

ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ КУЛЬТУРИ

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Arm wrestling

методична розробка
з англійської мови

*для самостійної та аудиторної роботи
з теми
«Спортивна спеціалізація»*

*для студентів
денної та заочної форми навчання
за спеціальністю «Фізична культура і спорт»*

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**Львів
«Ліга-Прес»**

2019

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*Pre-text exercises***1. Read and learn the active vocabulary.**

arm mass/density	маса / щільність плеча
Arm wrestling tournaments	турніри з армрестлінгу
breaking the grip	розбиваючи захват
brute	жорстокий, грубий, звірячий
clearly identifiable techniques	чітко визначені методи
competitor's elbow	лікоть конкурента
countless other traits	незліченні інші риси
elbows bent	зігнуті лікті
endurance	витривалість
governing body	орган управління
grip	зчеплення
hand grip	рукоствискання
length of a wrestler's arm	довжина руки борця
overall arm strength	загальна сила рук
pull down on your opponent's hand	опустити руку суперника
reaction time	час реакції
straight wrists	прямі зап'ястки
strength	сила
strict rules	суворі правила
surface	поверхня
technique	техніка
time lapse of one minute	проміжок часу в одну хвилину
to enjoy success	користуватися успіхом
to pin	закріпити
trying to escape	намагаючись уникнути
universally recognized	загальноновизнаний
wrist	зап'ястя

2. Translate without using a dictionary.

battle, champion, critical, extremely, factor, global, Indian, match, minute, muscle, opponent, penalty, reaction, result, sport, star, style, system, technical, technique, tournament.

3. Read and translate the text.

Arm wrestling is a sport involving two participants. Each places one arm on a surface with their elbows bent and touching the surface, and they grip each other's hand. The goal is to pin the other's arm onto the surface, the winner's arm over the loser's arm. In the early years different names were interchangeably used to describe the same sport: "arm turning", "arm twisting", "arm wrestling", "Indian arm wrestling", "twisting wrists", "wrist turning", "wrist wrestling". Organized arm wrestling tournaments started being held in the 1950s.

Various factors can play a part in one's success in arm wrestling. Technique and overall arm strength are the two greatest contributing factors to winning an arm wrestling match. Other factors such as the length of an arm wrestler's arm, his/her muscle and arm mass/density, hand grip size, wrist endurance and flexibility, reaction time, as well as countless other traits, can add to the advantages of one arm wrestler over another. It is sometimes used to prove who is stronger between two or more people.

Arm wrestling tournaments are also divided into weight classes as well as left and right-handed divisions. Furthermore, strict rules such as fouls given to penalties (such as the competitor's elbow leaving a matted area where the elbow is to remain at all times, or a false start), and trying to escape a possible arm pin by breaking the grip with the opponent may result in a loss at the table. Arm wrestlers must straighten their wrists without a time lapse of one minute during competition.

Many arm wrestlers will have a signature style or favourite technique, while others have enjoyed success by becoming extremely well rounded. Within each of the three broad technical systems of arm wrestling there are numerous clearly identifiable techniques which have been developed and enhanced over time.

Most people see arm wrestling as a battle of strength, but champion arm wrestlers know that technique is critical. In fact, winning an armwrestling match has less to do with brute strength than with the way in which you place your body and torso in relation to your opponent. Rather than trying to push your opponent's arm down, use your arm and shoulder strength to pull down on your opponent's hand. The World Arm wrestling Federation (WAF) is the universally recognized global governing body of professional arm wrestling and comprises 80 member countries.

