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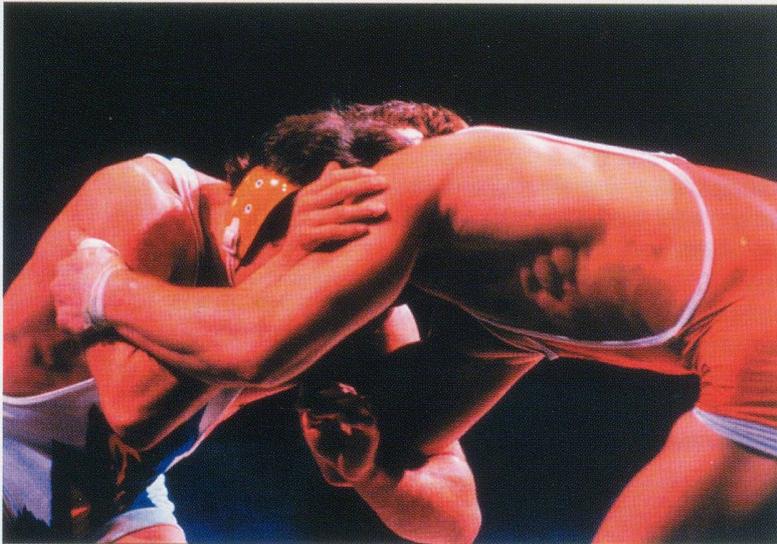
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Hello Children

Where did wrestling first take place?



Wrestling as an organised and scientific sport was probably introduced into Greece from Egypt or Asia, but there is a Greek legend that it was invented by the hero Theseus. The first recorded wrestling match in Japan took place in 23 BCE. The Japanese have a style of wrestling that is called 'Sumo' in which weight is very important.

Wrestling is one of the earliest sports known to man. Many hundreds of scenes of wrestling matches are carved on the walls of ancient Egyptian tombs. They show nearly all the holds and falls known to us today, so wrestling was a highly developed sport at least 5000 years ago.

FACT FILE

King Henry VIII was an accomplished sportsman and excelled at hunting and wrestling. Henry also loved music and could play, sing and dance.

