INTRODUCTION

Wrestling as a type of mock combat and display behavior among males has anthropological roots. Its documented history however necessarily begins with the history of pictorial representations. Cave paintings in the Bayan khongor Province of Mongolia dating back to Neolithic age of 7000 BC show grappling of two naked men and surrounded by crowds. In the Ancient Near East, forms of belt wrestling were popular from earliest times. A carving on a stone slab showing three pairs of wrestlers was dated to around 3000 BC. A cast Bronze figurine, (perhaps the base of a vase) has been found at Khafaji in Iraq that shows two figures in a wrestling hold that dates to around 2600 BC. The statue is one of the earliest depictions of sport and is housed in the National Museum of Iraq.

A portrayal of figures wrestling was found in the tomb of Khnumhotep and Niankhkhnum in Saqqara dating to around 2400 BC. Another early piece of evidence for wrestling in Egypt appeared circa 2300 BC, on the tomb of the Old Kingdom philosopher Ptahhotep. During the period of the New Kingdom (2000-1085 BC) additional Egyptian artwork (often on friezes) depicted Egyptian and Nubian wrestlers competing. Carroll notes striking similarities between these ancient depictions and those of the modern Nuba wrestlers. On the 406 wrestling pairs found in the Middle Kingdom tombs at Beni Hasan in the Nile valley, nearly all of the techniques seen in modern freestyle wrestling could be found.

Textual description of wrestling begins with the ancient classics, especially the Greek and Sanskrit epics. The Mahabharata describes the encounter between the accomplished wrestlers Bhima and Jarasandha. Shuai Jiao is a legendary wrestling style of Chinese antiquity used by the Yellow Emperor during his fight against the rebel Chih Yiu. This early style of combat was first called jiaoti (butting with horns).

Greek wrestling was a popular form of martial art in which points were awarded for touching a competitor's back to the ground, forcing a competitor out of bounds (arena). Three falls determined the winner. It was at least featured as a sport since the eighteenth Olympiad in 704 BC. Wrestling is described in the earliest
celebrated works of Greek literature, the Iliad and the Odyssey. Wrestlers were also depicted in action on many vases, sculptures, and coins, as well as in other literature. Other cultures featured wrestling at royal or religious celebrations, but the ancient Greeks structured their style of wrestling as part of a tournament where a single winner emerged from a pool of competitors. Late Greek tradition also stated that Plato was known for wrestling in the Isthmian games.

The modern history of wrestling begins with a rise of popularity in the 19th century, which led to the development of the modern sports of Greco-Roman wrestling on the European continent and of freestyle wrestling and collegiate wrestling in Great Britain and the United States, respectively. These sports enjoyed enormous popularity at the turning of the 20th century. In the 1920s, show wrestling as a form of sports entertainment, now known as professional wrestling, separated from competitive sport wrestling, now known as amateur wrestling.

Medieval and Early Modern Europe

There is ample evidence of wrestling practiced throughout medieval Europe, both by the nobility and the lower classes. Wrestling remained popular during the Renaissance, and for much of the 16th century. In 1520 at the Field of the Cloth of Gold pageant, Francis I of France threw Henry VIII of England in a wrestling shoes match. In Henry VIII's kingdom, wrestling in many places was widely popular and had a long history.

The German tradition has records of a number of master-Ringer of the 15th to 16th centuries specializing in unarmed combat. Unarmed combat was divided in two categories, sportive grappling or geselliges ringen and serious unarmed combat kampfringen (where kampf is the Early Modern German term for "duel"). While sportive grappling had fixed rules that prohibited dangerous techniques, usually starting in grappling hold and ending with a throw or submission, kampfringen can be considered a system of unarmed self-defense including punches, joint-locks, elbow strikes, chokeholds, head-butts and (to a limited extent) kicks.

One of the primary men to have shaped kampfringen at the dawning of the German Renaissance appears to have been Austrian master Ott Jud. He is said to have developed a system of grappling to be used in combat, including joint breaks, arm
locks and throws designed to cause serious injury. No treatise from Ott's own hand has survived, but his system is taught by several fencing masters of the later 15th century. Paulus Kal counts him among the "society of Liechtenauer", saying that he was wrestling teacher to the "lords of Austria". (possibly under Frederick III). Other treatises that contain material both on ringen and on swordsmanship include those of Fiore dei Liberi (c. 1410), Fabian von Auerswald (1462), Pietro Monte (c. 1480), and Hans Wurm (c. 1500).

It was only with the beginning Early Modern period, specifically the more "dignified" code of behavior the upper classes imposed on themselves in the Baroque period that wrestling was abandoned by European nobility, and it became a pastime of rural populations, developing into the various surviving forms of European folk wrestling. A late treatise on ringen is that by Johann Georg Passchen, published in 1659. Maybe the last book which deals with Ringen as a deadly martial art, is possibly "Leib-beschirmende und Feinden Trotz-bietende Fecht-Kunst" from Johann Andreas Schmidt, which was published in Weigel, Nürnberg in 1713.

In the Middle East

Many of the world's oldest depictions of wrestling can be found in the Middle East. Carvings and statues show that forms of belt wrestling existed in the region since ancient times, in addition to matches between humans and animals. Wrestling is also mentioned in the epics of Gilgamesh and the Shahnameh. Oil wrestling as practiced in present-day Turkey and Central Asia is recorded in ancient Sumeria and Babylon. In Persia and Parthia, traditional grappling or kushti was practiced by both the upper and lower classes both for sport and as training for battle. In training halls known as zourkhaneh, soldiers practiced resistance exercises and grappling in a tradition now called varzesh-e bastani lit. ‘ancient athletics’. Ancient Iranian combat-wrestling (koshti-ye jangi) included not only grabs but also punches and low kicks. As Iranian influence spread with the Achaemenid Empire and later the Persian Empire, the practice was adopted in Afghanistan as pahlawani.

Development of modern wrestling

The Lancashire style of folk wrestling may have formed the basis for Catch wrestling also known as "catch as catch can." The Scots later formed a variant of this
style, and the Irish developed the "collar-and-elbow" style which later found its way into the United States.

Wrestling as a modern sport developed in the 19th century out of traditions of folk wrestling, emerging in the form of two styles of regulated competitive sport, "freestyle" and "Greco-Roman" wrestling (based on British and continental tradition, respectively), now year needed summarized under the term "amateur wrestling" by the beginning of the modern Olympics.

A tradition of combining wrestling and showmanship originates in 1830s France, when showmen presented wrestlers under names such as “Edward, the steel eater”, “Gustaved’ Avignon, the bone wrecker”, or “Bonnet, the ox of the low Alps” and challenged members of the public to knock them down for 500 francs. In 1848, French showman, Jean Exbroyat formed the first modern wrestlers’ circus troupe and established a rule not to execute holds below the waist — a style he named "flat hand wrestling". This new style soon spread to the rest of Europe, the Austro-Hungarian Empire, Italy, Denmark and Russia under the names of Greco-Roman wrestling, Classic wrestling or French wrestling.