(Originated from en.wikipedia.org/wiki/Arm_wrestling)

Post-text exercises

1. Give Ukrainian equivalents to the following phrases:

- | | |
|----------------------------|---------------------------|
| a) armwrestling tournament | f) governing body |
| b) armwrestling match | g) identifiable technique |
| c) broad technical system | h) over time |
| d) contributing factor | i) twisting wrists |
| e) during competition | j) wrist endurance |

2. Match the definitions to the following notions:

- | | |
|---------------|--|
| 1) technique | a) when you achieve what you want or intend; |
| 2) endurance | b) someone who you try to defeat in a competition, game, fight, or argumer |
| 3) goal | c) a punishment for breaking a law, rule, or legal agreement; |
| 4) success | d) someone who takes part in wrestling; |
| 5) tournament | e) someone or something that has won a competition, especially in sport; |
| 6) champion | f) a competition in which players compete against each other in a series of games until there is one winner; |
| 7) wrestler | g) a special way of doing something; |
| 8) grip | h) the ability to continue doing something difficult or painful over a long period of time; |
| 9) opponent | i) the way you hold something tightly, or your ability to do this; |
| 10) penalty | j) something that you hope to achieve in the future. |

3. Combine the following words and translate them:

- | | |
|--------------|---------------|
| 1) elbows | a) systems |
| 2) brute | b) techniques |
| 3) technical | c) style |

- | | |
|-----------------|--------------|
| 4) favourite | d) bent |
| 5) reaction | e) endurance |
| 6) identifiable | f) strength |
| 7) signature | g) classes |
| 8) wrist | h) wrists |
| 9) weight | i) technique |
| 10) twisting | j) time |

4. Insert the prepositions where necessary:

*between, in (3), over(2), into, at, onto, with(2),
without, by(2), on(2), down, of, during.*

1. Arm wrestling tournaments are divided ... weight classes.
2. The goal is to pin the other's arm ... the surface, the winner's arm ... the loser's arm.
3. Arm wrestlers must straighten their wrists ... a time lapse ... one minute ... competition.
4. It is sometimes used to prove who is stronger ... two or more people.
5. Various factors can play a part ... one's success ... arm wrestling.
6. There are numerous clearly identifiable techniques which have been developed and enhanced ... time.
7. Trying to escape a possible arm pin ... breaking the grip ... the opponent may result ... a loss ... the table.
8. Each places one arm ... a surface ... their elbows bent and touching the surface.
9. Use your arm and shoulder strength to pull ... your opponent's hand.
10. Some wrestlers have enjoyed success ... becoming extremely well rounded.

5. Match two parts of the sentences.

- | | |
|--|--|
| 1. Arm wrestling is a sport ... | a) ... in one's success in arm wrestling. |
| 2. Organized armwrestling tournaments... | b) ... by becoming extremely well rounded. |
| 3. Many arm wrestlers will have a... | c) ... which have been developed and enhanced over time. |
| 4. Most people see arm wrestling as... | d) ... involving two participants. |
| 5. Various factors can play a part... | e) ... are divided into weight classes. |
| 6. Some wrestlers have enjoyed success... | f) ... started being held in the 1950s. |
| 7. Arm wrestlers must straighten their wrists... | g) ... a battle of strength. |

8. There are numerous clearly identifiable techniques... h) ...signature style or favourite technique.
9. Technique and overall arm strength ... i) ... without a time lapse of one minute.
10. Arm wrestling tournaments... j) ... are the two greatest contributing factors to winning an arm wrestling match.

6. Complete the sentences with appropriate terms.

- | | | | |
|-----------------------|------------------|------------------|---------------------|
| a) <i>tournaments</i> | d) <i>strong</i> | g) <i>wrists</i> | i) <i>technique</i> |
| b) <i>opponent</i> | e) <i>weight</i> | h) <i>match</i> | j) <i>factors</i> |
| c) <i>Federation</i> | f) <i>sport</i> | | |

1. Arm wrestling is a ... involving two participants.
2. Arm strength, which is meant to 'prove' wrestling, is often used as a trial of how ... you are.
3. The object of arm wrestling is to beat your ... by pinning their hand onto the table touchpad.
4. The ... is won when one competitor pins their opponent's hand onto the touch pad.
5. Organized armwrestling ... started being held in the 1950s.
6. Many arm wrestlers will have a signature style or favourite
7. Technique and overall arm strength are the two greatest contributing ... to winning an arm wrestling match.
8. The World Arm wrestling ... (WAF) comprises 80 member countries.
9. Arm wrestlers must
10. Arm wrestling tournaments are straighten their ... without a time lapse of one minute during competition. divided into ... classes.

