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An Analytical study on Wrestling as a Game by Arjuna Awardee

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Abstract:

The integrated approach is used to gather valid and dependable statistics for the study. To scrutinize the case study of Wrestler Shri Rajender Kumar, historical, biographical and analytical method were exploited, the data origin includes consideration of the couplet literatures and survey mechanism, interview technique as tools for assembly data for the study. This study focuses on his philosophy regarding sports as a profession in India. A case study is sketched utilizing the ancient, biographically detailed allegorical mechanism to analyze his quality as a player, his skillful peculiarity, his managerial mastery and his offering for Wrestling at highest level. The results indicated that He was influenced by the great wrestlers of Haryana, Delhi and Punjab. He became a national level wrestler because of his keen interest and hard work, Shri Rajender Kumar as cheerful, extrovert, social, warm and down to earth person, He still wants to work hard for the game and is now use to the schedule and perform his duties honestly, young generation must take inspiration from the achievements of other renowned wrestlers and they should practice continuously because "victory is achieved by hard work not by luck". So, we should emphasize on hard work and should learn from our defeat. He said that girls can be encouraged by organizing different sports competitions and can be rewarded for their achievements, as more and more (As much) competitions will take place, the wrestling will be popular and will spread far a middle will be articulated to make India famous in the world, Central government and state government are giving the jobs and cash prizes for increasing the importance of games. Keeping it into their minds guardian should encourage their children, although wrestling is not an easy game but the Olympic medal series made this game popular. Media has also accepted that the craze of wrestling is increasing day by day. The changes which are taking place will return with best results. The modification and technical rectification is to be done in Akharas where the proper arrangements of fooding, lodging, medical and training should be there. Thus, without proper Akharas wrestling cannot make progress, now, the Government seems to have a positive approach. It is needed that it must be worked ground level so that the foundation of Women Wrestlers can be strong enough. The improvement is needed at all levels. The budget must be used in a fair way, especially with regard to the Women Wrestling.

Keywords: Arjun Award, Wrestling

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Introduction:

Qualitative research is called Case study which does not involve statistical hypothesis testing. The method has been criticized as being unreliable, too general and open to bias. To avoid these problems, studies should be carefully planned and applied. It is research in which the “case” being studied may be an individual, a family, an organization, societies or a social group, existing in a specific time and place. The complex situation and combination of factors involved in the given behavior are examined to determine the existing status to identify the casual factors operating (Good & Scate, 1972). According to Hamel, an individual case is the “mandatory intermediary in attempting to grasp the common nature of individual actions and behaviors”

Wrestling and grappling sports have a long and complicated history, stretching into prehistoric times. Many traditional forms survive, grouped under the term folk wrestling. More formal systems have been codified in various forms of martial arts worldwide, where grappling techniques form a significant subset of unarmed fighting (complemented by striking techniques).

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.

No sport is older or more widely distributed than wrestling, often in highly local styles that have persisted to the present day. Wrestling probably originated in hand-to-hand combat, and in particular as a sportive form of combat substituting the submission of a contestant for his death. Works of art from 3000 BCE depict belt wrestling in Babylonia and Egypt, and the Sumerian Gilgamesh epic has a description of such wrestling. Loose wrestling in India dates to before 1500 BCE. Chinese documents from 700 BCE describe loose wrestling, as do Japanese records from the 1st century BCE. The belt wrestling practiced locally in the 20th century by the Swiss, Icelanders, Japanese, and Cossacks differed little from that of the Egyptians in 2500 BCE.

