



Empowering Kids Through Wrestling!

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

- NAME:** Ssireum (Traditional Korean Wrestling)
COUNTRY: Korea
SURFACE: Sand
UNIFORM: Shorts or tights, along with a "Satba" (belt) that is wrapped around the waist and thigh.
OBJECTIVE: To make an opponent's body (any part from the knee above) touch the ground.



THE WISEONG MIDDLE SCHOOL **SSIREUM** TEAM AT PRACTICE. (CREDIT: KARL SCHUTZ)

While the sport is not as popular as it used to be in Korea, it has gained some international traction, with athletes from different styles competing in Ssireum events. In 2018, South Koreans and Spanish athletes who study La Lucha Canaria (about which a previous newsletter was written, for more information, visit my page at <http://grapplingorillas.com/newsletters/>), participated in a cultural exchange of styles. South Korea and Spain have discussed making this exchange a regular event, with athletes expected to participated from Russia, Mongolia, and Senegal.

Choi Si-young. (2018, December 7). Retrieved on June 12, 2019.

http://www.arirang.co.kr/News/News_View.asp?nseq=227705

Ssireum Wrestling. In Wikipedia. Retrieved on June 12, 2019 (last edited on March 6, 2019).

<https://en.wikipedia.org/wiki/Ssireum>