7. Answer the following questions.

1. What is the goal of arm wrestling?
2. How many participants arm wrestling is involving?
3. What is the Arm wrestling technique?
4. Which weight classes of Arm wrestling tournaments are divided into?
5. Why do you have to look at your hand when arm wrestling?

6. Is Arm wrestling a dangerous sport?
7. What does Arm Wrestling prove?
8. When did arm Arm wrestling wrestling tournaments start being held?
9. Is there a Professional League of Arm wrestling in Ukraine?
10. Whom of the famous Arm wrestlers do you know?

8. Finish the following sentences.

1. Arm wrestling is a sport...
2. Organized armwrestling tournaments started...
3. Most people see arm wrestling as...
4. The goal is to pin...
5. Many arm wrestlers will have a...
6. Some wrestlers have enjoyed success by...
7. There are numerous clearly identifiable techniques...
8. Various factors can play a part in...
9. Arm wrestling tournaments are divided...
10. Technique and overall arm strength are...

Text B

1. Read the text to find the information about:

- *"Indian wrestling"*
- *Tavern sport*
- *World Armsport Federation*

Arm Wrestling can be traced all the way back to ancient Egypt where a painting depicting a type of arm wrestling was found in an Egyptian tomb dating to about 2,000 B.C.

The modern sport is based on a Native American game. In fact, it was usually called "Indian wrestling" when practiced by frontiersman during the 19th century and by children in the 20th century. In addition to what has become known as arm wrestling, there are several other forms of "Indian wrestling." In one, the opponents stand facing one another, with the outer sides of their right feet set together and their

right hands interlocked. The object is to throw the opponent off balance. In another, the opponents lie down with their near arms and near legs locked and each tries to force the other's leg down.

In arm wrestling, which has now become a genuinely international sport, the opponents are seated at a table, facing one another. They lock their hands (usually the right hands, but there is now also left-handed competition), with their elbows firmly planted on the flat surface, and each attempts to force the others arm down to the table.

In addition to being a semi-popular sport among high school and college students, arm wrestling was a tavern sport and the first organized competition was staged by a journalist, Bill Soberanes, in 1952 at Gilardi's Saloon in Petaluma, California. Over the next ten years, it became bigger and bigger. In 1962, the tournament moved to a large auditorium in Petaluma and renamed it the World Wristwrestling Championship.

The sport got a major boost from "Peanuts" cartoonist Charles Schulz in 1968. Schulz did a series of comic strips in which Snoopy was headed to Petaluma to try to win the championship. However, in the last strip, he was barred from competition because the rules require that you lock thumbs with your opponent and Snoopy had no thumb.

Largely because of that publicity, the championship was televised on ABC's Wide World of Sports in 1969 and became an annual event on the program for 16 years.

The World Armsport Federation (WAF), was founded with the United States, Canada, Brazil, and India as the first members. In 1992, the World Armsport Federation (WAF), held its first world championships in Switzerland.

Incidentally, although arm wrestling and wrist wrestling are generally considered the same sport, there's one slight technical difference between them. In arm wrestling, opponents grip a peg with the free hand. In wrist wrestling, they grip their free hands across the table.

In 2010 Robert Drenk in conjunction with Bill Collins formed the Ultimate Arm wrestling League with the Vision of bringing Arm wrestling to the Masses, getting the public excited and involved in this sport again is in the makings...

(Originated from <http://theual.com/history>)

2. Are the sentences true or false? Correct any false sentences.

1. Arm Wrestling can be traced all the way back to ancient Greece.
2. The modern sport is based on Indian game.
3. In arm wrestling the opponents are seated at a table, facing one another.
4. The object is to throw the opponent off balance.
5. In 1992 WAF held its first world's championships.
6. In arm wrestling, opponents grip a peg with the free hand.
7. In wrist wrestling, they grip their free hands across the table.
8. In addition to what has become known as arm wrestling, there are several other forms of "Indian wrestling."
9. The World Armsport Federation was founded in the United States.
10. In 1926, the tournament moved to a large auditorium in Petaluma.

