

Bears Host . . . . . Meet Here Sat.

# Oldest Sport On Earth Defined

by Clem Feldmeyer

This Saturday at one o'clock in the main gym, PEB, you will be treated to an exhibition of the oldest sport on the face of the earth. The sport is wrestling.

The exhibition will be a triangular meet, with the Calgary and Edmonton YMCA, U of S, and U of A forming the teams competing.

The wrestling you will see this Saturday, will be quite different from the so-called "professional wrestling" you may have watched on television. Some of you perhaps, are "fans" of this particular type of showmanship. However, it should be pointed out that this activity is but remotely related to the sport of wrestling.

Expect for borrowing its name, the only sport involved in professional wrestling is, perhaps, the antics of the "fans"! Further differences will be recognized between the two by noting the objectives, scoring and rules of the sport.

First, let us define wrestling. It is an activity requiring highly vigorous bodily exertion; it is carried on in accordance with a strict set of rules, whose main objectives are to prevent injury and to instill some uniformity in the form of the sport.

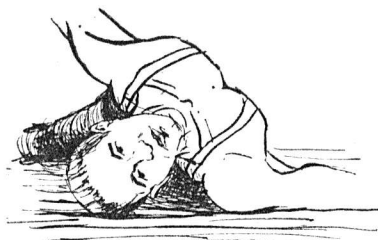
**WEARING-DOWN PROCESS**

Wrestling's objective is exactly as its name states: wrestling! It requires a high degree of physical fitness, balance, agility and strength;

all embodied in a good wrestler. It does not involve the striking of any blows of any sort, nor the use of any hold that is painful or injurious. Rather, it involves the wearing down of your opponent while retaining some energy yourself, until you can overpower him, or, more likely, until he makes a mistake on which you can capitalize.

You are trying to gain control of your opponent, i.e., you are trying to get on top of him and/or behind him. From this position you try various holds or combinations of holds in order to: (a) force him to the mat, (b) turn him onto his back either for points or a pin.

The holds used in wrestling can be divided into two main categories, offensive and defensive.



**2 point predicament**

- one shoulder and/or head on the mat
- shoulders forced over 90° but not held for 5 seconds

**3 point predicament**

- shoulders forced over 90° and held for more than 5 seconds

sive. Offensive holds are initiated by the man who has control, and involve the takedown (forcing your opponent to the mat from the standing position while remaining in control) and the breakdown (forcing your opponent from hands-and-knees to the prone position, again remaining in control).

Also, once the man is prone, the offensive wrestler rides him (makes the prone man carry his weight) and attempts various holds in order to turn the prone man over, for points or a pin.

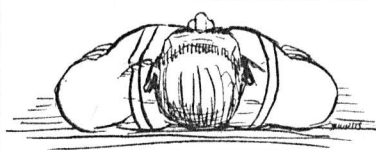
The lower, prone man is on the defence and attempts defensive holds. He may try to escape and he may continue on to gain control of his opponent. If he succeeds in breaking your control and gains control of you, your opponent has scored a reverse.

While under your control, your

opponent also attempts counters to your holds, which may lead to points and/or a pin.

**POINTS AWARDED**

As the match progresses, points are awarded the contestants for certain holds completed. A takedown is worth one point; a reverse is the



**Pin or fall**

- both shoulder blades on the mat
- instantaneous touch with top man in control

same. Placing your opponent in a predicament is worth one, two or three points, according to the position to which you have forced the prone man's shoulders. (See illustrations).

A pin, the instantaneous touch of both shoulders to the mat with the top man maintaining control, terminates the match.

There are two officials at each match. One is the referee who controls all aspects of the match. He starts the match and calls out the points as they are gained. He keeps the contestants on the mat area, enforces the rules, and calls the pins. The other official is the timekeeper, whose duties are obvious.

The rules of wrestling are simple. The match is divided into five-minute periods with a minute of rest between periods. Holds which are injurious or painful are not allowed.

The wrestlers are divided into weight classes for obvious reasons. These classes are: 123 and under, 130, 137, 147, 157, 167, 177, 191, and heavy-weight (over 191).

