

A comparison between Aba Wrestling and Judo within technical aspect

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Abstract

In times when survival and wars depended upon physical strength and superiority, sport has almost constituted a period of preparation for wars. As a matter of fact, it is seen through an analysis of documents and records that societies of those times were constantly involved in practices for developing and maintaining the physical strength. As being one of the wrestling kinds that is performed by wearing clothes, Aşırtmalı Aba Wrestling expresses itself as an outward reflection of spiritual and physical needs of people as a whole both in previous times and today. It also faces us as a cultural accumulation of Turkish people in their daily lives and values within social dimensions. In other words, practicing wrestling in times when Turks have lived in Central Asia has grown out of the need for the unity of spiritual sentiments and thoughts with body by remaining bound to their living standards and cultural norms of those times. The fundamental aim of this study is to determine and to present the rules, basic games/techniques of aba wrestling played in Gaziantep and Judo. These issues, which have been lacking in previous studies, will be filled in this study and therefore, it will constitute importance for the research. In aba wrestling, games are performed standing. Many of these games hold precise similarities with Judo. Judo, which has been a popular sport and gradually becoming widespread in Anatolia in recent years, is considered to be a sport unique to Japanese and Far East Asians. In this research, historical and descriptive methods have been used; literature scan and method of interviewing experts in collecting data about aba wrestling have been employed.

Keywords: Aba, judo, wrestling.

INTRODUCTION

One of the fundamental elements, which make human societies a nation, is culture. Despite the fact that culture element can not be eliminated, it can possibly go through changes in accordance with race, religion and moral structure of the nation which it belongs to. Actually the culture might develop. These developments provide culture continuity and growth (5).

When the historical process of wrestling phenomenon is analyzed, it is seen that it does not only hold the content of physical motions, but it also expresses certain social norms. In fact when looked into wrestling within the scope of both social and sportive dimensions, it is seen that wrestling is an indispensable struggle sports of Turks which had been performed in holidays, weddings, religious and national ceremonies, festivals and even in the funerals of heroes. It has eventually become a

symbol of heroism and bravery. In the time of history every Turk had performed wrestling or shown close interest if not performed (6).

Besides being the father sports of Turks in reflecting the material and moral identity of Turkish nation, aşırtmalı aba wrestling is one of the traditions which display the sports culture of Turks (5).

As it is known Judo had been accepted and developed for defense, fatal features and varieties in Far East Asia. It has later been practiced by Chinese monks and eventually spread to Japanese islands until it has reached to Japanese university student, Jigardo Kano. Jigardo Kano has introduced and led world appreciate Karate, Aikido, jui-jitsu martial arts by removing fatal components in 19th century. Similar techniques to Judo are used in aba wrestling which is particularly performed in Gaziantep and Hatay provinces and in village weddings and other

festivals with its unique clothing. It also has similarities with Judo in terms of how it looks and how wrestling starts as well as games. These similarities are thought provoking when considering the roots of origing of these two sports. A comparison will clarify the subject more (5).

Comparison between Similarities and Differences of Aşirtmalı Aba Wrestling and Judo

1. It is necessary to hold from belt in every aşirtmalı aba wrestling games.(It is not necessary to hold from belt in Hatay aba wrestling). However, there is no necessity for holding from belt in every game in Judo.

2. While wearing large and wide belt in aşirtmalı aba wrestling, a belt without width is used in Judo.

3. There is not much game performed on the ground in aşirtmalı aba wrestling. If done, it is the continuation of stand-up wrestling. There are many games performed both stand-up and on the ground in Judo.

4. While sportsmen wear shorts under aba, *a loose-fitting garment woven of camel or goat hair*, a long trousers-like garment is worn under dressing in Judo.

5. Aşirtmalı aba wrestling is a local and regional wrestling. Judo, on the other hand, has an international recognition and it also has an international federation which is known and practiced worldwide.

6. Judo uses different colored belts to identify the status of sportsmen. In aşirtmalı aba wrestling, however, such practice was not needed. Every wrestler wears the belt in same manner.

7. Drums and horns are used in aşirtmalı aba wrestling and it is performed with music. There is no music in Judo.

8. Referees wear regional and folkloric dress in aşirtmalı aba wrestling. In Judo referee wears modern clothing.

9. Aşirtmalı aba wrestling can be performed on mats, on grass and soil. Judo, however, is performed only on mats.

10. Aşirtmalı aba wrestling has regional rules unique to itself. Although Judo has international rules, its tradition comes from Japanese culture.

11. There are differences between aşirtmalı aba wrestling and Judo in terms of winning-losing and in leading to result (3).

12. In each sport weights are determined with age and weight (According to latest rules of aşirtmalı aba wrestling).

13. There is no tip-off in aşirtmalı aba wrestling unlike in Judo.

14. Cheering is not allowed in aşirtmalı aba wrestling. There is cheering in Judo.

15. Referee can intervene by entering between two wrestlers in aşirtmalı aba wrestling. Referee uses a whistle in Judo for intervention.

16. Losing wrestler kisses the hand of the winner in aşirtmalı aba wrestling and winning wrestler kisses the forehead of the loser. There is no such behavior in judo.

