

# Sports ... Sports ... Sports ... Sports ...



"Version of violence"

## Ancient sport of wrestling lives

by Wolf Nowak

While wrestling is one of man's most ancient forms of sport, its popularity in college

and high school is fairly recent. Although techniques have been refined to change the format of wrestling, it still maintains its dominant combative features.

The sport provides one of few situations where opponents are put in a constant one on one situation and may prove their superiority in a controlled

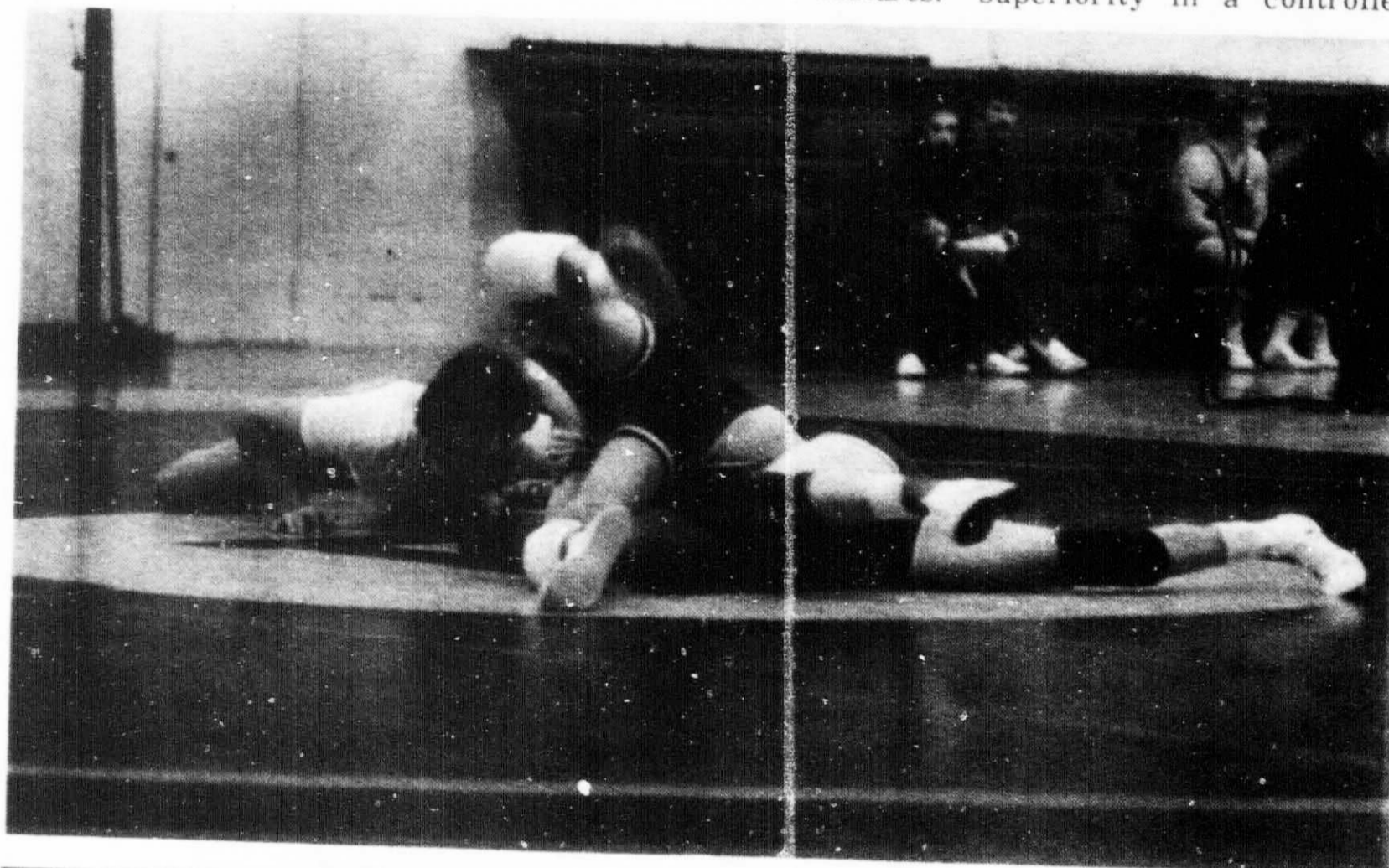
environment. The objective of wrestling is to achieve a fall, a situation when one opponent forces the other's shoulders simultaneously onto the mat. This practice, incidentally may have had its origin from observations of nature; many animals will roll over onto their backs having engaged in combat to signify their defeat, leaving their vulnerable throat at the mercy of the victor.

There may be some explanation of why wrestling has not become a more spectator sport. Wrestling suffers tremendously from the popular image which is associated with it due to the professional production of "rassling." Unfortunately the professional product may be more interesting to watch as it caters more to man's more basic needs by portraying its version of violence. From a positive viewpoint, wrestling may be considered an art. Although it may be trained for in specifics, in aggregation wrestling is a spontaneous performance, dependent much on the temperament of the combatants. This fact in conjunction with rules which limit violence may cause matches to arouse varying degrees of excitement. From an educational point of view, wrestling offers a method

of self-determination for individuals of many different physical proportions. Classification is by weight although junior and senior age groups are observed in all competitions other than school and university. Physical expenses for implementing a wrestling program are minimal except for the initial purchase of a 40' by 40' mat surface which may last from 5 to 10 years. Equipment consists of a one-piece uniform, boots and optional headgear and kneepadding.

Following the philosophy of sport at Dalhousie, the wrestling program is not designed with winning as an end in itself; rather, educational and recreational values are put foremost. The program is designed so that participants may train at whatever level of skill that they have achieved, any individual may therefore join the program regardless of former experience.

A varsity team represents Dalhousie to provide competition for individuals as well as to provide an example for schools and the general public to display a certain standard of excellence and thus help the School of Physical Education's efforts of helping the community in their own programs.



Dal. wrestlers at practice in gym.

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