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Wrestling was probably the most popular sport of the ancient Greeks. Young men belonged to palaestras, or wrestling schools, as the focal point of their social life. Illustrations of wrestling on Greek vases and coins are common throughout all periods of ancient Greece, but all that can be told from it is that the style was loose wrestling and that wrestlers, as did all Greek athletes, competed naked. Wrestling was part of the Olympic Games from 776 BCE. There were two wrestling championships in these games: a toppling event for the best two of three falls; and the pankration (Latin: pancratium), which combined wrestling and boxing and ended in the submission of one contestant. Upright wrestling was also a part of the pentathlon event in the Olympic Games, a bout being fought to a clear-cut fall of one of the wrestlers. The most famous ancient Greek wrestler was Milon of Croton, who won the wrestling championship of the Olympic Games six times. Wrestling was less popular among the Romans than it had been with the Greeks, and, with the fall of the Roman Empire, references to wrestling disappeared in Europe until about 800 CE.

When the Islamic rulers of Persia began hiring Turkic mercenaries about 800 CE, the soldiers brought with them a style of loose wrestling called koresh, in which grips may be taken on the long, tight leather pants worn by the wrestlers and the bout ends with a touch fall of the loser briefly on his back. Gradually the Turks took over the entire Muslim dominion, and their wrestling style spread. Later Mongolian invasions in the 13th century introduced Mongolian wrestling, which received royal patronage, and wrestling became the national sport of modern Iran.

Sumo, a Japanese belt-wrestling style, was a popular spectator sport under imperial patronage (710–1185). Originally a submission spectacle, sumo became highly ritualized as a toppling match with victory coming also from the forcing of an opponent out of a 12-foot (4-metre) circle. By the 17th century sumo wrestling had become a professional sport in Japan. From the samurai martial art jujitsu, judo, the other prominent Japanese wrestling style, was derived in the 19th century and became an international sport in the second half of the 20th century.

Wrestling occurred in several styles throughout Europe in the Middle Ages. The first recorded English match was held in London early in the 13th century. In England and Brittany a form of jacket wrestling commonly called Cornwall and Devon (see Cornish wrestling) survives from at least the 4th or 5th century. Wrestling as a martial skill was taught to the knights of the Holy Roman Empire, and wrestling

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instruction books appeared in manuscript before the introduction of printing and thereafter in print. Mongolian loose wrestling, introduced to India after the Mughal conquest of 1526, has survived in both India and Pakistan. As the modern era began, the English kings Henry VIII and Charles II and the French king Francis I were notable patrons of wrestling.

From the 18th century on, a procession of wrestlers or strongmen appeared at fairs, in theatres, and in circuses, challenging all comers, beginning with the Englishman Thomas Topham of London in the 18th century and culminating with Eugene Sandow, the German-born international figure, who continued into the 20th century. Early in the 1800s wrestling became a part of the training regimen of the German turnverein gymnastic movement. In the United States, wrestling was popular as a frontier sport (Abraham Lincoln was a noted local wrestler), bouts usually going until one contestant submitted and with few holds barred.

In the second half of the 19th century, two wrestling styles developed that ultimately dominated international wrestling: Greco-Roman wrestling and catch-as-catch-can, or freestyle wrestling. Greco-Roman wrestling, popularized first in France, was so called because it was thought to be the kind of wrestling done by the ancients. Greco-Roman wrestling involves holds made only above the waist and forbids wrapping the legs about an opponent when the wrestlers go down. Originally it was professional and popularized at international expositions held at Paris, but after its inclusion in the revived Olympic Games in 1896, Greco-Roman wrestling events were held at subsequent Olympic Games except in 1900 and 1904.

The second style, catch-as-catch-can, was popularized mainly in Great Britain and the United States, first as a professional sport and after 1888, when it was recognized by the Amateur Athletic Association, as an amateur sport. It was introduced into the Olympic Games of 1904 and contested thereafter except in 1912. Catch-as-catch-can permits holds above the waist and leg grips and is won by a pin-fall.

