

1	Name of Syllabus	C.C.IN Greek Roman Wrestling (404126)																																									
2	Max. Nos of Student	25 students.																																									
3	Duration	6 Month																																									
4	Type	Part Time																																									
5	Nos Of Days / Week	6 Days																																									
6	Nos Of Hours /Days	4 Hrs																																									
7	Space Required	CLASS ROOM = 200 Sq feet + SPORT GROUND																																									
8	Entry Qualification	-----																																									
9	Objective Of Syllabus/ introduction	To make aware the people in the field of wrestling Greek roman rule & regulation																																									
10	Employment Opportunity	He Can work as a Coach.																																									
11	Teacher’s Qualification	Diploma / Certificate holder in concern game.																																									
12	Training System	<div>Training System Per Week</div> <table><tr><td>Theory</td><td>Practical</td><td>Total</td></tr><tr><td>6 Hours</td><td>18 Hours</td><td>24 Hours</td></tr></table>							Theory	Practical	Total	6 Hours	18 Hours	24 Hours																													
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GREEK ROMAN WRESTLING

THEORY - I AND PRACTICAL - II

History of wrestling

Rules of wrestling

1. Team Championship
2. Individual
3. Mat with pumi cover
4. Weight Category
5. Weighing Machine
6. Player Dress
7. Automatic Watch
8. Stop Watch
9. Red & Blue Strips & Flag
10. Scoring System
11. Playing field
12. Officials
13. Duration of games
14. Start of Game
15. Rules of play

Fundamental skills of Greek Roman Wrestling

1. Salami
2. Stance
3. Arm & Rear Crotch hold
4. Arms Drag
5. Scissors
6. Full Nelson
7. Under Arm Sweep
8. Arm Hook
9. Arm Lock & Throw
10. Hand Holding Grip
11. Peeling Hands a part Grip
12. Double Arm Lock
13. Simple Arm Hook
14. Arm Hook & Crock Lift
15. Head Drag

16. Over Head Drag
17. Head Lever
18. High Lift
19. Wing
20. Simple Stretcher
21. Throw over back (Dhak)
22. Patti
23. Half Nelson & Throw
24. Hand Twist & Pull (Noundar 1st Sort, 2nd Sort & 3rd Sort)
25. Neck Arm Lock (Kunda / Galkhodo) – 1st Sort & 2nd Sort
26. Ghissa Sada
27. Ghissa 2nd Sort
28. Ghissa Malaidor 3rd Sort
29. Ghissa Chatursingi 4th Sort
30. Roll & Pull over 5th Sort
31. Namaj Band
32. Ulta Khappa
33. Kambar Khoda
34. Ghutna
35. Out Side Jerk & Throw (Pustang)
36. Ekeru Hulkas
37. Danki
38. Moda
39. Dasti
40. Bangadi

Greek Roman Wrestling related terminologies

1. Hold
2. Feint
3. Counter
4. Parry
5. Break
6. Chain
7. Long Chain
8. Competitor's License
9. Methods of Competition

10. Vertical Pairing & Formation of groups
11. Place Classification Point
12. Medical Service
13. Doping
14. Penalties against the officials
15. One minute Break period
16. Danger position

IMPORTANT GREEK ROMAN WRESTLING TOURNAMENTS

1. Olympic Game
2. Asian Game
3. CWG
4. International Competition
5. National Competition
6. Late Shri. Khashaba Jadhav memorial National Wrestling Competition
7. Maharashtra Kesari Wrestling Competition
8. School National Wrestling Competition

References Books:

1. International Encyclopedia of Sports & Games (Vol. 4) – Ashok Kumar
2. Wrestling – Sunil Kumar Jain, Dr. Jagdish Sahaya
3. Coaching successfully – Sir Gangadhar Rao, Ganesh Patwardhan

TRAINING METHODS

PRACTICAL - I

1) TRAINING METHODS

Meaning of training

Conditioning

Concept of training

Basic principles or Laws of training

1. Law of specification
2. Law of overload
3. Law of reversibility

Effects of all round training

Methods of training

Flexibility

Role of flexibility in performance

Methods of flexibility development

Types of strength

Methods of strength development

Types of exercises (specific)

Endurance development

Endurance development methods

Speed development

Speed development methods

Advantages of speed development

2) SPORTS AND NUTRITION

Balanced diet

Elements of diet

Component of diet

Role of diet on performance

3) Common Sports Injuries and their prevention

i) Sports Injuries

ii) Prevention & management of sports injuries

iii) Soft tissue injuries

iv) Skeletal injuries

v) Injuries developing slowly

vi) Proper sports gear and its importance
