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Sport between two competitors For the arcade game, see Arm Wrestling (video game). Arm Wrestling Two individuals arm wrestling recreationallyFirst playedc. 8th century CECCharacteristicsContactYesTeam membersNoMixed-sexNo (competition)EquipmentArm wrestling table, straps (competition)PresenceCountry or regionInternationalOlympicNo Arm wrestling (also spelled "armwrestling") is a sport in which two participants, facing each other with their bent elbows placed on a flat surface (usually a table) and hands firmly gripped, each attempt to "pin" their opponent's hand by forcing it to the surface. In popular culture, arm wrestling is commonly interpreted as a display of physical dominance, symbolizing superior strength and toughness between two individuals.[1] Competitors approach the table, set the elbows of their competing arms onto the elbow pads, and attempt to grip their competing hands palm-to-palm, with their non-competing hands touching the hand pegs. In the grip of competing hands, the thumbs must be visible, and hands must be centered on the table. No part of the competing hand may touch any part of the competitor's own body. The referee ensures the competitors' hands are properly aligned, with wrists and forearms straight, and that shoulders are approximately square. If the match is a "strap match" due to a slip during engagement, or to mutual agreement of the competitors, then the referee applies the strap to their competing hands. If the competitors cannot settle on a legal grip after a certain period of time, the referee will set their grip (a "ref's grip"). The referee signals the start with "Ready...Go!" or other agreed-upon signal. Competitors may receive a warning and/or a foul for early movements, delays, or shifting their shoulders or feet. Any movement while a referee is attempting a ref's grip may result in a foul.[2][3] The two athletes engaged in a competitive arm wrestling match. After the "Ready...Go!", each competitor tries to "pin" the other by forcing any part of their opponent's hand parallel to or below the line of the pin pad. The referee will use a verbal command and/or hand signal to indicate a pin. The competitors may use any combination of legal techniques and movements while keeping their non-competing hand on the hand peg and at least one foot touching the ground. Competitors may receive a warning and/or a foul for reasons including removing their hand from the hand peg, removing their elbow from the elbow pad, forcing an opponent off of their own elbow pad, slipping while in a losing position, lifting both feet off the floor, or touching their own body with their competing hand (i.e. touching their hand to their shoulder while attempting a triceps press). If the competitors "slip" and lose their grip during engagement, a referee applies a "strap" to the competitors' wrists during a new setup, and the competitors will engage in a strap match. After a foul, the referee allows a predetermined period of time for a rest before the match resumes. Two consecutive warnings typically result in a foul, and two consecutive fouls typically result in a loss for the fouling competitor. Referees may penalize competitors who intentionally foul, use foul language, or engage in misconduct, which may lead to disqualification.[2][3] Recreational (not organized) arm wrestling typically adheres to the most fundamental principles, where two participants face each other with bent elbows resting on a flat surface, with each participant seeking to "pin" their opponent's hand by pressing it down to the surface.[4] Competitive arm wrestling matches utilize specialized tables which include elbow pads, pin pads, and hand pegs. The elbow pads indicate the area within which a competitor's elbow must remain throughout the match; the pin pads indicate the height below which an opponent's hand must in order to be pinned; and the hand pegs must be gripped with the non-wrestling arm and are used for additional leverage. These tables vary slightly in their dimensions based on the governing body of the competition, but are always symmetrical with predefined distances between the elbow pads and pin pads.[2][3] The three main techniques in arm wrestling are as the "hook", the "toproll", and the "press". There are many movements within these techniques, but all arm wrestling engagement involves either a combination of these three techniques.[5] Hook match: The hooking" is an "inside" arm wrestling technique[6] where a competitor attempts to cup their hand at the wrist toward their forearm, pulling their opponent toward them in while supinating the hand and forearm. The competitor will combine hand and arm positioning to reduce the opponent's leverage and shift toward the pin pad to gain control. The hook relies primarily on wrist pressure and arm strength, particularly in the biceps, rather than hand control or technique, in contrast to the toproll.