Freestyle, or international freestyle, wrestling is a synthetic form of catch-as-catch-can that came to be used in the Olympic Games after it first appeared in Antwerp about 1920. International freestyle is loose wrestling that uses the Greco-Roman touch-fall instead of the pin-fall common to Anglo-American wrestling practice. Notable professional wrestlers in the late 19th and early 20th centuries included the Russian George Hackenschmidt, originally an amateur Greco-Roman wrestler who turned professional and wrestled

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catch-as-catch-can from 1900. He was world champion until 1908. The American wrestler Frank Gotch defeated Hackenschmidt in 1908 and again in 1911.

After Gotch's retirement in 1913, professional wrestling, which was already fighting a losing battle in popularity with boxing, came to an end as a serious professional sport. Thereafter, though its audience grew, especially in the United States, through radio broadcasts and later even more so through telecasts, it became pure spectacle. The winners, divided deliberately into "heroes" and "villains," were determined by promoters' financial requirements, not skill. Wrestling manoeuvres became increasingly extravagant and artificial and lost most of their authenticity. Perhaps most theatrical of all is the style of professional wrestling known as *lucha libre*, a form that is commonly associated with Mexico and is known for its colourfully masked performers and aerial moves.

Though professional wrestling steadily declined in seriousness in the 20th century, significant improvements occurred in amateur wrestling during the same period. Originally there were no weight divisions in wrestling (the only weight in the first Olympic Games was heavyweight), but weight divisions developed in amateur wrestling. (For weight classes, see freestyle wrestling.) Earlier wrestling had been continuous and contested to one or two of three falls, sometimes with a time limit, sometimes without. Amateur wrestling came to be limited to three three-minute rounds effective in all international competition from 1967.

Perhaps most importantly, a system was devised in amateur wrestling to award points, short of a fall, based on one wrestler's being in control of another, so that draw matches were made virtually impossible. This system arose because Greco-Roman wrestling, with its restriction to holds only above the waist and the forbidden use of legs for holds, tended to be dull once the wrestlers were on the mat. In the 1912 Olympic Games two Finnish Greco-Roman wrestlers had a six-hour bout to no decision. In response to this problem, several American colleges introduced the idea of recording the length of time each wrestler was in control of the contest during the course of a bout. (A wrestler is in control when he is applying maneuvers that will eventuate in a pin-fall if his opponent is unable to escape.) In 1928 the National Collegiate Athletic Association adopted the collegiate style of wrestling as a national sport, and this resulted in the formulation of a set of point awards to keep a running score during a bout. The rules and judging are similar to those

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used in international freestyle and Greco-Roman bouts and include awarding points based on reversing control, applying a pinning hold, and placing an opponent in danger of pinning. The running point score and the difference in control time are used to decide a victor in no-fall bouts. The collegiate style of wrestling became increasingly popular in the high schools and colleges of the United States after World War II.

In the 20th century a third international style of wrestling, sambo, a kind of jacket wrestling, was created by Anatoly Kharlampiev of the Soviet Union and others after a study of various traditional wrestling styles. Sambo became popular in the Soviet Union, Bulgaria, and Japan and in 1964 was internationally recognized. In sambo a wrestler wins by throwing another cleanly on his back, or if the wrestlers go to the mat, the bout ends with the submission of one opponent. Sambo is much like judo and Mongolian wrestling, and bouts are of three three-minute rounds.

Objectives of the Study:

The following objectives were selected for the purpose of the proposed study:

- To identify the factors that affected his personality as a player.
- To study the effects of his childhood, birthplace and education on his performance.
- To find out the impact of socio-economic status in his performance.
- To find out motivational factors that affected his persistence in sports.
- To find out his contribution in promoting Wrestling in India.
- To find out his views about Wrestling as a game

Procedure and Methodology

The integrated approach is used to gather valid and dependable statistics for the study. To scrutinize the case study of Wrestler Shri Rajender Kumar, historical, biographical and analytical method were exploited, the data origin includes consideration of the couplet literatures and survey mechanism, interview technique as tools for assembly data for the study. This study focuses on his philosophy regarding sports as a profession in India. A case study is sketched utilizing the ancient, biographically detailed allegorical mechanism to analyze his quality as a player, his skillful peculiarity, his managerial mastery and his offering for Wrestling at highest level.



