



## Letter to the Editor

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# LETTER TO THE EDITOR

## THE TRADITIONAL INDIAN WRESTLING

The recent rise in the success of Indian wrestlers on the international stage has been exciting. India has a long history of wrestling and it is my hope that as we increase our emphasis on modern international wrestling, the traditional styles are not forgotten.

Wrestling in India is traditionally played in mud, and is called mud wrestling (kushti). Kushti is an ancient Indian game, which has been played in Maharashtra from ancient times. I want to increase the awareness of traditional Indian wrestling and the various types of mud wrestling. Indian wrestling can be divided into four categories.

**1) 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.

**2) 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.

**3) JAMUWANTI WRESTLING**

The wrestling in which locks and chanks are used.

**4) JARASANDHI WRESTLING**

The wrestling in which body parts are twisted and broken. It includes the locks: 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 the ability to exhibit 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.

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 an interesting picture, that of wrestling being the oldest game of India, and no wonder that it has spread to the other parts of the world from India. According to one's points of view, wrestling was spread from India to Greece and from Greece.

From the above I can conclude that though the traditional wrestling in India does not have a huge following, 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 principles and it is our responsibility to keep this culture alive.

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