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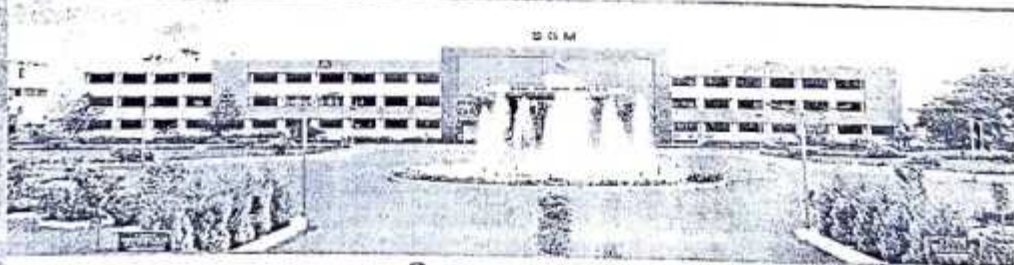
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THE TRADITIONAL INDIAN WRESTLING HOLDS.

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ABSTRACT

As wrestling in India is played in mud, it is called mud wrestling (kushti). Kushti is an ancient Indian game, which is played in Maharashtra from ancient times. This paper describes the various hold (types) of mud wrestling. The objective of this present paper is to develop awareness of traditional Indian wrestling & the various hold(types) of mud wrestling.

Key words: Traditional Wrestling, wrestling holds.

THE TRADITIONAL INDIAN WRESTLING HOLDS.

The Indian wrestling holds(types) 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 chucks 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 in Jarasandhi wrestling, includes 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, whereas Hanumanti wrestling has an advantage to beat even a strong opponent by applying tricks and skill 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. 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.

CONCLUSION:

From the above conclude that through the traditional wrestling in India does not have much importance, but the types of hold in the wrestling at the international level is of very much importance as it has historical benefit and this is what we have to preserve. Indian traditional wrestling holds are based on scientific principle and it is our responsibility to keep this culture alive.

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