Golden Age (1890–1914)

By the end of the 19th century, this modern "Greco-Roman" wrestling style went on to become the most in fashionable sport in Europe. Because of that and the rise of gymnasiums and athletic clubs, Greco-Roman wrestling and modern freestyle wrestling were soon regulated in formal competitions. On continental Europe, prize money was offered in large sums to the winners of Greco-Roman tournaments, and freestyle wrestling spread rapidly in the United Kingdom and in the United States.

A "Golden Age" for the sport followed, cut short with the breakout of World War I in 1914. In 1898 the Frenchman Paul Pons, “the Colossus” became the first Professional World Champion. Leading wrestlers during this time, such as Georg Hackenschmidt, Stanislaus Zbyszko, William Muldoo, Frank Gotch, Constant Lavaux, had the status of popular heroes.

In the United States, wrestling was dominated by Martin "Farmer" Burns and his pupil, Frank Gotch. Burns was renowned as a competitive wrestler, who, despite never weighing more than 160 pounds during his wrestling career, fought over 6,000
wrestlers (at a time when most were competitive contests) and lost fewer than 10 of them. He also gained a reputation for training some of the best wrestlers of the era, including Gotch, known as one of America's first sports superstars. Gotch, regarded as "peerless" at his peak, was the first to actually claim the world's undisputed heavyweight championship by beating all contenders in North America and Europe. He became the world's champion by beating European wrestling champion Georg Hackenschmidt, both in 1908 and 1911, seen by modern wrestling historians as two of the most significant matches in wrestling history.

Professional wrestlers during this time would participate both in sportive competition and in shows focusing more on spectacle and entertainment, as wrestling was introduced to the public as part of a variety act to spice up the limited action involved in the bodybuilder strongman attractions. One of its earliest stars was a Cornish-American ex-miner named Jack Carkeek, who would challenge audience members to last 10 minutes with him. It is in this period that the origin between the later division between "professional wrestling" (non-competitive acrobatics and showmanship) and "amateur wrestling" (competitive) originates. Georg Hackenschmidt, world champion after his 1905 win over Tom Jenkins, associated himself with British promoter and entrepreneur Charles B. Cochran. Hackenschmidt took a series of bookings in Manchester for a then impressive £150 a week. Noting Hackenschmidt's dominant style of wrestling threatened to kill crowd interest, Cochran persuaded Hackenschmidt to learn showmanship from Cannon and wrestle many of his matches for entertainment rather than sport; this displayed the future elements of sports entertainment.

The separation of "worked", i.e. purely performative, choreographed wrestling from competitive sport begins in the 1920s. The success of the more worked aspects of professional wrestling in America, like gimmickry and submission holds, were introduced to British wrestling. Amateur wrestler, Sir Atholl Oakley got together with fellow grappler Henry Irslinger to launch one of the first promotions to employ the new style of wrestling which was coined "All-in wrestling". The great demand for wrestling meant there were not enough skilled amateurs to go around, and many promoters switched to more violent styles, with weapons and chairshots part of the
proceedings. Women wrestlers and mud-filled rings also became common place. In the late 1930s, the London County Council banned professional wrestling.

When the First Modern Olympic Games held in Athens in 1896, Greco-Roman wrestling was introduced as an Olympic discipline. After not being featured in the 1900 Olympics, sport wrestling was seen again in 1904 in St. Louis; this time in freestyle competition. Since then, Greco-Roman and freestyle wrestling have both been featured (with women's freestyle added in the Summer Olympics of 2004).

**Interwar period and later 20th century**

The popularity of wrestling experienced a dramatic decline in 1915 to 1920, due to the World War, and as its reputation had suffered especially among the American public because of widespread doubt of its legitimacy and status as a competitive sport.

Following the retirement of Frank Gotch, professional wrestling in the United States (except in the Midwest) was losing popularity fast. In response, three professional wrestlers, Ed Lewis, Billy Sandow, and Toots Mondt, joined to form their own promotion in the 1920s, modifying their in-ring product to attract fans. The three were referred to as the "Gold Dust Trio" due to their financial success. This marks the beginning of "professional wrestling" as an entertainment industry separate from competitive wrestling, and to a revival of public interest in wrestling in the interwar period. Wrestling did not, however, rise to its pre-war level of popularity again, being eclipsed by Boxing, which sport now experienced its own Golden Age.

Since 1921, the International Federation of Associated Wrestling Styles (FILA) has regulated amateur wrestling as an athletic discipline. In 1927, Dr. Raymond G. Clapp published the rules for collegiate wrestling, and the next year, the first NCAA Wrestling Team Championship took place on March 30 to March 31 on the campus of Iowa State College. The rules of collegiate wrestling marked a sharp contrast to the freestyle wrestling rules of the International Amateur Wrestling Federation (IAWF) and the AAU. From then on, collegiate wrestling emerged as a distinctly American sport. College and high school wrestling grew especially after the standardization of the NCAA wrestling rules, which applied early on to both collegiate and scholastic wrestling (with high school modifications). More colleges, universities, and junior
colleges began offering dual meets and tournaments, including championships and having organized wrestling seasons. There were breaks in wrestling seasons because of World War II, but in the high schools especially, state association wrestling championships sprung up in different regions throughout the 1930s and 1940s. As amateur wrestling grew after World War II, various collegiate athletic conferences also increased the number and quality of their wrestling competition, with more wrestlers making the progression of wrestling in high school, being recruited by college coaches, and then entering collegiate competition.

Both freestyle wrestling and its American counterpart, collegiate wrestling, did not have a scoring system that decided matches in the absence of a fall until the introduction of a point system by Oklahoma State University wrestling Coach Art Griffith that gained acceptance in 1941, and influenced the international styles as well. By the 1960s international wrestling matches in Greco-Roman and freestyle were scored by a panel of three judges in secret, who made the final decision by raising colored paddles at the match's end. Dr. Albert de Ferrari from San Francisco who became vice president of FILA, lobbied for a visible scoring system and a rule for "controlled fall", which would recognize a fall only when the offensive wrestler had done something to cause it. These were soon adopted internationally in Greco-Roman and freestyle.

WRESTLING IN SOUTH ASIA

China

Classical Chinese wrestling or jiao li was a public sport in the Qin Dynasty (221-207 BC) held for court amusement as well as for recruiting the best fighters. Competitors wrestled each other on a raised platform called a lei tai. The term shuai jiao was chosen by the Central Guoshu Academy of Nanjing in 1928 when competition rules began to be standardized.

