



THE TIMES OF INDIA

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STUDENT EDITION
SATURDAY, MARCH 6, 2021



EVOLUTION OF THE DAY - A TIMELINE

1908: The inequality faced by women was making women more vocal in demanding their rights. In 1908, 15,000 women marched through New York City demanding shorter hours, better pay and voting rights.

1909: This year, the first National Woman's Day (NWD) was observed across the United States on February 28. Women continued to celebrate NWD on the last Sunday of February until 1913.

1911: Following the decision agreed at Copenhagen in Denmark in 1911, International Women's Day was honoured the first time in Austria, Denmark, Germany and Switzerland on March 19. More than one million women and men attended IWD rallies campaigning for women's rights to work, vote, be trained, to hold public office and end discrimination.



1913-1914: This period was a watershed moment as International Women's Day was agreed to be marked annually on March 8 - and this day has remained the global date for International Women's Day ever since.

1975: The United Nations (UN) officially adopted International Women's Day this year. This was a breakthrough for IWD.

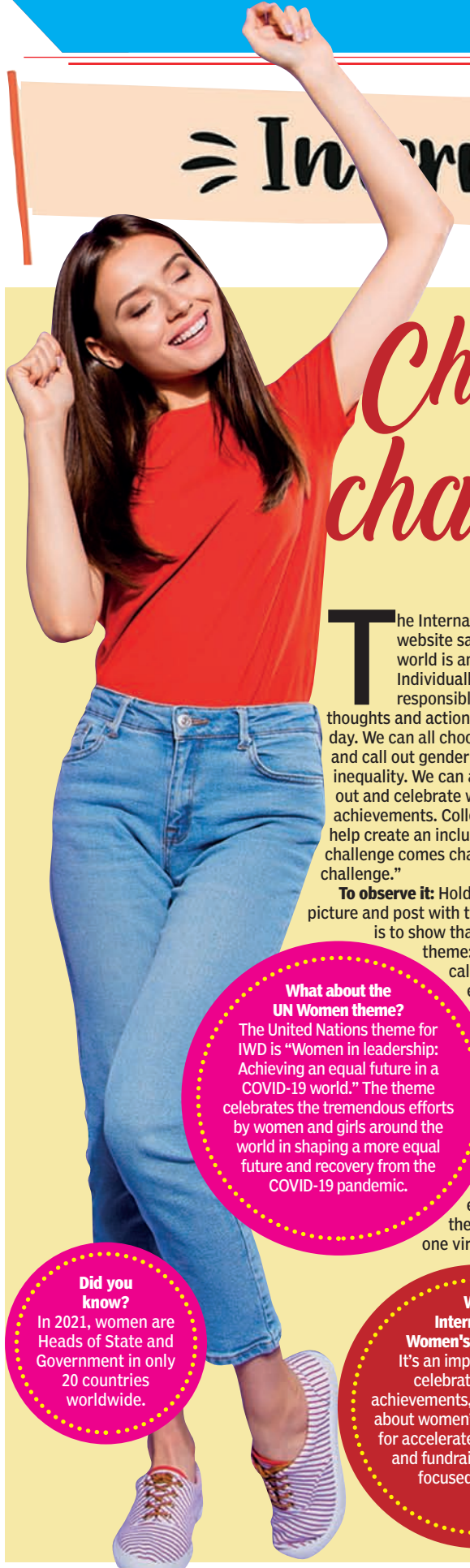
1996: The UN announced their first annual theme 'Celebrating the Past, Planning for the Future' which was followed in 1997 with 'Women at the Peace Table', in 1998 with 'Women and Human Rights', in 1999 with 'World Free of Violence Against Women', and so on each year until the current.

2001: The internationalwomensday.com platform was launched with the specific purpose of re-energising the day - a focus that continues till date.

2011: This year saw the 100 year centenary of International Women's Day - with the first IWD event held exactly 100 years ago in 1911 in Austria, Denmark, Germany and Switzerland.

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International Women's Day



Choose to challenge

The International Women's Day website says: "A challenged world is an alert world. Individually, we're all responsible for our own thoughts and actions - all day, every day. We can all choose to challenge and call out gender bias and inequality. We can all choose to seek out and celebrate women's achievements. Collectively, we can all help create an inclusive world. From challenge comes change, so let's all choose to challenge."

