

Basic information

Wrestling is a [martial art](#) and [combat sport](#) that involves [grappling](#) with an opponent and striving to obtain a position of advantage through different throws or techniques, within a given rule set.

Wrestling involves different grappling-type techniques such as [clinch fighting](#), [throws](#) and [takedowns](#), [joint locks](#), [pins](#), and other [grappling holds](#). Many different wrestling techniques have been incorporated into [martial arts](#), [combat sports](#), and [military systems](#). Wrestling can either be genuine competition or athletic theater (see [professional wrestling](#)).

Wrestling comes in different competitive forms such as [freestyle](#), [Greco-Roman](#), [judo](#), [sambo](#), [folkstyle](#), [catch](#), [shoot](#), [luta livre](#), [submission](#), [sumo](#), [pehlwani](#), [shuai jiao](#), and others. Wrestling first appeared in the [ancient Olympic Games](#) as an event during the 18th Olympiad in 708 BC. There are a wide range of styles with varying rules, with both traditional historic and modern styles.