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Results and Discussions

- **Problems Faced and Motivation:** The subject started his earlier wrestling in Umri village, Kurukshetra, Haryana. In the beginning he started wrestling practice in village. There were very less facilities available in terms of coaching, equipment, infrastructure, technology, incentives etc. Thereafter in his coming years he was shifted to some other academies and Akharas with better facilities, where Mat Practice was started in his wrestling career. Mat practice was having 20 x 20 feet pitch for wrestling and 20 x 20 feet area for doing Dands and sit ups. Near the practice area small temple of Hanuman was located. It is made up of bricks and cement. Before starting the practice of wrestling, wrestlers use to pray to Hanuman Ji to protect themselves from the injuries and this is the custom everywhere. In the practice hall some of specific training were done like physical exercise, climbing rope and nearly 40 set of dumbbells, 30 to 40 wooden loads of different weights to do exercises. Wrestlers involve in the practices from 4-00 AM to 7-00 AM in the morning and 3-00 PM to 6-00 PM in the evening every day. Shri Rajender Kumar attended the wrestling bouts along with his father in the village and later in Kurukshetra. He observed all the activities of wrestlers. His father and friends were also interested in wrestling. All the friends of Shri Rajender Kumar also attended the wrestling bouts. His friends circle and his family members forced him to take part in wrestling and he started the practice in the age of seventh and continued it.

When I asked Shri Rajender Kumar Ji about the factors responsible for his good performance in the field of wrestling, he said his efficiency in Wrestling is mainly due to his god gifted physique. Secondly, he has passion for wrestling and he worked hard to realize his dream. He said that he reached this place with determination, discipline and hard work. Shri Rajender Kumar feels that his family members played a major role in his successful sports career. His friends provided him right guidance. But according to me there is no doubt that Shri Rajender Kumar's successful career is due to his god gifted physique, talent and hard work.

He was influenced by the great wrestlers of Haryana, Delhi and Punjab. He became a national level wrestler because of his keen interest and hard work. Umri as a small village in Kurukshetra, but a number of young wrestlers were there and a few of them became India's famous wrestlers. There is no corner in Haryana without a wrestler. National and International wrestling bouts were conducted

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by many Akharas of Kurukshetra, Haryana once in every 15 days. A number of great wrestlers were there who influenced the subject and thus motivated him to continue this wrestling profession. Moreover, his parents, siblings and his personal interest also motivated him to continue his career in sports.

- **Choosing the Sport:** The information furnished about the subject showed that as a young boy he was interested in wrestling and he opted it as a life time sport. The villagers of that area are of the opinion that he was influenced by many wrestling bouts conducted at the time of many festivals & fairs. He chose wrestling out of keen interest and he received the support from his family members. He took up wrestling seriously from 1996 when he was in Gurukul Kurukshetra and after that gradual increased his performance.
- **Views about Indian Coaches and Coaching:** According to him coaches have power to mould the children interest in any form. Coach is an inspiration character who moulds the physical and mental behavior of players and prepares them for good performance. It is not necessary that a good coach should himself be an international player. Shri Rajender Kumar believe coaching is an art in which a coach delivers information, knowledge and inspiration to the players and train them in scientific and systematic manner. In this modern phase of science and technology coaching techniques should be based on the scientific methods and principles given by the research workers who are working hard day and night to improve the performance level in harmony with all around development of the players. A good coach must be aware of all the recent tools and techniques available in his field, their advantages and disadvantages, when and where to use and must incorporate in his training schedule as far as these are feasible in order to get good performance from players. That's why he believes that a good coach in addition of being a good player should be fully educated in coaching and training studies. When asked about the relevance of diploma in coaching given by N.I.S he said in full confidence that this diploma is off course necessary for a good coach. In addition to this he feels that excellent and experienced coaches should be appointed in N.I.S as they are further training the future coaches in whose hands lie the future of sports in India. Services of foreign coaches can be taken when required so that we can produce internationally competent coaches.

