

**Oksana Koval**

***WRESTLING***



ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ КУЛЬТУРИ

*Кафедра української та іноземних мов*

Оксана Коваль

# «БОРОТЬБА»

методична розробка  
з англійської мови

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

*для студентів III курсу  
денної та заочної форми навчання  
за напрямом підготовки «фізичне виховання» та «спорт»*

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У методичній розробці представлено тему “Спортивна спеціалізація” (*Боротьба*) для самостійної та аудиторної роботи студентів денної та заочної форми навчання третього року навчання. Теоретичний та практичний матеріал закріплюється розширеною системою вправ. Матеріали методичної розробки спрямовані на формування навичок усного та письмового мовлення. Методична розробка призначена для студентів третього курсу за напрямми підготовки “фізичне виховання” та “спорт”, які навчаються за кредитно-модульною системою.

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## WRESTLING

Text A

### Pre-text exercises

#### 1. Read and learn the active vocabulary:

- award points -присуджувати очки
- band, *n* -смуга
- bout, *n* -сутичка, поєдинок
- caution, *n* -попередження
- chairman, *n* -голова
- clinching, *n* -захват, клінч
- disqualification, *n* - дискваліфікація
- execute, *v* -виконувати
- fall, *n* -падіння
- forfeit, *n* -штраф
- get an advantage -отримати перевагу
- hand-to-hand combat -рукопашний бій
- holding, *n* -захват
- injury default -вихід із змагання через травму
- lift, *v* - піднімати
- mat, *n* -мат
- opponent, *n* -суперник
- overtime period -додатковий час
- period, *n* -час
- pin, *v* -покласти на обидві лопатки
- protection border - захисний край
- score points -заробити очки



- |                         |                              |
|-------------------------|------------------------------|
| • shoulder blade        | -лопатка                     |
| • strive, <i>v</i>      | -намагатися                  |
| • technical superiority | -технічна перевага           |
| • tie the bout          | - закінчити поєдинок в нічию |
| • trip, <i>v</i>        | - підставити ногу            |
| • weight division       | -вагова категорія            |
| • wrestling, <i>n</i>   | - боротьба                   |

## 2. Translate without using a dictionary:

act, physical, persons, control, opponent, techniques, style, aspect, ritual, basic, principles, sport, amateur, international, federation, identical, attack, mat, meter, passivity, zone, match, referee, majority, seconds, stop, default, disqualification.

## 3. Read and translate the text.

### WRESTLING

Wrestling is the act of physical engagement between two unarmed persons, in which each wrestler strives to get an advantage over or control of their opponent. Physical techniques which embody the style of wrestling are clinching, holding, locking, and leverage. Avoiding techniques likely to lead to serious injury, wrestling has aspects of ritual fighting, but its basic principles are closely related to those of military hand-to-hand combat or self-defence systems. Many styles of wrestling are known all over the world and sport wrestling (particularly amateur wrestling) has been Olympic sport for over 100 years. There are two international wrestling styles performed in the Olympic Games under the supervision of FILA (International Federation of Associated Wrestling Styles): Greco-Roman and freestyle. With one key exception, the rules of the two styles are identical:

In Greco-Roman, a wrestler may not attack his opponent's legs, nor use his own legs to trip, lift or execute other moves.

In freestyle, both the arms and legs may be used to execute holds or to defend against attack.

There are eight weight divisions in men's international wrestling and six for women. Athletes are weighed in prior to the competition. International wrestling is contested on a mat, with a nine meter circular competition area. There is also a 1.2 to 1.5 meter protection border. There is a red band, a one-meter passivity "zone" on the inside of the edge of the nine meter circle, where wrestlers are encouraged by officials to stay in the competition area.

There are three officials for every international wrestling match, a referee (on the mat) plus a chairman and a judge. The officials award points on a majority vote. At least two of the three officials must agree on technical points and falls.

Beginning with 1999, the match became six minutes long. There is a 3-minute period, followed by 30-second rest, followed by a 3-minute period.

At the start of each bout, the wrestlers shake hands. The match starts with the wrestlers standing on their feet. The wrestlers attempt to take their opponent down to the mat to score points. Wrestling also occurs down on the mat, known as "par terre". At the end of each bout, the arm of the winning athlete is raised. The wrestlers shake hands with the referee and with their opponent.

The main objective in wrestling is to pin your opponent. This is achieved by holding his shoulder blades to the mat for about one-half of a second. This automatically ends the match. A pin is also known as a fall. If a wrestler is not able to pin his rival during the six minutes, he must score more technical points to win the bout. Points are awarded for performing techniques or moves within the rules.