17. Only males perform aşirtmalı aba wrestling. Both males and females perform Judo (3).

Similarities between Aşirtmalı Aba Wrestling and Judo in Terms of Techniques

Games in aşirtmalı aba wrestling are practiced by different names in Judo. Similar games in both sports can be compared in below table (3).

Table 1. Aşirtmalı aba wrestling and judo in terms of techniques.

Aşirtmalı Aba Wrestling	Judo
Major inner reap	O Uchi Gari
Hip wheel	Koshi Guruma
Lifting and pulling hip throw	Tsuri Komi Goshi
Sweeping hip throw	Harai Goshi
Inner-thigh reaping throw	Uchi Mata
Large wheel	O Guruma
Big outer wheel	O Soto Guruma
Shoulder wheel	Kata Guruma
Minor outer clip	Ko Soto Gari
Body drop	Tai Otoshi

a. O Uchi Gari (Major inner rip)

Attacker reaches the back of the opponent by placing his head under opponent's arms. With left arm he grasps the opponent's leg and then rises above with abdomen. Then with the help of left and

right hands, the body of opponent is drawn backward and thrown to one side. This technique, which is performed in judo, is called "İç bağda da boşta kaldırma", *empty lifting in inner thigh* in aşirtmalı aba wrestling (2,4).



Figure 1a. Major inner reap

Figure 1b. O Uchi Gari

b. Koshi Guruma (Hip Wheel)

Attacker holds his right arm around opponent's head and wheels his hip. This move throws the opponent to the ground. This technique, which is performed in judo, is called "Kafakol", *head-arm* in aşirtmalı aba wrestling (2,4).

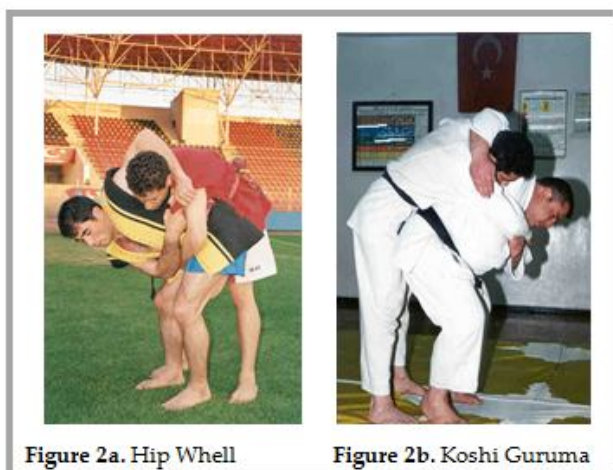


Figure 2a. Hip Whell

Figure 2b. Koshi Guruma

c. Tsuru Komi Goshi (Lifting and pulling hip Throw)

There is a lot of bending. While left arm pulls forefront, right arm should maintain its height. There is a lot of weight on the right shoulder. While rising, opponent is pulled and right wrist should not be bent. This technique, which is performed in judo,

is called "Kalçadan atma", *throw from hip* in aşirtmalı aba wrestling (2,4).

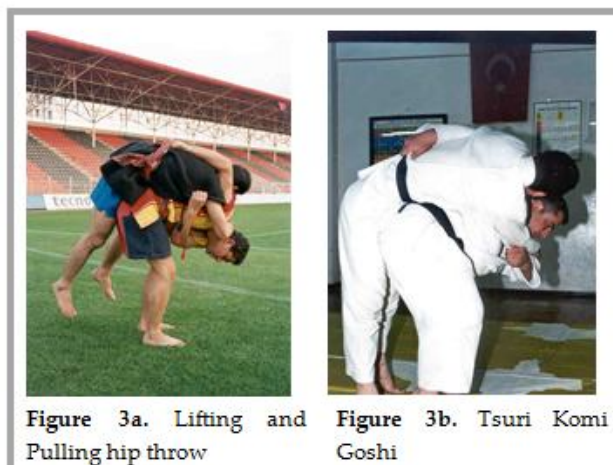


Figure 3a. Lifting and Pulling hip throw

Figure 3b. Tsuru Komi Goshi

d. Harai Goshi (Sweeping Hip Throw)

Opponent is raised by the aid of hip. Right foot is slightly bent and rotula is leaned to opponent's right foot. Then attacker sweeps them over and off the ground. This technique, which is performed in judo, is called "Yandan atma/Çipe", *throw from side* in aşirtmalı aba wrestling (4,2).



Figure 4a. Sweeping hip

Figure 4b. Harai Goshi Threw

e. Uchi Mata (Inner-thigh reaping throw)

Right and left feet enter as taking turns. Left foot is bent to ease crouching. Right foot is straight with toes pointing forefront. Arms look as if they are pulling an arc. Attacker forces opponent off balance and completes the throw. This technique, which is performed in judo, is called "İç bağda/Yan Dönme", *inner thigh/turning side* in aşirtmalı aba wrestling (2,4).