3. Divide the text into paragraphs. Give headings to them.

4. Work in pairs. Ask and answer your own questions on the text.

5. Title the text and write an abstract of it.

Text C

1. Read the text. Translate it in a written form.

Arm Wrestling Rules (USA)

1. The competitors' shoulders must be square to the table before the match will be started.
2. The competitors' shoulders may not be less than a fist distance away from their hands at the start.
3. All starts will be a 'Ready.....Go'. The cadence will vary.
4. Any competitor may use a riser if their belt line is below the top of the table. The competitor is responsible for placing and then returning the riser after the match.

5. To make a winning pin you must touch your opponent to the touch pad. There will be no parallel pin calls, you must be touched to lose.
6. You may touch any part of your opponents' fingers, wrist or forearm to the pad to constitute a pin.
7. You may not, at any time, touch your body to your hand.
8. If a competitor touches his body to his hand, and position is gained, there will be a restart and a foul given.
9. If a competitor touches his body to his hand and stops the momentum of his opponent there will be a restart and a foul given.
10. If a competitor violates Rule № 8 or in a definite losing position the match will be awarded to his opponent.
11. You will forfeit the match with your third foul.
12. If a competitor intentionally opens his-her hand and a slip occurs the referee will restart the match and a foul will be given.
13. If a competitor violates Rule №12 in a definite losing position and the referee feels that if the competitor had not slipped that he would have been pinned, the referee will award the match to the other competitor.
14. If the grip comes apart for whatever reason, the competitors' hands will be strapped together.
15. The competitors shoulder cannot go past the center of the table.
16. If the competitor is in a position that may hurt his arm the referee will stop the match and may award a foul.
17. If the referee has to stop the match a second time for the 'hurt arm' position the match will be awarded to his opponent.
18. You must start with at least one foot on the ground. After the "go" you may have both feet off the ground.
19. You may wrap only one finger in the hand grip before the 'go'.
20. The referee must see both competitors thumb knuckles unless both competitors agree to wave the rule.
21. A false start is a foul.
22. The competitors must maintain contact with the peg when the pin is made.

23. If the competitors elbow comes out of the pocket and he gains position, there will be a foul given and the referee has the option to give a restart.
24. If the competitors elbow comes out of the pocket and no position is gained, if it goes back into the pocket, the referee will give a verbal warning.
25. If the elbow is out of the pocket when the pin is made a foul will be given and the match will be restarted.
26. If rule № 24 occurs and the elbow stays out of the pocket a foul will be given and the referee has the option to call for a restart.
27. If the competitors elbow comes out of the pocket a second time a second foul will be given and the referee has the option to call for an additional restart.
28. The equal pressure rule follows the line of least resistance, both competitors must agree on the pressure applied before the start.
29. Never stop competing until the referee grabs the hands in the center signifying the end of the match.
30. The competitors will always conduct themselves in a sportsperson like manner while at the tournament.
31. The referee has the option to give a disciplinary foul to the competitor for any un-sports person like conduct.
32. If the competitors cannot get a grip the referee will give the competitors a 'referees grip'. After the grip is given any movement at all will result in a foul.
33. All Referee Decisions Are Final.

(Originated from <http://www.armpullers.com/rules.htm>)

2. Compile a vocabulary of Arm Wrestling.

3. Make a presentation of Arm Wrestling.

There's no doubt Arm Wrestling has gone on in some form or another for thousands of years and is popular across the world. A test of strength of one person's arm against another it consists of two people who stand at or sit down at a table and then grip each others hand whilst placing their elbows on the table.

Their goal is then to pin their opponent's arm onto the surface (or touch pad) of the table. As well as being a test of strength, it takes a great deal of skill to be a competitive arm wrestler as well as psychological strength.

There are various Arm Wrestling bodies and federations across the world by the main one is the World Arm Wrestling Federation who oversee the Arm Wrestling World Championships amongst other things and whose rules we refer to in this article.

However, whilst not completely standardized across the world. Arm Wrestling rules are very similar amongst different authorities and federations and often differ only on the smaller, less important details. The actual mechanics of an Arm Wrestling match are essentially the same the world over.