Japan

The term jūjutsu was coined in the 17th century, after which time it became a blanket term for a wide variety of grappling-related disciplines in Japanese martial arts. Prior to that time, these skills had names such as "short sword grappling" kogusoku koshi no mawari, "grappling" or kumiuchi, "body art" taijutsu, "softness"
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yawara, "art of harmony" wajutsu, yawarajutsu, "catching hand" torite, and even the "way of softness" (as early as 1724, almost two centuries before Kanō Jigorō founded the modern art of Kodokan Judo). The systems of unarmed combat that were developed and practiced during the Muromachi period (before 1573) are today referred to collectively as Japanese old-style Nihon koryū jūjutsu.

WRESTLING IN INDIA

Malla-yuddha

Malla-yuddha (Devanagari: मल्लयुद्ध, Bengali: মল্লযুদ্ধ, Odia: ମଲ୍ଲେୟୁଦ୍ୟ, Kannada: ಮಲ್ಲಯುದ್ಧ, Telugu: మల్లయుద్ధం, Tamil: மல்யுத்தம், Thai: (มัลละยุทธ์) malla-yuddha, is the traditional South Asian form of combat-wrestling created in what is now India, Pakistan, Bangladesh, Nepal and Sri Lanka. It is closely related to Southeast Asian wrestling styles such as naban and is the ancestor of kusti.

Malla-yuddha incorporates grappling, joint-breaking, punching, biting, choking and pressure point striking. Matches were traditionally codified into four types which progressed from purely sportive contests of strength to actual full-contact fights known as yuddha. Due to the extreme violence, this final form is generally no longer practised. The second form, wherein the wrestlers attempt to lift each other off the ground for three seconds, still exists in south India. Additionally, malla-yuddha is divided into four styles, each named after Hindu gods and legendary fighters: Hanumanti concentrates on technical superiority, Jambuvanti uses locks and holds to force the opponent into submission, Jarasandhi concentrates on breaking the limbs and joints while Bhimaseni focuses on sheer strength.

In Sanskrit, mallayuddha literally translates to "wrestling combat". Strictly speaking, the term denotes a single pugilistic encounter or prize-fight rather than a style or school of wrestling. It is a tatpurusha compound of malla (wrestler, boxer, Athlete) and Yuddha or Juddho (fight, battle, conflict). The compound is first attested in the Mahabharata referring to boxing matches such as those fought by Bhima. Another word for a sportive wrestling match or athletic sports more generally is mallakr̥ṣa. The second element, kr̥ṣa (sport, play, pastime, and amusement) implies a more limited-contact style of folk wrestling rather than true grappling combat.
The term malla was historically a proper name referring to, among other things, an asura known as mallasura and the name of a tribe from the Malla Kingdom mentioned in the Mahabharata. The name Malla was also used in this sense for an ancient mahajanapada, a Nepalese dynasty descended from them, and the Mallabhum kingdom in Bishnapur. In the Manusmriti (10.22; 12.45), it is the technical term for the offspring of an out-caste kshatriya by a kshatriya female who was previously the wife of another out-caste.

Wrestling in South Asia has a history of at least 5000 years making it the oldest known codified form of fighting in the region. Competitions held for entertainment were popular among all social classes, with even kings and other royalty taking part. Wrestlers represented their kings in matches between rival kingdoms; death matches before the royal court served as a way to settle disputes and avoid large-scale wars. As such, professional wrestlers were held in high regard. In pastoral communities, people would even wrestle against steers.

The first written attestation of the term mallaayuddha is found in the Ramayana epic, in the context of a wrestling match between the vanara King Bali and Ravana, the king of Lanka. Hanuman, the god in Ramayana, is worshipped as the patron of wrestlers and general feats of strength. The Mahabharata epic also describes a wrestling match between Bhima and Jarasandha. Other early literary descriptions of wrestling matches include the story of Balarama and Krishna.

Stories describing Krishna reported that he sometimes engaged in wrestling matches where he used knee strikes to the chest punches to the head, hair pulling, and strangleholds. He defeated Kans, king of Mathura, in a wrestling match and became new king in his place. Siddhartha Gautama himself was said to be an expert wrestler, archer and sword-fighter before becoming the Buddha. Based on such accounts, Svinth traces press ups and squats used by Indian wrestlers to the pre-classical era. Later, the Pallava king Narasimhavarman acquired the moniker Mahamalla meaning "great wrestler" for his passion and prowess in the art.

Competitions in medieval times were announced by a kanjira-player a week beforehand. Matches took place at the palace entrance, in an enclosure set aside for games and shows. The wrestlers typically came of their own accord during public
festivals, along with magicians, actors and acrobats. Other times they would be hired by nobles to compete. Winners were awarded a substantial cash prize from the king and presented with a victory standard. Possession of this standard brought national distinction.

The scene of action was gay with flags flapping, and the citizenry quickly packed the rows of benches. When the wrestlers climbed into the arena, they strutted around, flexing their muscles, leaping in the air, crying out and clapping their hands. Then they grappled, holding each other tightly around the waist, their necks resting on each other's shoulder, their legs entwined, while each attempted to win a fall or break the hold.

The Manasollasa of the Chalukya king Someswara III (1124–1138) is a royal treatise on fine arts and leisure. The chapter entitled Malla Vinod describes the classification of wrestlers into types by age, size and strength. It also outlines how the wrestlers were to exercise and what they were to eat. In particular the king was responsible for providing the wrestlers with pulses, meat, milk, sugar as well as "high-class sweets". The wrestlers were kept isolated from the women of the court and were expected to devote themselves to building their bodies. The Manasollasa gives the names of moves and exercises but does not provide descriptions.

The Malla Purana is a Kula Purana associated with the Jyesthimalla, a Brahmin jāti of wrestlers from Gujarat, dating most likely to the 13th century. It categorizes and classifies types of wrestlers, defines necessary physical characteristics, describes types of exercises and techniques of wrestling as well as the preparation of the wrestling pit, and provides a fairly precise account of which foods wrestlers should eat in each season of the year.

As the influence of Indian culture spread to Southeast Asia, malla-yuddha was adopted in what are now Thailand, Malaysia, Java, and other neighbouring countries. It was popular not only among commoners but also patronized by royalty. The legendary hero Badang was said to have engaged in such a wrestling match against a visiting champion in Singapore.

Traditional Indian wrestling first began to decline in the north after the medieval Muslim invasions when influences from Persian wrestling were
incorporated into native malla-yuddha. Under Mughal rule, courtly fashion favoured the Persianate pehlwani style. Traditional malla-yuddha remained popular in the south, however, and was particularly common in the Vijayanagara Empire. The 16th-century Jaina classic Bharatesa Vaibhava describes wrestlers challenging their opponents with grunts and traditional signs of patting the shoulders. Sculptures at Bhatkal depict wrestling matches, including female wrestlers. As part of his daily routine, the king Krishna Deva Raya would rise early and exercise his muscles with the gada (mace) and sword before wrestling with his favourite opponent. His many wives were tended to by only female servants and guards, and among the 12,000 women in the palace were those who wrestled and others who fought with sword and shield. During the Navaratri festival, wrestlers from around the empire would come to the capital in Karnataka to compete in front of the king, as described by the Portuguese traveller Domingo Paes.