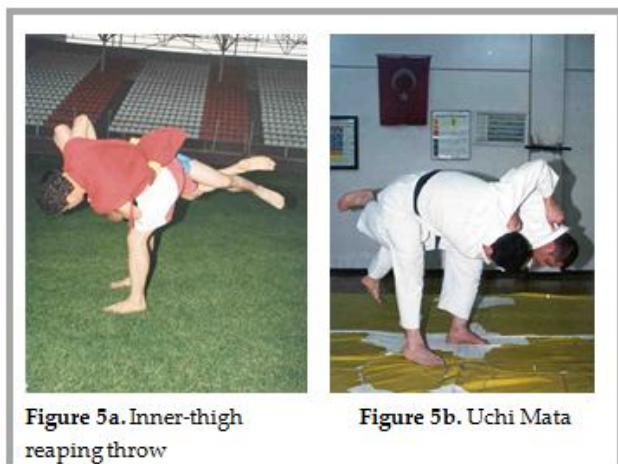


Figure 5a. Inner-thigh reaping throw

Figure 5b. Uchi Mata



Figure 7a. Big Outer Wheel

Figure 7b. O Soto Guruma

f. O Guruma (Large wheel)

The body swiftly turned towards forefront. Opponent rotates over both hip and feet and then he is thrown. This technique, which is performed in judo, is called "Kalçadan yan bağda", *side thigh from hip* in aşirtmalı aba wrestling (4,2).



Figure 6a. Large wheel

Figure 6b. O Guruma

g. O Soto Guruma(Big outer Wheel)

There is a movement towards to the back of opponent's knee. Pivoting on right foot, opponent is thrown to the ground through a round tour over this foot. This technique, which is performed in judo, is called "Diz arkasına vurarak yan bağda", *side thigh by hitting the back of knee* in aşirtmalı aba wrestling (2,4).

h. Kata Guruma (Shoulder Wheel)

Opponent, who moves his right foot forefront, is left with the whole body weight. The attacker crouches and pulls the opponent towards ground and forward. Then opponent is lifted onto attacker's shoulders and thrown to the floor. This technique, which is performed in judo, is called "Danabağı" in aşirtmalı aba wrestling (2,4).



Figure 8a. Shoulder Wheel

Figure 8b. Kata Guruma

i. Ko Soto Gari (Minor Outer Clip)

Right and left feet enter as taking turns. This entrance is 90 degrees towards to opponent. Right foot of the opponent is swept by left foot. Opponent is thrown to the floor by pushing him towards backward. This technique, which is performed in judo, is called "Tırpan/Köstek", *scythe* in aşirtmalı aba wrestling.(4,2).



Figure 9a. Minor Outer Clip

Figure 9b. Ko Soto Gari

j. Tai Otoshi (Body Drop)

Right foot is stepped out all the way back. Opponent's right foot is blocked. The wrist of the right hand should not be twisted. Body should be bent forefront and opponent should be thrown to forefront. This technique, which is performed in judo, is called "Ayağa vurarak yan bağda", *side thigh by hitting foot* in aşirtmalı aba wrestling (2,4).

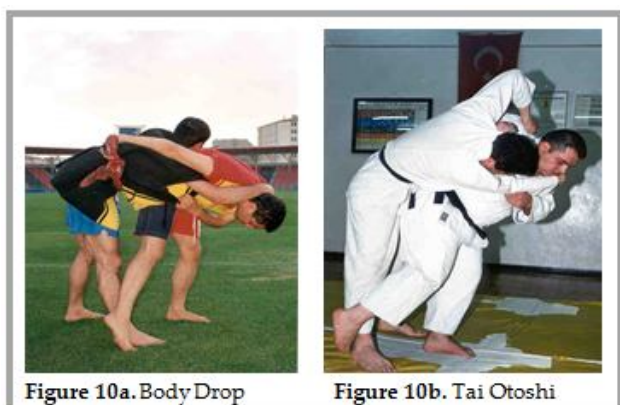


Figure 10a. Body Drop

Figure 10b. Tai Otoshi

In conclusion; aşirtmalı aba wrestling, which is one of the sports traditions that Turks have brought with them from Central Asia, exhibits enthusiasm and excitement in the social lives of Turks vividly.

Although various strongly marked sports of diverse civilizations and cultures within the scope of sports history are related to the geography where they have been shaped, they are also related to the struggles of people with themselves, their enemies and nature, capabilities that would make them reach success in areas where they want to dominate and programs which they develop deliberately. Belt

wrestling in Sumerians and alike sports such as tatar, aba, sumo, sirim and sports like Judo should be related to living conditions and world perceptions of Ural-Altai language speaking societies (1).

Traditional Turkish wrestling and world wrestling (for instance, sirim of Koreans, sumo wrestling and Judo of Japanese) will provide the opportunity to compare aba wrestling with them.

Aşirtmalı aba wrestling that is performed in Gaziantep and aba wrestling that is performed in Hatay display techniques similar to Judo. Aba wrestling exhibits similarities in appearance, games and starting styles. These similarities are thought provoking if one thinks of their roots of origin. The subject is more clarified with the comparison in research. However, games in aba wrestling are practiced with different names.

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