

Grapplin' Gorillas, Style of the month: **Glima**

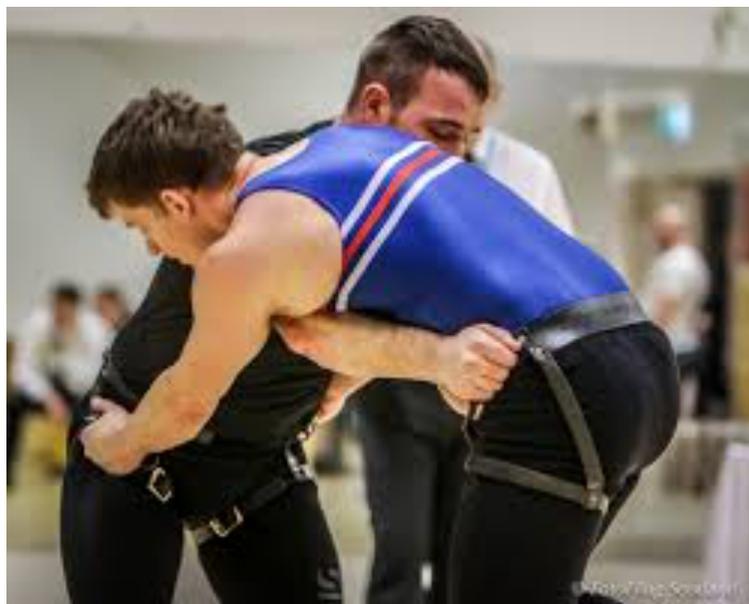
One interesting style of wrestling practiced in several Scandinavian countries, but said to have originated in Iceland, is Glima. Glima wrestling is a sport, coming from a large and complex system of martial arts. The original martial art is said to have been used by Vikings.

There are several types of Glima wrestling. Among these, the “trouser-grip” (*brókartök*) version is the most widespread in Iceland and Sweden, and is Iceland’s national sport. It favors technique over strength, and matches begin with the opponents circling one another to avoid a stalemate.

There are four points that differentiate it from other forms of wrestling:

- The opponents must always stand erect.
- The opponents step clockwise around each other (looks similar to a [waltz](#)). This is to create opportunities for offence and defense, and to prevent a [stalemate](#).
- It is not permitted to fall down on your opponent or to push him down in a forceful manner, as it is not considered [sportsman](#)-like.
- The opponents are supposed to look across each other's shoulders as much as possible because it is considered proper to wrestle by touch and feel rather than sight.

NAME:	Glima
COUNTRY:	Iceland (Scandinavia)
SURFACE:	Various (mat, ground, wood floor)
UNIFORM:	Tight clothes (typically) and a special belt that allows opponents to grab one another near the waist
OBJECTIVE:	To make the opponent touch the ground with an area of the body between the elbow and the knee



Glima Wrestling. (n.d.). In Wikipedia. Retrieved on March 4, 2019 (last edited on February 21, 2019).
<https://en.wikipedia.org/wiki/Glima>

March, 2019

Nielsen, T. (2017, June 28). Retrieved on March 4, 2019. <https://www.vikingmartialarts.com/combat-glima>

I enjoy teaching people about something I am so passionate about. Beyond empowering kids through wrestling, it is the mission of Grapplin' Gorillas to educate the community and foster a greater appreciation of the cultures involved in this sport. Part of the summer camp experience will include discussions about the different types of wrestling around the world.

Registration for our June camp is open: www.grapplingorillas.com

Best Regards,
-Glenn