



# Amateur Wrestling: Combat on the Mat (Martial Arts Sports Zone)

*Garrison Wells*

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Did you know that wrestling started out as a deadly sport? Ancient Greeks and Romans used it for self-defense. In modern times, amateur wrestling is still powerful and challenging. But training, equipment, rules, and scoring systems make the sport safer for competitors.

Enter the Martial Arts Sports Zone to learn about the history, gear, moves, competitions, and top athletes connected to amateur wrestling. You'll discover:

What the different styles of wrestling are and how they've changed.

What some of the top wrestling moves are, including the suplex and fireman's carry.

Why Rulon Gardner left his wrestling shoes on the mat at the 2004 Olympic Games.

How amateur wrestling compares to similar sports in other countries, such as lucha libre and shuai jiao.

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