Then the wrestlers begin their play. Their wrestling does not seem like ours, but there are blows (given), so severe as to break teeth, and put out eyes, and disfigure faces, so much so that here and there men are carried off speechless by their friends; they give one another fine falls too.

Malla-yuddha is now virtually extinct in the northern states, but most of its traditions are perpetuated in modern kusti. The descendents of the Jyesti clan continued to practice their ancestral arts of malla-yuddha and vajra-musti into the 1980s but rarely do so today. Malla-yuddha has survived in south India however, and can still be seen in Karnataka and pockets of Tamil Nadu today.

Wrestling has been popular in India since ancient times. It was mainly an exercise to stay physically fit. The wrestlers, traditionally, use to wear a loincloth, langota. In Ancient India wrestling was most famously known as Malla-yuddha. One of the premier characters in Mahabharata, Bhima was considered to be a great wrestler of the time, and some of the other great wrestlers included Jarasandha, Duryodhan and Karna. In the other Indian epic, Ramayana also mentions wrestling in India and Hanuman is described as one of the greatest wrestlers of his time.
During the Muhgal rule that were of Turko-Mongol descent, the influence of Iranian and Mongolian wrestling were incorporated to the local Malla-yuddha to form the modern Pehlwani.

Wrestling considered one of the most ancient and oldest sports in the world, wrestling in India has a glorious past. Wrestling has been popular in India since ancient times. Wrestling is counted amongst the most prestigious and oldest events in the Olympic Games, included in the Olympics in 708 BC. In ancient times, wrestling in India was mainly an exercise to stay physically fit. The wrestlers, traditionally, use to wear a loincloth, langota. It was also used as a great way of military exercise without any weapons. Wrestling in India is also known as dangle, and it is the basic form of a wrestling tournament. Wrestling in India is most famously known as Malla-Yuddha. There are also mentions of wrestling in ancient times. These can be found in the great epic of Indian history, Mahabharata includes mention of wrestling in India. The 13th century Malla Purana has the reference of a group of Gujarati Brahmin wrestlers known as Jyesthimallas. One of the premier characters in Mahabharata, Bhīma was considered to be a great wrestler of the time, and some of the other great wrestlers included Jarasandha, Duryodhan and Karna. In the other Indian epic, Ramayana also mentions wrestling in India and Hanuman is described as one of the greatest wrestlers of his time.

A practitioner of this sport is referred to as a pehlwan while teachers are known either as ustad or guru, depending on their religion. Many southern Indian practitioners of traditional Malla-yuddha consider their art to be the more "pure" form of Indian wrestling, but most South Asians do not make this clear distinction and simply view kusti as the direct descendent of ancient malla-yuddha, usually downplaying the foreign influence as inconsequential

Wrestlers Training

Wrestlers train and fight in a traditional arena or Akhara. Matches take place in a clay or dirt pit, thirty feet across and either square or circular in shape. The soil of the floor is mixed with various ingredients, including ghee. Before training, the floor is raked of any pebbles or stones. Water is added approximately every three days to keep it at the right consistency; soft enough to avoid injury but hard enough so as not to impede the wrestlers' movements. Wrestlers begin each session by flattening the
soil, an act which is considered both a part of endurance training and an exercise in self-discipline. During practice, wrestlers throw a few handfuls of dirt onto their own bodies and that of their opponents as a form of blessing, which also provides for a better grip. Once the arena has been prepared a prayer is offered to the gym's patron deity, most commonly Hanuman. Every training hall has a small makeshift altar for this purpose, where incense is lit and small yellow flower garlands are offered to the god. This is followed by paying respect to the guru by touching the head to his feet, a traditional South Asian sign of respect for elders.

Many wrestlers live at their training hall but this is not always required. Traditionally revered as extensions of Hanuman, all wrestlers are required to abstain from sex, smoking and drinking so the body remains pure and the wrestlers are able to focus on cultivating themselves physically, mentally and spiritually. This purity is also said to help achieve the highest level of martial and sporting perfection. A wrestler's only belongings are a blanket, a kowpeenam (loincloth) and some clothes. In this regard, they are often compared to Hindu-Buddhist holy men.

Boys typically start training at the age of ten to twelve. To avoid stunting their growth, young trainees are first taught kundakavartana, calisthenics and exercises to develop their overall strength and endurance without equipment. Exercises that employ the wrestler's own bodyweight include the sun salutation (Surya Namaskara), shirshasana, Hindu squat (bethak) and the Hindu press-up (danda), which are also found in hatha yoga. After acquiring the necessary power and stamina, students may begin khambhasrama, referring to exercises that use the mallakhamba or wrestler's pillar. There are a number of pillars, although the most common is a free-standing upright pole, some eight to ten inches in diameter, planted into the ground. Wrestlers mount, dismount and utilize this pole for various complex callisthenics designed to develop their grip, stamina, and strength in the arms, legs and upper-body. In a later variation, the pole was replaced with a hanging rope. Rope mallakhamba is today most commonly practiced by children as a spectator sport in itself rather than its traditional role as a form of training for wrestling.
Other training concepts include the following.

- **Vyayam:** Physical training in general. This includes rope climbing, log pulling, running and swimming.
- **Rangasrama:** Refers to the wrestling itself and its techniques. Includes locks, submission holds, take downs and, formerly, strikes.
- **Gonitaka:** Exercises done with a large stone ring called a gar nal in Hindi. It can be swung, lifted, or worn around the neck to add resistance to press-ups and squats.
- **Pramada:** Exercises performed with the gada (mace). An exercise gada is a heavy round stone attached to the end of a meter-long bamboo stick.
- **Uhapohasrama:** Discussion of tactics and strategies.
- **Mardana:** Traditional massage. Wrestlers are given massages and also taught how to massage.

**Diet of Wrestlers**

According to the Samkhya school of philosophy, everything in the universe—including people, activities, and foods—can be sorted into three gunas: sattva (calm/good), rajas(passionate/active), and tamas (dull/lethargic).

Ghee, amongst the most sattvic of foods consumed for wrestlers

As a vigorous activity, wrestling has an inherently rajasic nature, which pehlwan counteract through the consumption of sattvic foods. Milk and ghee are regarded as the most sattvic of foods and, along with almonds, constitute the holy trinity of the pehlwani khurak (fromPersian خوراک پهلوانی khorâk-e pahlavâni), or diet. A common snack for pehlwan is chickpeas that have been sprouted overnight in water and seasoned with salt, pepper and lemon; the water in which the chickpeas were sprouted is also regarded as nutritious. Various articles in the Indian wrestling monthly Bharatiya Kushti have recommended the consumption of the following fruits: apples, wood-apples, bananas, figs, pomegranates, gooseberries, lemons, and watermelons. Orange juice and green vegetables are also recommended for their sattvic nature. Some pehlwan eat meat in spite of its tamasic nature.