[7] The toproll (or "toprolling") is an "outside" arm wrestling style[8] characterized by pronating the hand and forearm to apply wrist pressure on the opponent, while pulling back and sideways to control the opponent's hand. The competitor's arm should remain at a tight angle, with body movement toward the winning side and the non-competing leg bending to generate momentum. The goal is to open the opponent's wrist, forcing them into a vulnerable position before securing the pin. A successful toproll relies heavily on strength in the rising, pronation, and back pressure movements.[9][10] Toproll (left) against press (right) The press (or "flop wrist press", "triceps press") is an outside style which involves a competitor getting their body behind their arm to use their shoulder, chest, and triceps to press their opponent's hand and arm to the pin pad. Effective pressing requires proper alignment with the hips and non-competing leg positioned to avoid blocking the pin. This technique is often reserved for neutral or advantageous positions in order to finish an opponent. Beginners should be careful using the press as it can put stress the elbow tendons and cause injury if applied incorrectly. The press can be accessed from either a hook or toproll.[11][12] "Cupping" refers to flexion of the hand and wrist toward the inner arm.[13] Cupping uses the forearm muscles to bend back an opponent's wrist and decrease their accessible leverage. Strength in this movement is a key factor to success when implementing a hook.[14] Pronation is downward rotation; supination is upward rotation. "Pronation" involves pressurees against the opponent's palms and fingers. Pressing exercises are generally secondary, except in certain cases where they strengthen techniques and movements such as the press (bench press) and side pressure (DM press).[26] In addition to standard dumbbells and barbells, arm wrestlers often make use of martial arts belts, and cable systems with specialized handles in order to more closely replicate the angles and tensions of real arm wrestling.[28] Arm wrestlers will often construct their own specialized equipment.[29] A majority of technique training takes the form of table time. Table time often involves engaging in recreational matches or exercises between two individuals on an arm wrestling table, starting from various starting positions and scenarios, with the intended purpose of developing one's strategy and techniques against a large variety of opponents and styles. Arm wrestling practice strategies and scenarios can include endurance, static reps, strap training, "ready go" training, and speed training. Typical fracture Arm wrestling is associated with various injuries, including humerus fractures, shoulder dislocations, soft-tissue damage, nerve injuries, and tendonitis. Injuries associated with arm wrestling occur most commonly between novices or athletes of significant strength difference, when competitors are forced into unsafe positions out of inexperience or inability to maintain advantage. Matches or practices involving experienced competitors with the proper conditioning and knowledge produce injuries at a lower rate than novices. Most individuals experiencing injuries regain full function with proper treatment.[30][31] The competitor on the right is in an injury-prone or "arm break" position. His shoulder must be in line with or behind the arm and his arm and body should be facing his competing hand. Spiral humerus fractures are the most common fracture experienced and often occur in the dominant arm, especially among amateurs. Fractures may require longer recovery times and, in severe cases, surgical intervention. Fractures are significantly more likely when one of the competitors rotates their shoulder inward (as in a press) without first getting behind their hand, a position known as the "break arm" position. Beginners should attempt to maintain eye contact with their own hand, keep their shoulders square, and pull (rather than push) their opponent to the pin pad. In order to prevent reaching a position that could cause injury, most competitive arm wrestling governing bodies align on general principles within their rule sets, although there may be slight variations. Since there is no central governing body, rule sets must be agreed to prior to a tournament or match.[32] Active governing organizations include the International Federation of Armwrestling (IFA),[33] the World Armwrestling Federation (WAF),[34] the World Armwrestling League (WAL),[35] and East vs West.