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THE ORIGIN AND DEVELOPMENT OF SPORTS WRESTLING AS AN OLYMPIC SPORT

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Annotation. The article considers the main aspects of the development of wrestling as an Olympic sport. In the context of the centuries-old development and holding of the Olympic Games, the presence of one of the most popular sports, which is wrestling, can be traced. The history of the origin and development of wrestling, its formation as an Olympic sport and prospects for further development are analyzed. The results of the analysis show that this sport occupies a worthy place and is progressing quite noticeably.

Keywords: sports wrestling, Olympic Games, competition rules.

Introduction. The threat of excluding wrestling (Greco-Roman, freestyle, women's) from the program of the 2020 Summer

Olympic Games, which arose in February 2013, caused well-founded anxiety among experts and sports fans [6, 9, 14]. Wrestling is one of the oldest sports that was included in the programs of the Olympics in ancient times, and since the 1st modern Olympic Games (Athens, 1896), wrestlers' matches have almost always and very organically been included in the competition regulations [10, 12, 13]. The exclusion of sports wrestling from the programs of the Olympics, and three of its types at once, could cause irreparable damage to the entire Olympic movement, would increase the antagonism between representatives of different directions of martial arts, and as a result, would have a negative effect on the development of sports in many countries of the world, including Ukraine [10, 14].

The purpose of the study is to analyze the evolution and development trends of wrestling as an Olympic sport.

Research methods. The search for research materials was conducted using theoretical analysis and generalizations of literary sources and experimental data.

Research results. The history and diverse nature of wrestling shows that this sport has existed since the beginning of man. To survive, it was necessary to run, jump, throw and, finally, defend yourself in duels. At a certain stage of development, these skills turned into a sport, although the main role was still played by offense and defense. Now it became more important to find out who is the fastest and most durable, who jumps or throws better and who is the strongest and most skilled fighter. Rules were created that determined even the arrangement of the playing field [12, 14].

In early civilizations, wrestling played a significant role. Among the examples, we should mention, first of all, Egypt and Ancient Greece. Graphic images of scenes of struggle have been preserved on the monuments of most eras of the reign of the pharaohs. The most important part of this heritage is the depictions in the tombs of six rulers at Beni Hassan from the 11th and 12th dynasties (about 2000 BC). Several walls of the tombs are covered with successive scenes from wrestling matches. These are unique documents for studying the "world history" of the sport [12, 14].

This type of sport was treated with special respect in Ancient Greece as well. A description of the battle can be found in Homer's Iliad. There, wrestling is mentioned as part of the memorial games at the funeral of Patroclus [2, 10, 13, 14].

Every young man (ephebe) was obliged to learn to fight. For this, there were special sports facilities - palaestras. (The name comes from the word "pale" - wrestling). Usually, the place for classes was an open courtyard surrounded by a colonnade.

Athletes took off their clothes, smeared the body with olive oil and sprinkled it with sand so that the opponent could make a grab and his hands would not slip. After training or competition, a layer of sand was scraped off with a special scraper (strigil), and then the athlete took a bath.

Fights of wrestlers took place in a standing position. Grabs of any part of the body were allowed. Whoever touched the sand three times with any part of the body except the feet was considered defeated. Thus, today's so-called Greco-Roman style has nothing to do with the struggle of the ancient era.

At the Olympic Games of 708 BC. wrestling was included in the program as the fourth discipline after three competitions in running. In 632 BC wrestling for young men was added to the number of competitions. In pentathlon (also starting from 708 BC) it was the fifth and last discipline. The best wrestler became the Olympic champion. Since there were no weight divisions at the time, wrestlers and other athletes who competed in pairs would probably be heavyweights today. Pentathletes possessed the bodies of modern multiathletes. These athletes were actively criticized by Greek intellectuals for their predilection for physical strength and harsh fighting methods. However, this criticism was directly opposite to their extreme popularity among viewers [13, 14].

Multiple Olympic champions were, as they are today, the stars to bow to, and among them were two wrestlers: Mylon of Croton and Timasitheus of Croton. Milo (ca. 555 BC) won the Olympic victory among young men at the 60th Olympiad in 540 BC. Eight years later (532 BC) he became the Olympic champion among men. From 532 to 516 BC he became the owner of five consecutive victories in the Olympic Games, at the Pythian Games in Delphi he won seven times, at the Isthmian Games - ten times and at the Nemean Games - nine times. At the same time, he received the title "periodonik" six times, which was awarded to the athlete who won all four Panhellenic Games [1, 10, 13, 14].

Milon of Croton was the first periodonist whose name has come down to our times, and the only six-time winner of the ancient era. In 512 BC he was defeated by a younger opponent - Timasitheus

of Croton. Milon became a military leader in the war that broke out in 510 BC. between Croton and Sybaris, he is said to have married Pythagoras' daughter Mie. Many legends tell about his exploits. Let's mention two of them here: every day he lifted and carried a calf on his shoulders until the animal became an adult. One day, when he was dining with friends, one of the pillars supporting the roof of the house broke, but Milon held the falling beams until everyone present could run out into the yard. In our era, the athlete has become the object of image for many sculptors.

Among the tribes of the early Middle Ages, during the period of the great migration of peoples, wrestling was one of the most important physical exercises. The "Song of the Nibelungs" is a clear confirmation of this. On the wedding night, Brunhilda rejects her husband King Gunter, defeats him in a fight and ties him up. The next night, she is defeated by Siegfried, who was helping Gunter under an invisibility cloak [1, 10, 13, 14].

In the heyday of the Middle Ages, wrestling occupied an important place in the lives of farmers, squires (landowners) and knights. It was one of the seven types of physical training of knights and was an element of the training of squires. Wrestling competitions were held at every fair. Disputes that could not be resolved by the court in the event of an uncertain outcome of the previous fencing duel were resolved in a wrestling match.