Ideally, wrestlers are supposed to avoid sour and excessively spiced foods such as chatni and achar as well as chaat. Mild seasoning with garlic, cumin,
coriander, and turmeric is acceptable. The consumption of alcohol, tobacco, and paan is strongly discouraged

**Titles in Wrestling**

- **"Rustam-e-Hind"**: Champion of India. Dara Singh from Punjab, Krishan Kumar from Haryana, Muhammad Buta Pehlwan, Imam Baksh Pehlwan, Hamida Pehlwan, Vishnupant Nagrale, Dadu Chaugle and Harishchandra Birajdar (Lion of India)[6] from Maharashtra, Mangla Rai from Uttar Pradesh and Pehlwan Shamsher Singh (Punjab Police) held the Rustam-e-Hind title in the past. Vishnupant Nagrale was the first wrestler ever to hold this title.
- **"Maharashtra Kesari"**: Lion of Maharashtra. Maharashtra Kesari is an Indian-style wrestling championship. Narsinh Yadav (three-time winner)
- **"Rustam-e-Panjaab"**: (also spelled Rustam-i-Panjab) Champion of Panjab. Pehlwan Shamsher Singh (Punjab Police) Pehlwan Salwinder Singh Shinda was a six time Rustam-e-Panjab.
- **"Bharat-Kesari"**: Best heavyweight wrestler in Hindi. Recent winners include Krishan Kumar (1986), Rajeev Tomar (Railways), Pehlwan Shamsher Singh (Punjab Police) and Palwinder Singh Cheema (Punjab police).
- **"Hind Kesari"**: Winner of 1969 Hind Kesari Harishchandra Birajdar (Maharashtra)[8] (Lion of India); Winner of 2013 Hind Kesari, Amol Barate (Maharashtra) Winner of 2015 Hind Kesari, Sunil Salunkhe (Maharashtra)

**Best Indian wrestlers**

**The Great Gama**

Ghulam Muhammad, popularly called 'The Great Gama' or 'Gama Pehalwan' was born on 22th May, 1878 in Amritsar, Punjab of British India. He was awarded with the World Heavyweight Championship on October 15, 1910.

**Dara Singh**

Dara Singh was born in Punjab on 19th November, 1928. Dara Singh was an Indian professional wrestler, politician, and actor. He won the Commonwealth
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Championship in 1959 by defeating George Gordienko at Calcutta. He has defeated the King Kong of Australia, and pinned down George Gordienko from Canada and John Desilva from New Zealand. He won the title of Rustam-E-Punjab and Rustam-E-Hind - both the titles exemplify the grandeur and talent of Dara Singh. He also achieved the World Wrestling Championship by defeating Lou Thesz on 29th May, 1968 in Bombay.

**Udey Chand**

He was born on 25th June, 1935 in Hisar, Haryana. Udey Chand was the first individual world championship medal winner from independent India. The Government of India awarded him with the prestigious Arjuna award in wrestling in 1961.

**Master Chandgi Ram**

Master Chandgi Ram (9 November 1937 – 29 June 2010) was an Indian wrestler who won a gold medal at 1970 Asian Games. He received both an Arjuna award and a Padma Shri. He participated in 1972 Summer Olympics. He was born in 1937 in the Hisar district of state of Haryana. He later set up the akhara to train women wrestlers for international events. He was popularly known as Master Chandgi Ram. He died in New Delhi following a cardiac arrest on 29 June 2010. His daughter Sonika Kaliraman is also a wrestler and was the member of Doha Asian Game's Indian squad. Ram’s children, Sonika and Jagdish, a brother and sister are both among the best wrestlers in the nation.[citation needed] His famous pupil is Sanjay Kumar (Old Wrestler) who had won Bharat Kesari many times, and also a gold winner of Commonwealth Games.

**Khashaba Dadasaheb Jadhav (K D Jadhav)**

He was born in Goleshwar, Maharashtra on August 14, 1984 to renowned wrestler Dadasaheb Jadhav. He won a bronze medal in wrestling at 1952 Summer Olympics in Helisinki and was the first athletes from India to win a medal in the Olympics.
Mahabali Satpal Ji

Satpal Singh was born on 10th December 1956, in Bawana village in Delhi. also known as Guru Satpal, is a wrestling coach and former wrestler of India. He was a Gold Medalist in 1982 Asian Games and a Bronze medalist in 1974 Asian Games. He is better known as the coach of two time Olympic medal winner Sushil Kumar. He was awarded Padma Bhushan, the third highest civilian award of India, in 2015.

Jatindra Charan Goho

Jatindra Charan Goho, Popularly known as Gobar Goho, he was born in Kolkata on 13th March, 1892. He was the first Asian Wrestler to win the World Light Heavyweight Championship in the United States in 1921.

Yogeshwar Dutt

Born on November 2, 1982, Yogeshwar is an Indian freestyle wrestler. He was awarded with Rajiv Gandhi Khel Ratna award in 2012 and prestigious Padma Shri award in 2013. He won the bronze medal in 2012 Summer Olympics and a gold medal in 2014 Commonwealth games at Glasgow.

Geeta Phogat

Geeta was born on 15th December, 1988 in Bhiwani District, Haryana. Her father, Mahavir Singh, was a former wrestler. She won the gold medal in 2010 commonwealth games in 55 kg freestyle category.

Sakshi Malik

Sakshi Malik was on born 3rd September 1992, in Mokhra village of Haryana's Rohtak District. She won the bronze medal in the 58 kg category in 2016 Summer Olympics Games. She become the first Indian female wrestler to win a bronze medal at the Rio, Olympics and the fourth female Olympic medalist from the country.

Other prominent Indian wrestlers

- **Akram Pahalwan** - Son of the wrestling legend Imam Baksh Pahalwan
- **Aslam Pahlwan** - Also trained by Mama Moti Singh
- **Bholu Brothers** - Illustrious Pehlwan Brothers (Bholu, Aslam, Goga, Akram and Azam)
Mehar din pahlwan - Rustam-e-Hind, a great wrestler openly challenged all so called top wrestlers of his time and openly double challenged Chandgi Ram and Dara Singh

Mangla Rai - Rustam-e-Hind

Goga Pahalwan - Son of the wrestling legend Imam Baksh Pahalwan

Gulam – accompanied the late Pandit Motilal Nehru to Paris in 1900 and defeated Cour-Derelli of Turkey

Guru Hanuman, wrestler and coach

Karim Bux - was the first wrestler to get into world headlines, when he defeated Tom Canon of England in 1892

Kikkar Singh - Dev-e-Hind, Known for his phenomenal Indian wrestling performance in FILA, Wrestling World Championship

Wrestling World Championships, 2013

This World Wrestling Championships was the 9th edition of FILA Wrestling World Championships. It was combined events and was held from 16 September to 22 September in Budapest, Hungary. It was first time India won the three medals in World Wrestling Championship. Amit Kumar was won the silver medal in 55kg weight category freestyle. Second medals were won by Bajrang Punia in 60 kg weight category and third medals were won by Sandeep Tulsi Yadav in 66 kg Greco roman style. He was the first Indian wrestler to won any medal in Greco roman style in world wrestling championship.