Each match begins with the shake of the hand and sportsmanship is paramount.

Other meets in which Alberta is competing are: a quadrangular meet at U of S on Feb. 9, between U of S, Winnipeg "Y", Regina "Y", and U of A; a meet at Calgary on Feb. 16, between Calgary "Y" and U of A; on Feb. 23, between UBC, U of S, and the Intercollegiate Finals at UBC and U of A.

It is hoped that you may have acquired some appreciation of the sport of wrestling from this article, and that you will come to the Golden Bears' matches in the future to enjoy the competitive sport of wrestling.

## Co-Ed Corner

by Sandy Kirstein

This week-end, Feb. 1 and 2, the U of A Women's Athletic Association plays hostess to the U of S women's volleyball team, swim teams from Calgary and Lethbridge and a basketball team from Red Deer.

This will be the first time that the U of A women's volleyball team has competed against another intervarsity team this year.

Members of the team are Andrea Borys, Jo Gozelney, Marnie Huckvale, Brenda Matas, Marga Hiewchas, Betty Stacy, Jo-Ann Moon, Carolyn Dyck, Joan Smith, Lynn Kilbery, Ilma Feldmeyer and Ida Thompson. Coach is Miss Audrey Carson.

The volleyball games will be played in the Main Gym of PEB Saturday at 2 p.m.

The Swim meet has been scheduled for Saturday afternoon, Feb. 2, at 2 p.m.; however, circumstances may force this meet to be changed to Red Deer as the Golden Bears are swimming the same day.

The Pandas will be playing a senior women's team from Red Deer at 3:30 p.m. in the West Gym of PEB.

Another intervarsity event coming soon will be the Basketball and Curling Sports Week-end which will be held at the U of A the week-end of Feb. 6, 7 and 8. Teams from all western universities will be taking part.

On Tuesday night a small crowd of girls were in attendance for the third Activity Night sponsored by the Women's Athletic Association.

Many activities were offered but the swimming pool seemed to be the most popular spot. A synchronized demonstration of skills, strokes and figures was given by Dale Johnson, a member of the synchronized swimming team.

Two members of the diving team,

Marilyn Kropp and Bonnie McPherson, put on a short diving display.

Guest star was "Louie the Lifeguard." Assisted by this girlfriends Lulu and Gieselda, he (?) demonstrated the finer arts of lifeguarding.

The following teams will be taking part in intramural swimming on Feb 7: Delta Gamma, Pi Phi, Theta, Pharmacy, LDS and House Ec. If you have signed up, support your unit and turn out.

In a round robin tournament held in December the Ed Phys Ed broom-ball team came out in top spot. Pembina was second and Ed Phys Ed took third and fourth places with Arts and Science fifth.

After placement and participation points had been calculated, Ed Phys Ed finished with 150 points. Pembina was second with 50 points.

## Segregation Continues

TUSCALOOSA, Ala. (CUP-CPS) The University of Alabama has apparently ended for the year the hopes of three Negroes to attend the all-white university.

The school suddenly announced that admissions for the coming semester were closed and only completed applications would be processed.

The applications of the three Negroes were included in those "uncompleted."

This is the fourth consecutive semester for which applications have been closed in advance of public notice.

The Alabama governor stated last year he would do everything in his power to block integration at the university.

## Edmonton Public School Board

### Teaching Opportunities

September, 1963

The Board invites further applications from University students who expect to teach in September.

Appointments will be made in all subject areas and at all school levels.

Applicants are invited to call at National Employment Service, University of Alberta, to obtain an application form. The completed form will be sent to our office. Application forms will also be mailed to students on a telephone call to Extension 26, #424-8021.

Successful applicants will be invited to participate in a 20-day internship program during the month of May.

M. J. V. Downey,  
Personnel Officer — Educational,  
Edmonton Public School Board,  
10733 - 101 Street,  
EDMONTON, Alberta.



**1 point predicament**

- neither head nor shoulder on the mat
- shoulders forced over 90°

## OPTOMETRISTS

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