MYSTICLAND IN SCHOOL

Historic sports, inspiring sportsmen

CHAPTER 6



DIFFERENT TYPES OF WRESTLING

Kushti





Kushti is usually practised in a mud pit called an "Akhara". Wrestlers train in these pits to gain strength and skill.

DIFFERENT TYPES OF WRESTLING

Sumo wrestling



Sumo is a traditional Japanese form of wrestling. Sumo wrestlers follow strict training routines and live in special training stables. They practise different techniques and rituals, and even their meals are planned to help them build strength.

DIFFERENT TYPES OF WRESTLING

Sambo





Sambo is a Russian martial art and combat sport. The name "Sambo" comes from the Russian phrase "SAMozashchita Bez Oruzhiya", meaning "self-defence without weapons".

DIFFERENT TYPES OF WRESTLING

Oil wrestling



Oil wrestling is a traditional Turkish sport where wrestlers cover their bodies in olive oil before competing. The slippery oil makes it harder to pin down an opponent, requiring strength, skill, and strategy.

POLO



The horses used in polo are called polo ponies. Since polo is fast-paced, players switch horses during different stages of the game to ensure the horses do not get too tired.

USAIN BOLT



Usain Bolt has won eight Olympic gold medals in his career, making him one of the greatest sprinters of all time!

NEERAJ CHOPRA



Neeraj comes from a family of farmers. His parents initially did not understand the sport of javelin. Despite this, he was encouraged to pursue his passion for athletics!