Wrestling World Championships, 2010

FILA, Wrestling World Championships were held at the Olympic Stadium in Moscow, Russia. The event took place from 6th September to 12th September, 2010. Sushil Kumar won the Gold medal in 66 kg weight category freestyle. He was first Indian wrestler to won the Gold medal in FILA world wrestling Championship.

Wrestling World Championships, 2009

FILA Wrestling World Championships were held at the Messecenter Herning exhibition center in Herning, Denmark. The event took place from 21th September to
27\textsuperscript{th} September, 2009. Ramesh Kumar was won the bronze medal in 74 kg weight category freestyle.

**Wrestling World Championships, 1967**

FILA, Wrestling World Championships, Freestyle competition were held in New Delhi, (India), 1967. Bishambar Singh was the first Indian wrestler to won the Silver medal in 57 kg weight category freestyle. He was defeated by Ali Aliyev from Soviet Union in final bout.

**Wrestling World Championships, 1961**

FILA, Wrestling World Championships, Freestyle competition were held in Yokohama, Japan, 1961. Udey Chand was won the bronze medal in 67 kg weight category freestyle. He was the First Indian wrestler to won the any medal from India in world championship.

**Indian wrestling performance in Olympic Games**

**Summer Olympics Games, 2016**

2016 Summer Olympics in Rio de Janeiro, Brazil, from 5 to 21 August 2016. Sakshi Malik won the bronze medal in 58 kg weight category freestyle. She is the first women Indian wrestler to won the any medals in Olympic Games.

**Summer Olympics Games, 2012**

Wrestling at the 2012 Summer Olympics were held between 5 and 12 August, the final day of the Games, at ExCeL London. Sushil Kumar won the silver medal in 66 kg weight category freestyle. He was a single wrestler to won continue two medals in Olympic Games. Another wrestler Yogeshwar Dutt won the bronze medal in 60 kg weight category freestyle.

**Summer Olympics Games, 2008**

Wrestling competitions at the 2008 Summer Olympics in Beijing, China, were held at the China Agricultural University Gymnasium from 12–21 August, 2008. Sushil Kumar won the bronze medal in 66 kg weight category freestyle. It was second time India got a medal in wrestling after 56 years.
**Summer Olympics Games, 1952**

At the 1952 Summer Olympics, 16 wrestling events were contested, for all men. There were eight weight classes in Greco-Roman wrestling and eight classes in freestyle wrestling. The events were held at Messuhalli. Khashaba Dadasaheb Jadhav was won the bronze medal in 57 kg weight category freestyle. Khashaba was the first individual athlete from India to won the any medal in Olympics Games.

**Indian wrestling performance in Commonwealth Games**

**Commonwealth Games 2014**

Commonwealth Games at Glasgow, Scotland, United Kingdom held from 23 July to 3 August 2014. Indian wrestlers won the total 13 medals, 5 Gold, 6 Silver, and 2 Bronze. Amit kumar won Gold medal in 57 kg freestyle, Yogeshwar Dutt won the Gold medal in 65 kg freestyle, and Sushil Kumar won the Gold medal in 74 kg freestyle. Vinesh Phogat and Babita Kumari also won the Gold medals in 48 kg and 55 kg women freestyle. Bajrang Kumar, Satyawart Kadian, and Rajeev Tomar won the silver medals in freestyle. And Lalita Sehrawat, Sakshi Malik and Geetika Jakhar also won the silver medals in women freestyle. While Pawan Kumar and Navjot Kaur won the bronze medals in freestyle.

**Commonwealth Games, 2010**

Commonwealth Games were held on Indira Gandhi Arena from 5 to 10 October 2010. Indian wrestlers won the total 19 medals, 10 Gold, 5 Silver, and 4 Bronze. Yogeshwar Dutt, Sushil Kumar, Geeta Phogat, Alka Tomar and Anita Sheoran won the Gold medals in freestyle. While Narsingh Yadav, Rajender Kumar, Ravinder Singh, Sanjay Kumar and Anil Kumar also won the Gold medals in Greco Roman style. Anuj Kumar, Joginder Kumar, Nirmala Devi and Babita Kumari won the silver medals in freestyle. Manoj Kumar also won the silver medal in Greco Roman style. Anil Kumar and Suman Kundu won the bronze medal in freestyle. Sunil Kumar and Dharmender Dalal also won the bronze medal in Greco Roman style.
Commonwealth Games, 2002

XVII Commonwealth Games were held in Manchester, England, from 25 July to 4 August 2002. Ramesh Kumar won the Gold medal in 66 kg weight category freestyle. He was single wrestler able to won the any medal from India.

Commonwealth Games, 1994

XV Commonwealth Games were held in Victoria, in the province of British Columbia in Canada, from 18 to 28 August 1994. Indian wrestlers won total 5 medals. Ashok Kumar and Randhir Singh were won the Silver medals in freestyle. Ramesh Kumar, Kripa Shankar and Subhash Verma were won the bronze medal in freestyle.

Commonwealth Games, 1982

Commonwealth Games were held in Brisbane, Queensland, Australia from 30 September–9 October 1982. Indian wrestlers won total 9 medals. Ramchandra Sarang, Mahabir Singh, Jagminder Singh and Rajinder Singh won the Gold medals in freestyle. Kartar Singh, Satpal Singh, Rajinder Singh and Ashok Kumar won the silver medals in freestyle and Jai Prakash Kangar won the bronze medal in freestyle.

Commonwealth Games, 1978

Commonwealth Games were held in Edmonton, Alberta, from 3 to 12 August 1978. Indian wrestlers won total 9 medals. Ashok Kumar, Satbir Singh and Rajinder Singh was won the Gold medals in freestyle. Sudesh Kumar, Jagdish Kumar, Jagminder Singh and Satpal Singh were won the silver medals. Kartar Singh and Ishwvar Singh were won the bronze medals in freestyle.

Commonwealth Games, 1974

British Commonwealth Games were held in Christchurch, New Zealand from 24 January to 2 February 1974. Indian wrestlers won total 10 medals. Sudesh Kumar, Prem Nath, Jagrup Singh and Raghunath Pawar were won the Gold medals in freestyle. Shivaji Chingle, Satpal Singh, Netra Pal Singh, Dadu Chaugule and Bishwanath Singh were won the silver medals while Radhey Shyam was won the bronze medal.
Commonwealth Games, 1970

British Commonwealth Games were held in Edinburgh, Scotland from 16 July to 25 July 1970. Indian wrestlers won total 9 medals. Ved Prakash, Sudesh Kumar, Udey Chand, Mukhtiar Singh and Harishchandra Birajdar were won the Gold medals. Sajjan Singh, Bishwanath Singh and Maruti Mane were won the silver medals while Randhawa Singh was won the bronze medal.