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- **Suggestion for improvement of wrestling:** Following are some suggestions by Shri Rajender Kumar to improve the standards of wrestling in India:
- **Providing the basic facilities:** Shri Rajender Kumar feels that for the improvement of Wrestling it is very necessary to provide basic facilities to players as well as coaches. He says for the improvement of wrestling first of all more and more stadiums/Akhara/Academies should be constructed and players should be provided with all the sorts of good quality facilities. Players should be provided with good nutritional diet which provides all nutrients requirements according to the game and the physical activity. The players should be kept in a good emotional and psychological state. The government should provide scholarships and jobs and other incentives so they are in Free State of mind to put their heart and soul in to the game and more and more youngsters should take up wrestling as a career and wrestling should become popular in the masses.
- **To provide coaching on scientific lines:** To uplift the level of wrestling in India it is very important to facilitate international standard coaching. The coaches should adopt the scientific tools and techniques to enhance the performance level of player. Coaches should keep in mind the role of various sciences in sports science. A coach must know biochemistry of metabolism to make a good diet plan, he must be aware of the physiology of respiration and working of energy machinery of the body to plan a good workout schedule for the fitness of the player, he also must know anatomy of muscles. In addition to this he must know everything about the game the rules and the court and hence should be a good player himself. Although he considers that it is not necessary for to be an international player with good achievement record. A good coach is not always a good player and vice versa. But the government should recruit well educated and N.I.S diploma holder coaches in the country and should appoint a much experienced and educated coaches to train the future coaches in various N.I.S institutions in the country.
- **Proper identification of talent:** According to him to improve the levels of wrestling it is also necessary to identify and select the talented ones at an early stage and concentrated on the ones with the potential and decreases the wastage of time, energy and money and get better results. He believes that in order to give good performance it is necessary to possess natural talent for the particular activity also. He also stresses on the identification of this talent by experienced and competent coaches only

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- **As a man:** During the interview I felt that Shri Rajender Kumar is a very cheerful person with a good sense of humor. He is also very social and meets everybody so warmly that he/she wants to meet him again. His thinking is very positive and straight forward. When I asked to sum up him as a person, he said shyly that he does not know very much but one thing he is very sure about that once he met person the person likes to meet him again. That is why I sum up Shri Rajender Kumar as cheerful, extrovert, social, warm and down to earth person.
- **Satisfaction:** During the interview when I asked Shri Rajender Kumar that whether he is satisfied from his performance and achievements during his sports career. He thought for some time and said he is satisfied from his career but he feels that he deserves more than he gets for his outstanding performance. He still wants to work hard for the game and is now use to the schedule and perform his duties honestly.
- **Advice for Young Generation:** Young generation must take inspiration from the achievements of other renowned wrestlers and they should practice continuously because “victory is achieved by hard work not by luck”. So, we should emphasize on hard work and should learn from our defeat.
- **How to improve female participation:** There is no doubt, in India a few numbers of girls show interest towards sports. The reason behind it is that the family and society do not support girls. But now the time has been changed and this discrimination is being vanished. In this regard girls can be encouraged by organizing different sports competitions and can be rewarded for their achievements.
- **Message for Women Wrestlers:** Women should not consider themselves as less than men. In the wrestling game, women are not far behind. Today women are being welcomed in wrestling. Government is also supporting them so women wrestlers should get inspiration from Sonika, Gitika, Vinesh, Babita, Pooja, Ritu, Geeta and Sakshi Malik.
- **Message for young wrestlers:** Today young generation has been off the track. There is a need of proper guidance with right decision. They should be encouraged to inbuilt positive attitude in them. In such case the name of our country can be made famous at international level.
- **Futuristic picture of wrestling:** By getting three Olympic medals constantly during 2008, 2012 & 2016. It seems the future of wrestling will be bright. By getting three medals in wrestling, the craze of sports persons has developed than other games. Bronze medal of Sakshi Malik’s give a new

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direction and ideal character. Now a movie has also been produced based on wrestling. Sultan movie is example of it. Now the good days of wrestling has come into light back.