If a wrestler scores 10 points more than his opponent, the bout is stopped. This is a technical superiority, or also known as a technical fall. A bout can also end by an injury default, a forfeit or a disqualification.

Wrestlers are now required to score a minimum of three points in order to win a match. If neither wrestler has scored three points at the end of six minutes, the match will go into a three-minute overtime period. The first wrestler to reach three points

will be the winner. If neither wrestler reaches three points in overtime, the winner will be determined by the officials. If the bout is tied at the end of overtime, a wrestler with more cautions and warnings for passivity will lose. If the marks are equal, the officials select a winner based upon activity.

*(Originated from Microsoft Encarta 2006)*

### *Post-text exercises*

#### **1. Give Ukrainian equivalents to the following phrases:**

- |                        |                      |
|------------------------|----------------------|
| 1) physical engagement | 6) competition area  |
| 2) serious injury      | 7) protection border |
| 3) basic principles    | 8) award points      |
| 4) amateur wrestling   | 9) shake hands       |
| 5) execute holds       | 10) pin the opponent |

#### **2. Match the definitions to the following notions:**

- |                     |  |
|---------------------|--|
| 1. default          | a) an individual unit that adds to a score in a game or sports competition;              |
| 2. disqualification | b) a wrestling match;  |
| 3. fall             | c) a person that competes with another;  |
| 4. forfeit          | d) extra time;   |
| 5. technical fall   | e) winning a match through the inability of an opponent to continue the match;           |
| 6. bout             | f) a piece of thick material such as rubber or plastic used for people to fall onto;     |
| 7. points           | g) holding both of an opponent's shoulders to the mat simultaneously for 1 or 2 seconds; |
| 8. rival            | h) a situation in which a contestant is banned from participation in accordance          |



9. overtime period

10. mat

with the Infraction Penalty Table;

i) occurs when a wrestler has earned a 15-point advantage over an opponent;

j) winning a match through failure of an opponent to appear.

**3. Combine the following words and translate them:**

1) physical

2) execute

3) weight

4) competition

5) award

6) score

7) pin

8) technical

9) injury

10) overtime

a) division

b) points

c) opponent

d) superiority

e) holds

f) area

g) engagement

h) points

i) period

j) default

**4. Insert the prepositions where necessary:**

on(3), with(3), for(2), at, in(2), to, of, over, by.

1. International wrestling is contested ... a mat, ... a nine meter circular competition area.

2. There are three officials ... every international wrestling match.

3. The match starts ... the wrestlers standing ... their feet.

4. ... the end of each bout, the arm of the winner is raised.

5. The main objective ... wrestling is ... pin your opponent.

6. Many styles ... wrestling are known all ... the world.

7. ... one key exception, the rules of the two styles are identical.

8. The wrestlers are encouraged ... officials to stay... the competition area.
9. There are three officials ... every international wrestling match.
10. The officials award points ... a majority vote.

**5. Match two parts of the sentences.**

- |   |  |
|---|--|
| 1. At the start of each bout ...                      | a) ... the act of physical engagement between two unarmed persons. |
| 2. The main objective in wrestling ...                | b) ... may not attack his opponent's legs.                         |
| 3. This is a technical superiority,...                | c) ... with a nine meter circular competition area.                |
| 4. Wrestlers are now required ...                     | d) ... the wrestlers shake hands.                                  |
| 5. The first wrestler ...                             | e) ... to score a minimum of three points in order to win a match. |
| 6. Avoiding techniques ...                            | f) ... both the arms and legs may be used to execute holds.        |
| 7. In Greco-Roman, a wrestler ...                     | g) ... is to pin your opponent.                                    |
| 8. In freestyle ...                                   | h) ... or also known as a technical fall.                          |
| 9. International wrestling is contested on a mat, ... | i) ... likely to lead to serious injury.                           |
| 10. Wrestling is ...                                  | j) ... to reach three points will be the winner.                   |

**6. Complete the sentences with appropriate terms.**

1. International wrestling is contested on a m\_ \_ \_ .
2. The officials a\_ \_ \_ \_ points on a majority vote.
3. The wrestlers strive to take their o\_ \_ \_ \_ down to the mat to s\_ \_ \_ \_ points.
4. The main objective in wrestling is to p\_ \_ \_ your opponent.
5. In freestyle, both the arms and legs may be used to execute h\_ \_ \_ \_ .
6. If neither wrestler reaches three points in overtime, the winner will be determined by the o\_ \_ \_ \_ \_ .

7. There are eight w\_\_\_\_\_ divisions in men's international wrestling.
8. The wrestlers shake hands with the r\_\_\_\_\_ and with their o\_\_\_\_\_.
9. At the start of each b\_\_\_\_, the wrestlers shake hands.
10. A bout can also end by an injury d\_\_\_\_\_, a f\_\_\_\_\_ or a disqualification.