Commonwealth Games, 1966

British Empire and Commonwealth Games were held in Kingston, Jamaica, from 4 to 13 August 1966. Indian wrestlers won total 7 medals. Bishamber Singh, Mukhtiar Singh and Bhim Singh were won the Gold medals. Shamrao and Randhawa Singh were won the silver medals. Hukum Singh and Bishwanath Singh were won the bronze medal.

Commonwealth Games, 1958

British Empire and Commonwealth Games were held in Cardiff, Wales from 18–26 July 1958. Indian wrestlers won total 2 medals. Lila Ram was won the Gold medal and Lachmi Kant Pandey was won the silver medal.

Commonwealth Games, 1934

British Empire Games were the second of what is now known as the Commonwealth Games, held in England from 4–11 August 1934. The only Indian athlete in Wrestling Rashid Anwar won bronze medal in Men's Welterweight Division (74 kg).

Indian wrestling performance in Asian Games

Asian Games, 1954

Wrestling was one of the sports which were held at the 1954 Asian Games in Manila, Philippines between 1 and 3 May 1954. Indian wrestlers won total 2 medals, 1 Gold won by B. G. Kashid and 1 bronze won by Sohan Singh.

Asian Games, 1962

Wrestling was one of the sports which were held at the 1962 Asian Games in Ikada Sports Hall, Jakarta, Indonesia between 25 and 30 August 1962. Indian
wrestlers won total 12 medals, 3 Gold, 6 Silver and 3 bronze. Malwa won two medals Gold in Greco roman and bronze medal in 52 kg weight category freestyle. Maruti Mane also was won the Gold medal in freestyle and silver medal in Greco roman in 97 kg weight category. Ganpat Andhalkar was won the Gold medals in Greco roman style and silver medal in freestyle in +97 kg weight category. Udey chand was won the two silver medals in 70 kg freestyle and Greco roman style. Sajjan Singh also won the two silver medals in 87 kg freestyle and Greco roman. Lakshmikant Pandey and Narin Ghume were won bronze medals.

**Asian Games, 1966**

Wrestling was one of the sports which was held at the 1966 Asian Games in Bangkok, Thailand between 10 and 13 December 1966. Indian wrestlers won total 6 medals. Bishwanath Singh was won the silver medal. Where, Shamrao Sable, Bishambar Singh, Udey Chand, Sajjan Singh and Bhim Singh won the bronze medals.

**Asian Games, 1970**

Wrestling was one of the sports which were held at the 1970 Asian Games in Bangkok, Thailand between 10 and 13 December 1970. Indian wrestlers won total 5 medals, 1 Gold won by Chandgi Ram, 1 Silver won by Jit Singh, 3 Bronze won by Om Prakash, Mukhtiar Singh and Netra Pal Singh.

**Asian Games, 1974**

Wrestling was one of the events at the 1974 Asian Games held in Aryamehr Indoor Stadium, Tehran, Iran between 8 and 13 September 1974. Indian wrestlers won total 4 medals. Satbir Singh, Satpal Singh, Sukhchain Singh Cheema were won the bronze medal in freestyle but Sukhchain Singh Cheema was won another bronze medal in Greco roman.

**Asian Games, 1978**

Wrestling was one of the sports which were held at the 1978 Asian Games in Bangkok, Thailand between 11 and 14 December 1978. Indian wrestlers won total 3 medals, 2 Gold won by Rajinder Singh and Kartar Singh. While Satpal Singh won the silver medal.
Asian Games, 1982

Wrestling was one of the sports which were held at the 1982 Asian Games in New Delhi, India between 28 November and 2 December 1982. Indian wrestlers won total 4 medals, 1 Gold won by Satpal Singh, 1 Silver won by Kartar Singh and 2 Bronze were won by Ashok Kumar and Rajinder Singh.

Asian Games, 1986

Wrestling was one of the sports which were held at the 1986 Asian Games in Seoul, South Korea between 25 September and 4 October 1986. Indian wrestlers won total 4 medals, 1 Gold won by Kartar Singh, and 2 Bronze were won by Suresh Kumar and Gurmukh Singh.

Asian Games, 1990

Wrestling was one of the sports which were held at the 1990 Asian Games in Shijingshan Gymnasium, Beijing, China between 23 September and 3 October 1990. Indian wrestlers won total 4 medals, 1 Silver won by Ombir Singh, and 1 Bronze were won by Subhash Verma.

Asian Games, 2002

Wrestling was one of the many sports which were held at the 2002 Asian Games in Busan, South Korea between 2 and 8 October 2002. Palwinder Singh Cheema was won the bronze medal in freestyle.

Asian Games, 2006

Wrestling was contested by men and women at the 2006 Asian Games in Doha, Qatar. Only men competed in Greco-Roman wrestling while both men and women contested for medals in freestyle wrestling. All competition was held from December 9 to December 14 at Aspire Hall 4. Indian wrestlers won total 6 medals, 1 Silver won by Geetika Jakhar and 5 bronze won by Yogeshwar Dutt, Sushil Kumar, Palwinder Singh Cheema, Vinayak Dalvi and Alka Tomar.

Asian Games, 2010

Wrestling was contested by men and women at the 2010 Asian Games in Guangzhou, China. Only men competed in Greco-Roman wrestling while both men
and women contested for medals in freestyle wrestling. All competition was held from November 21 to 26 at Huagong Gymnasium. Indian wrestlers won total 3 bronze medals; they are Mausam Khatri, Ravinder Singh and Sunil Rana

**Asian Games, 2014**

Wrestling was contested by men and women at the 2014 Asian Games in Dowon Gymnasium, Incheon, South Korea from September 27 - October 1, 2014. Indian wrestlers won total 5 medals. 1 Gold won by Yogeshwar Dutt, 1 Silver won by Bajrang Punia and 3 bronze medals won by Narsingh Pancham Yadav, Vinesh Phogat and Geetika Jakhar.

