NUMBER 5: LIFTING

Wrestling, man's oldest and most challenging sport, can trace its history back 5,000 years. Inscriptions on the walls of the tombs at Beni Hasan, Egypt, show maneuvers that are the same as those practiced in any wrestling room today.

Although there are an infinite number of moves and countermoves to the sport, each is based on a series of specific skills.

2007 Indiana State Freestyle Championships - 140 lbs. Jordan Dulaney (New Castle) with a high crotch lift on Jordan Krulik (Martinsville). Dulaney won by decision; 1-0, 5-3. Photo by Charles T. Bennett.