**7. Answer the following questions.**

1. What style of wrestling has been Olympic sport for over 100 years?
2. What is the main objective in wrestling?
3. What do the wrestlers do to score points?
4. Where is international wrestling contested?
5. What is the difference between Greco-Roman and freestyle?
6. When is the bout stopped?
7. What is wrestling?
8. How do the officials award points?
9. How long does the match last?
10. When does the match go into a three-minute overtime period?

**8. Finish the following sentences.**

1. The match starts with...
2. The officials award...
3. There are three officials...
4. The main objective in wrestling...
5. Points are awarded for...
6. There are two international wrestling styles...
7. Basic principles of wrestling are...
8. A bout can also end by...
9. In order to win the game, the wrestlers...
10. If neither wrestler has scored three points at the end of six minutes...

**1. Read the text to find the information about:**

- 1) What did wrestling originate from?*
- 2) What was wrestling used for in ancient times?*
- 3) What was wrestling in Greek ideals?*
- 4) How did wrestling develop in the world?*
- 5) What qualities should a good wrestler possess?*

Wrestling is the most natural and, therefore, one of the oldest forms of combat in which two individuals can engage. At the dawn of civilization wrestling was an art of war. Even before written history, we are reasonably sure, people of the Stone Age developed a form of wrestling that bordered on the scientific. They had to provide for themselves by means of strength and cunning, so physical combat was essential, not only between individuals but with animals. Carvings and drawings found on cave walls in France, estimated to be between 15,000 and 20,000 years old, illustrate combatants in holds and leverage positions similar to many present-day wrestling positions. From paintings, reliefs, vases, mosaics, and writings we know that wrestling was important in Egyptian culture. For example, more than 200 pictographs of wrestlers from approximately 2500 to 3000 B.C. were discovered on the walls of the temple-tombs of Beni Hasan, a village on the Nile in central Egypt, indicating that wrestling had already reached a high stage of development in Egypt 5,000 years ago. It was competitive, with definite objectives, and it was controlled by strict rules that determined the winner, with successful performance requiring know-how, strength, and endurance. Wrestling as combat was an ancient method for settling disputes. Wrestling progressed through the ages until it developed into a sport in the modern sense of the word. It was Greeks who raised wrestling to its zenith as a sport. It flourished not only as exercise in athletic training, but as an integral part of national life, rooted in the need to prepare citizens for war and in Greek ideals of beauty and



harmony. Wrestling was the heart of Greek sport and formed the chief event of the pentathlon. The Greeks believed that wrestling displayed strength, agility, and grace better than any other activity, and their language is full of expressions borrowed from the terminology of the wrestling match. It is generally accepted now that wrestling in its systematic and scientific form was probably introduced into Greece from Egypt or Asia. Historians are quick to point out that Homer's description of holds corresponds closely with the Beni Hasan figures in Egypt. It was not until the last quarter of the second century B.C. that wrestling was introduced into Rome, but it never attained the same degree of popularity as in Greece. Wrestling was also popular in the Orient, particularly Japan. The first recorded wrestling match in Japan took place in 23 B.C. In China many famous wrestlers were produced during the period of the Five Dynasties. During the later Middle Ages, wrestling bouts were frequently held between English towns, and almost every village festival included this sport as part of its entertainment. Long before Christopher Columbus set foot in the new world, the Indians of North and South America were holding wrestling matches as sport. Later, wrestling matches were popular entertainment at social gatherings of the early European settlers. George Washington was well known as the colonial champion in the collar-and-elbow style of wrestling. Abraham Lincoln, best known of all presidents for his wrestling skills, was famous for his success in free-for-all and catch-as-catch-can competitions. Today, the value of wrestling is universally recognized. Wrestlers are among the best-conditioned and best-disciplined athletes. By its very nature, amateur wrestling invites a wider range of individuals to participate, from 100-pound dynamos to behemoths weighing well over 200 pounds. Both boys and girls participate in wrestling at the secondary school level and receive instruction together in physical education settings. Vision-and hearing-impaired people and those with other physical disabilities find wrestling an excellent sport in which to participate. Wrestling is basic stuff: speed, strength, intelligence, and courage.