[36] A tournament usually involves successive rounds of a single match (or "pull") between any two opponents and a large number of total participants.[37] Most tournaments are double-elimination, meaning two losses will eliminate a competitor from the tournament. As with other combat sports in which body weight is recognized to play a significant role in victory, arm wrestling tournaments are usually divided along weight classes as well as left and right-handed divisions. A "supermatch" usually involves a best three out of five matches, or best of four out of either six or seven matches between two specific athletes, with short rest periods between consecutive matches.[38] The supermatch format is usually reserved for more experienced and high-level pullers, and is analogous to a traditional bout in other combat sports. Supermatch format varies depending on the rule set utilized by the organizing body.[2][3] Current knowledge of the history of arm wrestling is based on written and pictorial evidentiary sources, and arm wrestling may have existed in any number of ancient or medieval cultures that did not record it. The most popular claims that it was practiced in ancient Egypt or ancient Greece, while not necessarily implausible, are founded on misinterpretation of sources (confusing references to wrestling with the arms or images of wrestling with the hands or of dancing for arm wrestling).[39] Modern-day practices and depictions of arm wrestling have been widely practiced during the Edo-period of Japan (Japanese: 腕相撲, romanized: udezumō; formerly known as "wrist wrestling" in the context in English, a literal translation of the Japanese) depicted in art from as early as the 1700s, and recorded in writing as early as the eighth century in the Kojiki. Illustration unambiguously demonstrate this was the same as modern arm wrestling. It is likely that the modern popularity of arm wrestling comes from the Japanese treatment of the sport.[39] Arm wrestling was also practiced by Spaniards and Cubans in the nineteenth century, possibly via the influence of the Japanese contact; these arm-wrestlers would place a piece of money under each elbow.[40] Arm wrestling in the United States was formerly also called "Indian arm wrestling"; some sources suggest the practice originated among Native American peoples such as the Lenape. A similar sport, "Indian hand wrestling", attested from the early 20th century and commonly ascribed Native American origins, was conducted standing upright. Both "Indian arm wrestling" (or simply "arm wrestling") and "Indian hand wrestling" were popular among Boy Scouts and other American youth in the early to mid 20th century. [41][42][43][44][45][46] The transition from small arm wrestling competitions to professionally-organized events began in the 1950's. In late 1954, a "wristwrestling" challenge issued by Jack Hodel at Mike Gilardi's bar in Petaluma, California, sparked local interest and led to the formation of a committee to organize an event for the March of Dimes. The first contest took place on 27 January 1955, and was followed by the establishment of an annual event, which grew steadily in scale and popularity.[47] In 1962, the sport was formalized by the creation of the World's Wristwrestling Championship, Inc., which held the first World's Wristwrestling Championship on 2 February 1962, marking the transition from informal, local competitions to professional, organized tournaments.[48] Arm wrestling among Indian youth In popular culture, arm wrestling is commonly interpreted as a display of physical dominance, symbolizing superior strength and toughness between two individuals.[1] Sports portal Hand strength Grip strength Handspan Grappling Thumb war ^ a b Different, David (2017). "Arm Wrestling with Masculinity: Television, Toughness, and the Touch of Another Man's Hand". *Men and Masculinities*. 22 (5): 821–849. doi:10.1177/1097184X17730385. Retrieved 22 November 2024. ^ a b c d "2022 WAF Rules" (PDF). January 2022. Retrieved 19 December 2024. ^ a b c d "2022 IFA Rules" (PDF). 30 December 2021. Retrieved 19 December 2024. ^ VINCENT JAMISON, Plaintiff and Appellee. ARM WORLD PROMOTIONS at (Court case). California Court of Appeals, Fifth District. 2010. Arm wrestling is a competitive endeavor in which two opponents exert pressure against each other's hands to determine which competitor has greater arm strength. Each competitor must keep their elbow on the table, with the goal of forcing their opponent's hand to touch the table. ^ Retardies, James (2013). Strong Arm Tactics: Training And Technique In Competitive Armwrestling. Yorktown, VA: John Henry Printing. p. 22. ^ "Basic armwrestling moves". Archived from the original on 2021-08-08. 