The object of arm wrestling is to beat your opponent by pinning their hand onto the table touchpad. This is done by a combination of strength and technique. Despite arm wrestling being primarily a strength sport, it can be highly psychological, with players 'psyching themselves up' into peak mental condition as well as often trying to intimidate their opponents or put them off their game.

In the World Arm Wrestling Championships, competitors, as well as trying to win their own individual matches are attempting to score points for the country's team in the competition's team championship.

Players & Equipment

There is a correlation between physical strength and size; competitors compete with each other in weight classifications to ensure that matches and competitions are fair. Players are also required to dress appropriately, with them wearing short sleeve or sleeveless shirts and sports pants with little or no advertising. No jeans are allowed to be worn and neither is any kind of arm, elbow or wrist support.

For official World Arm Wrestling Tournaments, the tables should have the following features and conform to the WAF rules. Tables essentially consist of:

- Elbow pads - These are where each competitor places their elbow down to wrestle. They are padded to avoid discomfort and to prevent injury.

- Touch pads - These are the raised pads are on opposite sides of the table that each respective competitor is trying to push his opponents hand onto.

- Hand pegs - These are used by competitors to grip onto whilst wrestling, thus giving themselves some added leverage.

The type of arm wrestling table used is different depending upon whether the arm wrestling is to be done standing up or sat down. For sit down competition, the tabletop should be 28" from the floor. For stand up matches, the table top should be 40" from the floor. All the other dimensions are the same, which are that the table top should be 36" long and 26" wide.

Legs should be a minimum of 28" inside leg and a minimum of 18" leg to leg. Elbow pads should be set 2" from the edge and should be 7" x 7" and 2" thick made from high quality and thick foam. Touch pads should be 10" long by 4" high and should be on an angle, 5" out from the inside corner of the elbow pad to the inside corner of the pad.

Hand pegs should be placed halfway at 13" on the edge of each table and chairs too should be a regulation size of 18" square and 18" from the ground. A line should also be placed across the centre of the table to distinguish the two halves of the table and should be painted or taped onto the table.

Scoring

In individual matches, scoring is very simple in that it is a straightforward win/lose format over one round. However, at the World Arm wrestling Championships, there is a team championship in which points are awarded for each individual competitor's performance in their category and are joined with those of their country's team. Therefore, in each weight class, the following points are awarded:

1st -10 points	5th -3 points
2nd -7 points	6th- 2 points
3rd- 5 points	7th - 1 point
4th- 4 points	

Winning the Game

In individual matches, the winner of the match is the competitor who pins their opponent's arm onto the touch pad. In the World Arm Wrestling Championships each match is just one round long but in other Arm Wrestling competitions under different federations, rules and regulations, matches may be fought on a 'best of three', 'best of five' or an alternative basis. In the team competition in the World Armwrestling Championships, the winning team is the team who has earned the most points from their members' performance in their respective individual events.

Rules of Arm Wrestling

Each match is officiated by two referees, one on each side so the officials can see the competitors and their grip from both sides. There is no time limit to a match but a referee may call a halt to the match if one or both competitors are in his opinion not in a fit state to carry on. The competitors should approach the table, make themselves comfortable and then grip their opponent's hand. The grip should be palm to palm with the thumb knuckle visible. The competitors other hands should grip their respective hand peg.

Competitors can choose to start a match in the referee's grip or in a strip but both competitors must agree to this. Once the referees are happy with the grip from both competitors, the contest will begin. Each competitor should attempt to pin their opponent's arm onto the touch pad.

Pressure should be in a sideways capacity to force their opponent's hand to the touch pad. Back pressure in an attempt to drag the opponent off toward the centre of the table is not allowed. The match is won when one competitor pins their opponent's hand onto the touch pad. At this point, if the head referee is happy that it is a valid pin, they will shout 'Stop!' and indicate the inner by immediately raising their arm.

A valid pin is when any part of the competitors' natural wrist touches the touch pad. There are numerous fouls that can be committed in Arm Wrestling. These include touching a part of your own body during the match, crossing their shoulder into the opposition area, dropping the shoulder below the height of the touch pad, foul language, abuse or poor sportsmanship to name a few. Two warnings = one foul and two foul equals disqualification meaning that their opponent immediately wins the match.