*(Originated from Wikipedia, the free encyclopedia)*



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

1. In the early days of civilization wrestling was an art of war.
2. Wrestling as combat is a modern method for settling disputes.
3. Egyptians raised wrestling to its zenith as a sport.
4. Wrestling was introduced into Greece from the Orient.
5. In Rome wrestling was more popular than in Greece.
6. In the Middle Ages every village festival in England included wrestling for entertainment.
7. The Indians of North and South America were holding wrestling matches long before Columbus discovered America.
8. Abraham Lincoln was famous for his success in judo competitions.
9. Wrestlers are well-conditioned and well-disciplined athletes.
10. Wrestling requires speed, strength, intelligence, and courage.

**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.**

**Rules**

Greco-Roman and freestyle differ in what holds are permitted: in Greco-Roman, the wrestlers are permitted to hold and attack only above the waist. In both Greco-Roman and freestyle, points can be scored in the following ways:

**Takedown:** A wrestler gaining control over his opponent from a neutral position.

**Reversal:** A wrestler gaining control over his opponent from a defensive position.

**Exposure or the Danger Position:** A wrestler exposing his opponent's back to the mat for several seconds, also awarded if one's back is to the mat but the wrestler is not pinned.

**Penalty:** Various infractions (e.g. striking the opponent, acting with brutality or intent to injure, using illegal holds, etc.). (Under the 2004-2005 changes to the international styles, a wrestler whose opponent takes an injury time-out receives one point unless the injured wrestler is bleeding.) Any wrestler stepping out of bounds while standing in the neutral position during a match is penalized by giving his opponent a point.

In 2004, FILA radically changed the format and scoring of the international styles. Part of this involved eliminating two ways of scoring which are possible from the par terre, or 'on the mat', position.

**Escape:** A wrestler getting from a defensive position to a neutral position.

**Lifting:** A wrestler successfully lifting an opponent in the defensive position and exposing his back.

In the international styles, the format is now three two-minute periods. A wrestler wins the match when he has won two out of three periods. For example, if one competitor were to win the first period 1-0 and the second period 1-0, the match would be over. However, if the other competitor were to win the second period, then a third and deciding period would result. Only a fall, injury default, or disqualification terminates the match: all other modes of victory result only in period termination.

One side effect of this format is that it is possible for the losing wrestler to outscore the winner. For example, periods may be scored 3-2, 0-4, 1-0, leading to a total score of 4-6 but a win for the wrestler scoring fewer points.

A match can be won in the following ways:

**Win by Fall:** A fall, also known as a pin, occurs when one wrestler holds both his opponents' shoulders on the mat simultaneously.

**Win by Technical Superiority:** If one wrestler gains a six-point lead over his opponent at any point in the period, the current period is declared over, and he is the winner of that period.

**Win by Decision:** if neither wrestler achieves either a fall or technical superiority, the wrestler who scored more points during the period is declared the winner of that period. If the wrestlers have gained the same number of points at the period's end, then it is ruled by the officials through certain criteria in the international styles.

**Win by Default:** If one wrestler is unable to continue participating for any reason or fails to show up on the mat after his name was called three times before the match begins, his opponent is declared the winner of the match by **default, forfeit, or withdrawal.**

**Win by Injury:** If one wrestler is injured and unable to continue, the other wrestler is declared the winner. This is also referred to as a **medical forfeit or injury default.** The term also encompasses situations where wrestlers become ill, take too many injury time-outs, or bleed uncontrollably. If a wrestler is injured by his opponent's illegal maneuver and cannot continue, the wrestler at fault is disqualified.

**Win by Disqualification:** Normally, if a wrestler is assessed three **Cautions** for breaking the rules, he is disqualified. Under other circumstances, such as flagrant brutality, the match may be ended immediately and the wrestler disqualified and removed from the tournament.

*(Originated from Wikipedia, the free encyclopedia)*

**2. Compile a vocabulary of wrestling terms.**

**3. Make a presentation of wrestling.**

**Arm drag:** A preliminary move to execute a takedown from behind.

**Breakdown:** From the referee's position, the wrestler on top forces the bottom wrestler off the hands and knees to a position flat on the mat.

**Bridge:** A position on the mat in which the wrestler is supported on the head and feet with the back arched.

**Counter:** Stop a move made by the opponent.

**Cradle:** A move made to force the opponent's head and knees together.

**Decision:** if no fall occurs in a match, the wrestler with the greater number of points is declared the winner.

**Default:** Winning a match through the inability of an opponent to continue the match.

**Disqualification:** A situation in which a contestant is banned from participation in accordance with the Infraction Penalty Table.

**Escape:** Gaining a neutral position by the defensive wrestler while the supporting points of either wrestler are within the wrestling area.

**Exposure:** Turning an opponent's shoulders to the mat. Once the line of the back area breaks a 90-degree angle, points are scored. This can occur both from the feet and on the mat. A wrestler who holds his opponent in a danger position for five seconds will receive one extra point.