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Yorktown, VA: John Henry Printing. p. 126, 140, 146. ^ "Arm Wrestling Moves". Indian Arm Wrestling Federation: Arm Wrestling Techniques. Retrieved 17 December 2024. ^ Retardies, James (2013). Strong Arm Tactics: Training And Technique In Competitive Armwrestling. Yorktown, VA: John Henry Printing. p. 107. ^ Meale, Harvey (18 June 2023). "Arm Wrestling Techniques (Demonstrated & Explained)". *Arm Wrestling Advice*. Retrieved 13 December 2024. You want to get your forearm as vertical as possible in the setup with your wrist as close to directly above your elbow as possible. We call this "posting" because your arm is almost upright, like a post sticking out of the ground. ^ Retardies, James (2013). Strong Arm Tactics: Training And Technique In Competitive Armwrestling. Yorktown, VA: John Henry Printing. p. 6-8. ^ Cooper, Mark (6 February 1989). "Hands On: Carter trains hard to win at arm wrestling". *Grayson County News-Gazette*. Retrieved 19 December 2024. Carter said arm wrestling is about 50 percent strength, 50 percent technique and an extra 10 percent psychological advantage. "You reach a certain point when the strength part of it equals out", Carter said. "Then it's just down to who feels the most confident. You've got to have your head into it as well as your arm." ^ Retardies, James (2013). Strong Arm Tactics: Training And Technique In Competitive Armwrestling. Yorktown, VA: John Henry Printing. p. 6-8. ^ a b Meale, Harvey (17 June 2023). "Arm Wrestling Training Program - For Beginners (2023)". *Armwrestling Advice*. Retrieved 18 December 2024. ^ Cooper, Mark (6 February 1989). "Hands On: Carter trains hard to win at arm wrestling". *Grayson County News-Gazette*. Retrieved 19 December 2024. ^ Robinson, PM (November 9, 2002). "Indians wrestle for the title". Archived from the original on 2021-08-08. Retrieved 2021-08-08. ^ Culin, Stewart (1899). "Hawaiian Games". *American Anthropologist*. 1 (2): 210. 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"The History of the World's Wristwrestling Championship - Part One". *The Armwrestling Archives*. Retrieved 22 November 2024. ^ Roussin, Eric. "The History of the World's Wristwrestling Championship - Part Two". *The Armwrestling Archives*. Retrieved 22 November 2024. Wikimedia Commons has media related to arm wrestling. World Armwrestling Federation International Federation of Armwrestling (IFA) Professional Armwrestling League (PAL) Official page of The Ultimate Arm Wrestling League. Archived 2020-06-28 at the Wayback Machine. Retrieved from "here — copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt — remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution — You must give appropriate credit , provide a link to the Creative Commons license, and indicate if changes were made. You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike — If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions — You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation. No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. Arm wrestling is a competitive strength sport that involves two individuals trying to force each other's hand down onto a pad. It primarily utilizes the muscles in the arms, particularly the forearms, biceps, triceps, and shoulders. Strong grip and wrist muscles are essential for a good arm wrestler, as is explosive power in the upper body. Understanding the muscles used in arm wrestling can help athletes tailor their training for optimal performance. Arm wrestling primarily uses the muscles of the upper arm, including the biceps and triceps. The muscles of the forearm also play a significant role in arm wrestling, particularly the wrist flexors and pronator teres. The shoulder muscles, such as the deltoids, are also important for stabilizing the arm during the match. Back muscles, including the latissimus dorsi and rhomboids, can provide additional support and power during an arm wrestling match. Overall, arm wrestling requires a combination of strength, endurance, and technique in order to be successful. Benefits of Arm Wrestling to Improve Muscle Strength Arm wrestling is often dismissed as a simple, macho sport with no real merit, but it can actually be a great way to improve muscle strength. Engaging in arm wrestling on a regular basis can help you build and tone your arm, shoulder and back muscles, as well as work on improving your grip strength — all of which are crucial for a healthy body and good physical performance. Additionally, arm wrestling can also help you develop good technique and control, especially when it comes to using your body weight and positioning to your advantage. One of the biggest advantages of arm wrestling is that it is a low-impact, high-intensity workout that can help you burn calories and improve your cardiovascular health. By