(Originated from: <http://www.rulesofsport.com/sports/arm-wrestling.html>)

Glossary

Catch: This is the defense or block to the “hit”. A competitor will brace for the initial strike “hit” and block or stop the strike from their competitor. Once they are able to stop the competitor’s hit they can begin to deploy counter moves to win the pull.

Chalk: This is used by competitors to better enable a grip and avoid slipping due to sweat.

Class: Categories defined by weight and arm that armwrestlers compete. Classes are set for right handed and left handed competitors and include left-handed and right-handed - lightweight, middleweight, and heavyweight classes.

Core strength: Armwrestling at any level requires full body training and explosive use of the stomach, hips and legs.

E.F.T: Distance Elbow to Fingertips. This measurement is critical as it provides the ability for a competitor to have this leverage over his/her opponent. A larger E.F.T. number provides the leverage advantage.

Elbow foul: This is when competitors lift their elbows off the pad during a match to gain position. This is not allowed and is a foul.

Endurance: Armwrestling matches are battles that require skill, strategy, power and high levels of stamina. WAL competitors train to maximize their levels of endurance in order to give them the advantage in matches and long pulls.

Grip/grip up: Competitors lock hands to begin the pull. The referee calls for this action by saying “Grip Up”. The grip competitors get 30 seconds to establish a fair grip then they go to the “strap” or a “set grip”.

Hand & wrist control: This is when a competitor is able to dominate his or her opponent’s hand by manipulating them in any direction usually ending up flopping the hand back or turning their hand in palm up for ultimate leverage and control of the pull.

Hit: This is the power strike can be delivered throughout the match but is often delivered once the referee says “go”. Some competitors rely on the initial “hit” to gain the advantage in the pull by applying tremendous amount of pressure right from the beginning.

Hook: A tactical techniques deployed by competitors, which is performed by hooking the wrist inward, which makes the battle an arm-for-arm strength battle.

Legs: One of the most important aspects in armwrestling are the legs, which can provide power and stability during the pull. Competitors must keep 1 foot on the floor at all times.

Match: The head to head battle between armwrestlers. A match can consist of 1 to many “pulls”.

Pin: Standard term for a win – touching opponent’s hand or wrist to the pad or breaking the plane next to the pad.

Pull: (verb or a noun) This defines each time you grip up with a competitor and fight for the win.

“READY GO!”: The traditional command to start a Pull.

Referee: The referee enforces the rules to insure that the matches are fair. This begins with setting a fair grip for the competitors, giving the “GO” command, to start the pull and continuing to monitor the pull until the pin to ensure that all rules are followed.

Referee or set grip: This is a “grip” where the competitors cannot establish a fair grip by themselves so the referee sets the hands and makes sure the grip is legal and fair.

Running Foul: This is when a competitor commits a “foul” the pull continues. If the competitor that commits the foul wins the pull it does not count and the competitors must redo the pull. If the competitor who did not commit the foul wins the pull then the pull counts and that competitor wins the pull. This gives the advantage to the competitor that did not commit the foul.

Slip: This occurs when the competitor’s hands come apart during a pull.

Strap: The straps are used to bind the hands together typically when the competitor’s hands slip and come apart during a pull. Straps are also used to start matches if a fair grip cannot be established between the competitors.

Table: The playing field where the competitors battle.

Elbow Pad: This is the pad that a competitor's elbow must rest on and remain in contact with at all times during the pull.

Legs: This base holds the table and is often bolted to the platform to assure stability.

Peg: The upright grip sticking up that competitors must hold as they pull

Pin Pad: Or “pad,” is the pad you get the competitor’s hand to touch for a win.

"The Pit": The World Armwrestling League's signature competition space, where fans can get up close to the action.

Toproll: A tactical technique deployed by competitors, which is performed by rolling your hand over the top of the competitor bending his wrist backward, thus gaining leverage.

(Originated from: [http:// www.walunderground.com/speak-wal](http://www.walunderground.com/speak-wal))

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