he has grown up in the field of wrestling; awards and incentives; his present economic conditions; his present social
status; nature, behaviour, attitude and hobbies; his ambitions; present family situation; present health condition; his children’s achievements.

- The study was delimited to the information provided by the subject, his coach, teammates, friends, siblings and family member.
- The investigator collected the information from all possible written sources available from the literature.

1.19 DEFINITION OF THE TERMS

- **Case Study**: “Case study is a comprehensive study of a social unit or a person, a group, a social institution of a district or a community”.

- **Wrestling**: It is a sport or activity of grappling with an opponent and trying to throw or hold them down on the ground typically according to a code of rules or to wrestle means to fight for survival.

- **Hind Kesari**: It is a highest award given to Indian wrestlers. The Indian Wrestling Federation started it in the year 1959.

- **Wrestler**: Wrestler is the player who has played wrestling sport.

1.20 SIGNIFICANCE

- The study may help us in assessing the factors responsible for performance of Shri Shripati Khanchanale.
The study may enable us to ascertain the reasons behind successful performance of Shri Shripati Khanchanale in his wrestling career.

The study may bring to light certain important features of the subjects, training, coaching and other factors related to his performances.

This study will be helpful for wrestling coaches, wrestlers and those who are interested in wrestling.

The author of this dissertation was aired to undertake the study on wrestling, especially he is interested to record the information available related to Hind-Kesari awardee Shri Shripathi Khanchanale and make it known to the public. The author has put efforts to collect information and throw light on the whiled world education, autistic to wrestling training, achievement and awards received by Shri Shripathi Khanchanale. This dissertation also aims to popularize the wrestling sport of village level in particular and the prestigious award to be known to all wrestlers at large.