engaging in arm wrestling, you'll challenge yourself to exert maximum force in a short amount of time, which can be just as effective as traditional forms of cardio exercise like running or cycling. Moreover, arm wrestling is a sport that can be practiced at any age or fitness level, making it a great option for those who are just starting out on their fitness journey or who need to incorporate fun and engaging activities into their workout routines. To really make the most of arm wrestling as a workout strategy, it's important to focus on proper form and technique. This means engaging all of the muscles in your arm and shoulder, and using your grip strength to hold your opponent in place while you exert force. You can also use varying techniques to improve your muscle strength and control, such as focusing on speed and explosiveness, or using slower, more deliberate movements to build endurance and stamina. Overall, arm wrestling can be a fun, engaging, and effective way to improve muscle strength and cardiovascular health. By focusing on proper technique and incorporating arm wrestling into your regular workout routine, you can build muscle, burn calories, and develop the kind of strength and control you need to excel in both sports and everyday activities. So why not give it a try and see how your muscles benefit from the thrill of the sport? Low impact, high intensity Develops technique and control Can be practiced at any age or fitness level Top 5 Muscles Used in Arm Wrestling Arm wrestling is a sport that requires not only strength but also skill and technique. Although many muscles are involved when arm wrestling, there are five muscles that play a major role in this sport. These muscles are the biceps brachii, brachialis, brachioradialis, pronator teres, and flexor carpi radialis. Biceps brachii: This muscle, commonly known as the biceps, is located at the front of the upper arm. It is responsible for flexing the elbow joint, which is a vital movement when arm wrestling. Brachialis: The brachialis is a muscle located underneath the biceps brachii. It is responsible for flexing the elbow joint and is a key muscle in arm wrestling. Brachioradialis: The brachioradialis is located on the forearm, and it is responsible for flexing the forearm at the elbow. This muscle is often overlooked in arm wrestling, but it plays a significant role in maintaining grip strength during the match. Pronator teres: The pronator teres is located in the forearm and is responsible for rotating the forearm inward. This muscle is essential for controlling your opponent's wrist and arm during the match, giving you an advantage. Flexor carpi radialis: This muscle is located on the side of the forearm and is responsible for flexing the wrist and hand towards the forearm. It plays an important role in arm wrestling as it allows you to maintain a strong grip and keep your opponent's hand and wrist under control. The biceps brachii is important for maintaining a strong grip during the match. Strengthening your brachialis is crucial as it allows you to generate more power and leverage in your arm wrestling matches. In conclusion, these five muscles play a vital role in arm wrestling, and by strengthening them, you can significantly improve your performance. It is essential to focus on these specific muscles to gain an advantage over your opponents. By applying specific exercises targeting these muscles, you can improve your arm wrestling skills and become a successful arm wrestler. Arm wrestling is a sport that requires strength, power, and technique. The most used muscle during arm wrestling is the brachioradialis muscle, located in the forearm. This muscle is responsible for flexion at the elbow, which is a crucial movement during arm wrestling. However, other muscles are also involved, such as the biceps brachii and the pronator teres. The biceps brachii muscle is responsible for the initial lift of the arm, while the pronator teres muscle is responsible for pronation of the arm, which is the twisting movement. All these muscles work together to provide the strength and power required to win an arm wrestling match. To train these muscles, it's important to focus on exercises that target the muscles used during arm wrestling. Hammer curls, reverse curls, and wrist curls are great workouts for the brachioradialis muscle. Meanwhile, biceps curls, chin-ups, and pull-ups are great workouts for the biceps brachii muscle. Finally, the pronator teres muscle can be trained by performing wrist pronation and supination exercises with dumbbells or using a wrist roller. It's important to note that arm wrestling is not just about pure strength, but also about technique and strategy. For example, instead of solely relying on brute force, arm