**Forfeit:** Winning a match through failure of an opponent to appear.

**Greco-Roman:** An international form of wrestling that has its roots in ancient Greece. This form of wrestling allows no holds below the waist, and the legs cannot be used for any purpose other than standing.



**Half nelson:** A hold executed from the rear by reaching either the left or right arm under the opponent's corresponding arm and using the hand behind the head to apply pressure.

**Hammerlock:** Holding the opponent's arm behind the back. This is illegal if the hand is pulled away from the body or if the angle at the elbow is less than 90 degrees.

**Near fall:** position in which the offensive wrestler holds the opponent's shoulder or the scapula area in contact with the mat for a designated time, less than that required for a fall.

**Reversal:** act of moving from a defensive position to an offensive position.

**Sit out:** a maneuver executed from the referee's position in which the bottom wrestler throws the legs forward to a sitting position.

**Stalemate:** neither wrestler is able to improve the situation: the referee stops and restarts the match.

**Stand-up:** a breakaway(escape) move resulting in getting up to the feet quickly.

**Takedown:** bring an opponent from a standing position to the mat and keep under control.



### ***International wrestling***

At the Olympic Games and world championships, wrestling competitions are held in the freestyle and Greco-Roman styles. These events are governed by the *Federation Internationale de la Lutte Associées* (FILA; International Federation of Associated Wrestling Styles), headquartered in Lausanne, Switzerland. In the United States, the governing body for international-style wrestling is USA Wrestling, located in Colorado Springs, Colorado. In Canada, the Canadian Amateur Wrestling Association (CAWA), located in Gloucester, Ontario, governs the sport.

International wrestling bouts, whether freestyle or Greco-Roman, have two periods of three minutes each. A match is completed if a wrestler scores a fall by pinning the opponent's shoulders to the mat for enough time that the referee acknowledges the move, or if at the end of regulation, one wrestler has scored more points than the other. If neither wrestler scores at least three points in the six minutes allotted, the wrestlers go into an overtime period of a maximum of three minutes. If neither wrestler has scored three points at the end of the overtime, or if the bout is still tied, the officials determine the winner. The points awarded for the various scoring maneuvers in wrestling are the same in both freestyle and Greco-Roman wrestling.

### ***Freestyle Wrestling***

Freestyle is the most popular wrestling style in the world. The rules of freestyle wrestling permit an athlete to use the entire body in competition. (In Greco-Roman, holds below the waist and the use of the legs are not permitted.) The Union of Soviet Socialist Republics (USSR) long dominated international freestyle competition. In the 1990s the United States became one of the leading freestyle wrestling nations in the world, winning its first-ever team title at the 1993 Freestyle World Championships and claiming another championship in 1995.

Women's freestyle wrestling is a growing sport around the world. A world championship for women was created in the 1980s, and an increasing number of countries field women's wrestling teams each year. In the 1990s Japan emerged as the

leading nation in women's wrestling. The Japanese team claimed the world championship seven times during the decade (1990, 1991, 1994, 1995, 1996, 1998, 1999).

### *Greco-Roman Wrestling*

Greco-Roman wrestling is especially popular in Europe, but it is practiced throughout the world. The distinctive features of Greco-Roman wrestling are that contestants must apply all holds above the waist, and that the use of the legs in scoring or defending is prohibited. Accordingly, tripping, tackling, and using the legs to secure a hold are not permitted. For years the USSR was the world powerhouse in Greco-Roman wrestling, and after the collapse of the USSR in 1991, wrestlers from Russia continued to dominate international competition.

### *Collegiate-style wrestling*

Collegiate-style wrestling, also known as folkstyle or scholastic, is a form of wrestling that developed in North America. This style of wrestling is practiced in high schools, colleges and universities, and many wrestling clubs. One feature that makes collegiate-style wrestling different from freestyle is that a wrestler must hold the opponent's shoulders to the mat for one second to earn a fall.

In the United States, the National Collegiate Athletic Association (NCAA) and other collegiate athletic associations supervise college wrestling at their respective member schools. The National Federation of State High School Associations (NFHS) governs high school wrestling. A collegiate-style bout is 7 minutes long, with a 3-minute first period followed by two 2-minute periods. Bouts that are tied at the end of regulation go into an overtime period. High school matches are 6 minutes long, with three 2-minute periods. Collegiate-style wrestling in the United States rewards wrestlers with *near falls*—worth two or three points—for holding an opponent close to his or her back. In addition, collegiate wrestlers earn credit for *riding time*, or time during which they control their opponent on the mat.

*(Originated from Microsoft® Encarta® 2006. ©)*

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