**Sushil Kumar Major Performances**

**Olympic Games**

- Bronze medal, 2008 Beijing, 66 kg Freestyle
- Silver medal, 2012 London, 66 kg Freestyle

**World Championships**

- Gold medal - 2010 Moscow

**Commonwealth Games**

- Gold medal - 2010 Delhi
- Gold medal - 2014 Glasgow

**Asian Games**

- Bronze medal - 2006 Doha 66 Kg Freestyle
- Asian Wrestling Championships
- Bronze medal - 2003 New Delhi 60 kg Freestyle
- Silver medal - 2007 Bishkek 66 kg Freestyle
- Bronze medal - 2008 Jeju Island 66 kg Freestyle
- Gold medal - 2010 New Delhi 66 kg Freestyle
- Commonwealth Wrestling Championship
- Gold medal - 2003 London 60 kg Freestyle
- Gold medal - 2005 Cape Town 66 kg Freestyle
- Bronze medal - 2005 Cape Town 66 kg Greco-Roman
Introduction

- Gold medal - 2007 London 66 kg Freestyle
- Gold medal - 2009 Jalandhar 66 kg Freestyle

Sushil Kumar

Chaudhary Hausiyar Singh is Grandfather of Sushil Kumar. He was a farmer. Chaudhary Hausiyar Singh has four sons Lt. Chaudhary Satveer Singh, Chaudhary Diwan Singh, Chaudhary Mahipal Singh and Chaudhary Sajjan Singh. Chaudhary Husseer Singh wanted his son to become a big wrestler. And everyone has also started pahlavani. But after a time, everyone left Pahlwani and got engaged in the job profession and increase your belongings and country's goods all over the world. Chaudhary Diwan Singh has three sons and Sushil Kumar is the eldest of them. Mr.Diwan Singh was not happy with his job and he wanted that son to be the greatest wrestler of India. Sushil has two brothers Amarjeet Singh and Manjeet Singh. Both are younger than Sushil Kumar. They were also gone to Akhada for wrestling but they can’t continue it. Because his father Chaudhary Diwan Singh has limited income so it was not possible to provide milk, paneer, ghee and other necessary things to all. And Sushil was already wielding in Chhatrasal stadium. Sandeep Kumar is his cousin. He was also a famous wrestler and medalist of Asian sub junior wrestling championship. After some time Sandeep got injury and he dropped the wrestling.

Sushil Kumar was born on 26th may 1983 in a Hindu Jat family of Baprola village in Haryana State. Baprola is the 3 km away from the Najafgarh in South West Delhi. His father Diwan Singh was a MTNL (Mahanagar Telephone Nigam Limited) Motor driver, while his mother Kamla Devi is a housewife. Sushil’s Grand Father Chaudhary Hausiyar Singh was a Farmer and he has too much interest in wrestling. Because wrestling culture was there in his village from Ancient time. A famous ‘akhada’ is also there in his village from Ancient time. The People of Baprola went there for physical fitness and self-preparation for Kusti Dangal. Sushil Kumar also used to go there from his early childhood. The present study is an effort to introduce one of the great wrestlers of modern era India has ever produced. He belongs to village area and need to be defined in context to his achievement in the field of sports as one of the unique sportsman. His hard work and dedication is symbol of success which needs to be elaborated to the students for motivation, thus, the study is justifiable as under.
STATEMENT OF THE PROBLEM

In the present study the scholar want to introduce one of the laurel sportsmen in Indian sports history and wrestling Mr. Sushil Kumar. He is first wrestler to won the Gold medal in world wrestling championship from India. He is a single wrestler in Indian sport history won the two medals in continue Olympics Games and two Gold Medals in commonwealth Games, Asian Games and others world level tournaments. He was honoured by Arjuna Award in 2005, Rajiv Gandhi Khel-Ratan, a highest sports Award of India in 2008. He is recipient of third highest civilian awards Padma-Shri in 2011. It is very necessary to introduce Sushil Kumar to the society as the wrestling is one of the most popular sports in rural region of India. Many of the wrestlers struggle hard to get this achievement and how to get this achievement and success. People do not have proper information about difficulties the wrestler has face during his wrestling career like; education, diet, daily routine work, facilities, motivation and lack of coaching environment. Therefore the research title stated as “A Journey of Successful wrestler Sushil Kumar – A Case study”.

OBJECTIVE OF THE STUDY

1. The purpose of the present study is to assess facts behind the successful performance of Sushil Kumar in wrestling.

2. To understand his family background as well as his childhood days, birth place and education.

3. To comprehend his interest regarding sports, and to study his diet.

4. To understand his daily routine work and to gauge his achievements.

5. To understand the incidences that made him a champion wrestler and the awards received by him.

6. To study his present social status and to gauge his experience and his trainees achievements.

7. To understand his nature, behavior and hobbies and his children’s interest in games and sports as well as his physical and health condition.

8. To know his aims after retirement from wrestling and his ambitions.
DELIMITATIONS

- The study was delimited to the wrestler Sushil Kumar Solanki the great wrestler of India.
- The study was delimited to the questionnaire and interview method as tool for obtaining information about Sushil Kumar.
- Study is also delimited to the information received from Sushil Kumar’s father, mother, brother and close relatives.
- The study was delimited to the coach/Trainer/fitness experts who were directly associated with Sushil Kumar.
- The study was delimited to the information provided by the subjects like coach, teammates, close friends, siblings and family members of Sushil Kumar.
- The study was delimited to various aspects from the family back ground, birth place, childhood days, education back ground, facilities and motivation, diet, daily routine work, awards and incentives, nature, behavior, attitude, hobbies of Sushil Kumar.
- The study was also delimited to the collected information about the wrestler from all other possible sources available through newspapers, books and other literatures.

LIMITATIONS

The study is limited to the facts which were either not revealed by the subjects or the wrestler himself or may be for some unconscious efforts the researcher himself could not understood.

DEFINITIONS AND EXPLANATION OF TERMS

Wrestling:

The 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
A sport in which two opponents struggle hand to hand in order to pin or press each other's shoulders to the mat or ground, with the style, rules, and regulations differing widely in amateur and professional matches

**Coach:**

A person who teaches and trains an athlete or performer

A person who teaches and trains the members of sports team and makes decisions about how the team plays during games

**Fitness experts:**

Someone whose job is to help other people improve fitness

A person who works one-on-one with a client to plan, implement an exercise or fitness regimen.

**Akhara:**

In India a training facility or outdoor arena for wrestlers

‘He had gone to the Akhada for routine wrestling practice’

In India a religious community, typically of ascetics

‘Various Akhadas had gathered on the banks of the holy river’

**Case Study:**

Case study is a comprehensive study of a social unit of 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 wrestler means to fight for survival.

**Wrestler:**

Wrestler is the player who has played wrestling sport.
SIGNIFICANCE OF THE STUDY

India is a country which has oldest history of the wrestling; probably it is the place of origin.

1. The present study on Sushil Kumar and narrating his achievement will definitely help the sports fraternity to get motivated.

2. The study will be motivational aspect for the budding wrestlers.

3. This study aims to popularize the wrestling sport at village level in particular.

4. It may be specifically for the young wrestlers in particular and many sportsmen of the country in guidance general.

5. The study will help young wrestlers to decide the course of training for success in wrestling.

6. The result of the case study on Sushil Kumar will also lead people to the path of hard work and inspire the people to take up the sports as carrier.

7. The study may help us in assessing the factors responsible for performance of Sushil Kumar Solanki.

8. The study may enable us to a secret in the reason behind successful performance of Sushil Kumar Solanki in his wrestling career.

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

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