wrestlers can manipulate their opponent's arm by using leverage and angle to gain the upper hand. In addition, arm wrestlers can also use their body weight to their advantage by leaning forward or backward during the match. In conclusion, arm wrestling relies heavily on the brachioradialis muscle, but other muscles such as the biceps brachii and the pronator teres also play a significant role. It's important to train these muscles to improve overall strength and technique. Remember, it's not just about strength but using strategy and technique to overcome your opponent. Understanding the Techniques of Arm Wrestling for Building Muscles Arm wrestling is not just a contest of strength, it is also a great way to build muscle. In order to understand the techniques of arm wrestling for building muscles, it is important to first understand the basic elements of arm wrestling. One of the most important parts of arm wrestling is having a strong grip. This can be achieved by performing exercises that strengthen the fingers, such as gripping weights or using a grip trainer. Another important aspect of arm wrestling is having strong wrists. Wrist curls and reverse wrist curls are great exercises to strengthen the wrists for arm wrestling. When it comes to the actual techniques of arm wrestling, the key is to use the power of the entire arm, not just the bicep. In fact, the tricep plays a big role in arm wrestling, as it is responsible for extending the arm. It is also important to use the entire body and not just rely on arm strength. Engaging the core and legs can give you the extra push needed to win a match. In addition to these techniques, it is important to use proper form during an arm wrestling match. This means keeping your elbow close to your body and not extending it outwards, as this puts unnecessary strain on the shoulder. It is also important to stay relaxed and not tense up, as this can decrease your overall strength and make it easier for your opponent to defeat you. Overall, arm wrestling is a great way to build muscle, especially in the arms, wrists, and core. By utilizing proper techniques and incorporating exercises that target these specific areas, you can become a strong and successful arm wrestler while also improving your overall physique. Read also: Water Sound In Belly During Pregnancy How Arm Wrestling Affects Your Upper Body Muscles Arm wrestling is an activity that often gets overlooked by fitness enthusiasts. Not only is it a competitive sport, but it also has various benefits for your upper body muscles. Primarily, arm wrestling targets the biceps and forearm muscles. When you pull your opponent's hand towards your side, you are using your biceps to contract and flex your elbow joint. This repetitive motion helps to strengthen and tone those muscles. In addition, arm wrestling also works the muscles in your wrist and hand. Wrist muscles such as the extensor carpi radialis and flexor carpi radialis are put to work when you twist and turn your hand during the match. Your hand muscles, including the flexor digitorum superficialis and extensor indicis, are also put to work when you grip and hold onto your opponent's hand. Arm wrestling can also help you develop better grip strength, making it easier to perform everyday tasks like carrying groceries or opening jars. Consistently practicing arm wrestling can also help you improve your overall upper body strength and endurance, making it an excellent complementary exercise for weightlifters or athletes. However, it is worth noting that arm wrestling is not risk-free. If done improperly or excessively, it can cause muscle strains in your biceps, forearm, wrist, and hand muscles, resulting in pain and discomfort. It is important to approach the activity with caution, especially if you are a beginner. Starting with a lighter resistance can help you gradually build strength and prevent injury. In conclusion, arm wrestling may not be the most conventional form of exercise, but it has numerous benefits for your upper body muscles. Incorporating it into your workout routine can help you improve your biceps, forearm, wrist, and hand muscles, as well as your overall strength and endurance. However, it is important to approach the activity with caution and avoid overexerting yourself to prevent injury. Read also: Why Is My Pregnant Belly Soft When I Lay Down Basics of Arm Wrestling to Develop Arm Muscles To develop arm muscles, arm wrestling is a great way to build muscle, especially in the arms, wrists, and core. By utilizing proper techniques and incorporating exercises that target these specific areas, you can become a strong and successful arm wrestler while also improving your overall physique. 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