- **India's future approach to wrestling:** United world wrestling federation is making rectification in the rules of wrestling which make it practically interesting and technical. Media, spectators and audience like it more and more and cover (follow) it also. Wrestling federation of India should make some changes as well. More and more wrestling competitions should be held so that players can gain experience and can represent India in international competitions. As more and more (As much) competitions will take place, the wrestling will be popular and will spread far a middle will be articulated to make India famous in the world.
- **Message for urban youth:** We have to change the mentality of people. We have to encourage them. They will have to know the benefit and the importance of game in future. The population of India is more than 125 corers but there are few good players in our country. It represents the bad condition of India in future. Now all Indians have to get ready. Central government and state government are giving the jobs and cash prizes for increasing the importance of games. Keeping it into their minds guardian should encourage their children.

We have to make efforts at the ground level by making it compulsory at school and college level. We have to awake the youth. Fixation of prizes can develop the games. Government should organize free coaching Academy and free camp should be conducted and these should be at block, cities and district level. So, it can be spread.

- **How to popularize wrestling as other sports in India:** By getting three Olympic medals in wrestling constantly the craze of wrestling has increased. Although wrestling is not an easy game but the Olympic medal series made this game popular. Media has also accepted that the craze of wrestling is increasing day by day. The changes which are taking place will return with best results.
- **Contribution of akharas:** There is great contribution of Akhara in developing the wrestling. There are not proper arrangements of living, eating and training. Although there is a lot of implements. There is a tradition of Guru and student which is present in haunts. All the popular wrestlers have been passed out from the haunts. As Dara Singh, Chandgi Ram, Guru Hanuman, Mahabali Satpal, Kartar Singh, Suresh kumar, Caption Chandroop etc. S.A.I. and Government of India had adopted many Akharas which is helpful to develop the wrestling. Now It is the fashion of met wrestling. The

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modification and technical rectification are to be done in Akharas where the proper arrangements of fooding, lodging, medical and training should be there. Thus, without proper Akharas wrestling cannot make progress.

- **Role of Government in Progress of Wrestling:** Now, the Government seems to have a positive approach. It is needed that it must be worked ground level so that the foundation of Women Wrestlers can be strong enough. The improvement is needed at all levels. The budget must be used in a fair way, especially with regard to the Women Wrestling.
- **Women participation and society:** The strong beginning by women has encouraged the wrestling in India. It has been possible due to the society itself. As the society has been undergoing many changes which is a matter of pleasure for the games. The society is respecting the Women Wrestling. It is definitely a sign of change as well as female grip in society

Conclusions:

On the basis of the findings of the present study the following conclusions are drawn: -

- He was influenced by the great wrestlers of Haryana, Delhi and Punjab. He became a national level wrestler because of his keen interest and hard work
- Shri Rajender Kumar as cheerful, extrovert, social, warm and down to earth person.
- He still wants to work hard for the game and is now use to the schedule and perform his duties honestly.
- Young generation must take inspiration from the achievements of other renowned wrestlers and they should practice continuously because “victory is achieved by hard work not by luck”. So we should emphasize on hard work and should learn from our defeat.
- He said that girls can be encouraged by organizing different sports competitions and can be rewarded for their achievements.
- As more and more (As much) competitions will take place, the wrestling will be popular and will spread far a middle will be articulated to make India famous in the world
- Central government and state government are giving the jobs and cash prizes for increasing the importance of games. Keeping it into their minds guardian should encourage their children.

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- The modification and technical rectification is to be done in Akharas where the proper arrangements of fooding, lodging, medical and training should be there. Thus, without proper Akharas wrestling cannot make progress.
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