Wrestling in the late Middle Ages was of such great importance that such famous artists as Albrecht Durer and Fabian von Auerswald published numerous books dedicated to it with descriptions and images of all possible hobbies [9, 14].

At the modern stage of the development of sports, wrestling was among the first types that were widespread almost everywhere. The Greco-Roman style arose in the middle of the last century and was popular in Italy and France, and freestyle wrestling, which was based on the traditions of the past, was popular in England. Initially, there were two types of competitions: for weightlifters and for gymnasts. In 1912, the International Federation of United Wrestling Styles (FILA) was founded [8, 9, 14].

As you might expect, wrestling was included in the program of the first modern Olympic Games, where the champion was the German Carl Schumann, a gymnast who defeated the Greek power sports athlete Georgios Tsitas. At that time, there were no weight categories and the duration of the fight was not established. The

match was considered completed when the opponent was "put on the shoulder blades".

In the history of this sport, there were periods when it was not included in the program of the Games. At the 1900 Olympic Games, wrestling was not included in the program, but since 1904, athletes have competed at all subsequent Games without exception [9]. As in most other sports, wrestling saw an increase in the number of disciplines and the appearance of new weight categories. The number of disciplines changed as follows: 5+5 (1920), 7+7 (1932, 1936), 8+8 (1948-1968), 10+10 (1972-1996), 8+8 (2000), 7+7 (2004-2012), 6+6 (2016-2021) [3, 4, 14].

After that, FILA had to make changes to allow women to compete, as well as comply with requirements that limited the total number of competitors. Since 2004, women's (freestyle) wrestling has been included in the program of the Olympic Games (4 "Olympic" weight categories, and since 2016 - 6), which has subsequently occupied a prominent place in the Olympic program [4, 5, 11].

Since 1948, there has been an increase in the number of weight categories, as representatives of other nationalities, who were smaller and lighter than representatives of Europe and North America, began to participate in competitions. Intensive training led to the need to introduce a category for super heavyweights, as a result of which the order of division into weight categories had to be changed again and again [1, 10, 13, 14]. In the interest of ensuring equality, as already noted, since 2004, competitions for women have been included in the program [4, 8, 11, 14].

Until 1924, there were no time limits for the match. In 1912 in Stockholm, the Greco-Roman light heavyweight final match was interrupted after 9:00. Both wrestlers received a silver medal. Gold was not awarded [4, 14].

Important changes to the rules [6, 14] were adopted at the extraordinary Congress of FILA on May 18, 2013, when Serbian Nenad Lalović was elected as the new president of the federation. He succeeds Rafael Martinetti of Switzerland, who resigned on the recommendation of the federation's executive board. FILA was reformatted, changed the structure and name of UWW (United World Wrestling) [7].

As for the changes in the rules, in the future the fight will be limited to two periods of three minutes each. Even passive fighters are now preparing for this. In addition, for the first time, a woman

became the vice-president of the federation, and the number of women's weight categories increased.

The results of the analysis of the evolution and development trends of sports wrestling in the system of the international Olympic movement show that this sport occupies a worthy place and is progressing quite noticeably [5, 6, 9, 14]. This is evidenced by the following facts:

1. association under the auspices of FILA (since 2013 – UWW) of specialists, athletes and lovers of sports wrestling from more than 170 countries from different continents of the planet [7];

2. Olympic representation of wrestling in three different disciplines (Greco-Roman, freestyle and women's) with 72 Olympic medals, including 18 gold, 18 silver and 36 bronze;

3. significant intensification of the competition of participating countries in the fight for prize places at the Olympic Games: only in the last five Olympiads, representatives of 23 countries became winners of competitions, and wrestlers from 41 countries became prize winners;

4. historically developed Olympic traditions of sports wrestling, which was almost always included in the programs of both ancient and modern Olympiads;

5. intensive increase in the number of wrestlers and participating countries during the more than 100-year period of the modern Olympic Games;

6. preserving the intrigue of the rivalry of the leading wrestling countries in the struggle for leadership in terms of the number of Olympic awards; long-term activities of FILA to adapt the rules of wrestling competitions to the evolving requirements of the sports community and the IOC;

7. intensive development of women's wrestling, which received Olympic status at the beginning of the current century.

Conclusions.

1. Wrestling is one of the oldest sports in human history. It has deep historical roots in the world Olympic movement, taking an active place in the programs of the ancient Olympics in the form of an independent discipline and completing the competition of athletes in the pentathlon, and since the revival of the Olympic Games and the holding of the Games of the First Olympiad (1896) is a very important component of the global process of development of the Olympic sport. After significant reforms (changing the structure of wrestling management, adjusting the

rules of competitions, etc.), which the new leadership of the World Wrestling Federation (UWW) made in an extremely short time, wrestling still remained in the programs of the future Olympic Games. This was required both by the historical prerequisites of the emergence and development of sports wrestling, and by the prospects of its improvement within the framework of the modern Olympic movement.

2. Evidence of strong prospects for the development of wrestling as a constant participant in the Olympic movement are: unification under the auspices of FILA (UWW) of wrestlers, specialists and amateurs of wrestling from more than 170 countries from all continents; broad Olympic representation of wrestling in three different disciplines, including Greco-Roman, freestyle and women's wrestling; constant and very noticeable aggravation of competition among wrestlers and participating countries in the fight for prize places at the Olympics; long-term activities of FILA in adapting the rules of competitions to the evolutionarily changing requirements of the sports community; intensive development and great prospects of women's freestyle wrestling, which received Olympic status from the Games of the XXVIII Olympiad (2004).

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