To observe it: Hold your hand up high and click a picture and post with the #ChooseToChallenge. The pose is to show that you're committed to this year's theme: choose to challenge and willing to call out inequality. This will further encourage people to commit to helping forge an inclusive world.

What about the UN Women theme?

The United Nations theme for IWD is "Women in leadership: Achieving an equal future in a COVID-19 world." The theme celebrates the tremendous efforts by women and girls around the world in shaping a more equal future and recovery from the COVID-19 pandemic.

Other hashtags are #IWD2021
The first National Women's Day was celebrated in 1909 and while Women's Days were marked in various countries for the next 100 years, an online portal was launched in 2001 to re-energise their efforts and bring them all together in one virtual place.

IT'S A HOLIDAY...

International Women's Day is a national holiday in many countries, including Russia where the sales of flowers doubles during the three or four days before and on March 8. Afghanistan, Cuba, Vietnam, Uganda, Mongolia, Georgia, Laos, Cambodia, Armenia, Belarus, Montenegro and Ukraine are also some of the places where IWD is recognised as an official holiday.

Why International Women's Day (IWD)?

It's an important day to celebrate women's achievements, raise awareness about women's equality, lobby for accelerated gender parity and fundraise for female-focused charities.

Did you know?

In 2021, women are Heads of State and Government in only 20 countries worldwide.



"I think that women need to be aware of owning their voice. As women, we sometimes become a wallflower as we are unsure if we should voice our opinions or ask for better. Women should find their voice and use it confidently because we have a lot to say and there is a lot to be said."

— **Monika Pierce, Head of Inclusion and Diversity at WW**

Here are some powerful voices we will be hearing from women in the future:

1 My health comes first: Love thyself to love others! Love and care for family should not prevent one from loving oneself. A woman needs to be selfish in that sense to take care of her daily needs like her sleep, diet, walking, exercise and recreation, apart from keeping herself emotionally strong, stable and happy.

2 I have the power of empathy: Women have the greatest human characteristics that will give them the advantage in most new frontiers of the Fourth Industrial Revolution, like the capacity for collaboration (instead of competition), empathy, creativity, listening, and learning. They need to use the strengths they already have and work it to their advantage.

3 I need gender inclusive work environment: We are seeing the struggles of thousands of women, especially women of colour worldwide and women in low-paying jobs, who have been forced to cut back on hours or drop out of the labour force entirely to provide care to their children, elderly relatives, or loved ones. We need to forge inclusive work cultures where women's careers thrive and achievements are celebrated.

4 I am a 'part time' homemaker: The pandemic highlighted inequities in the division of household labour. With whole families at home, all trying to work or attend school remotely, the women of the house had to take responsibility for not just their careers, but also their children's education, not to mention the long list of household tasks. Men need to share household chores as a rule.

5 I can run a business too: There are women mentors, coaches and role models who can guide, inspire, influence and educate women on how to make it in business. With more options for finding funding, this will attract more and more women entering the business realm as entrepreneurs.

What colours symbolise IWD?

Purple, green and white are the colours of International Women's Day. Purple signifies justice and dignity. Green symbolises hope. White represents purity, albeit a controversial concept. The colours originated from the Women's Social and Political Union in the UK in 1908.

Enter gendered language

Common gender terms that are now part of our everyday vocabulary

Manbun, manscara, mankini, manbag, etc: Basically 'male version of a prototypically female item'. Just prefix man in front of anything that women use primarily and your are done.

Mansplaining: The explanation of something by a man, typically to a woman, in a manner regarded as condescending or patronising. It has also boosted the production of other terms naming related forms of entitled male behaviour, such as 'manologue' or 'mantrum'.

SheEO or GirlBoss: A term of empowerment used to describe the female boss especially to highlight the role of women in leadership which are way fewer in numbers than men. There is also shepreneur for entrepreneur to highlight women-led businesses.

Feminazi: Writer Zoe Williams noted in 'The Guardian' last year that feminazi is 'the go-to term for trolls out to silence women'. It's basically any woman who voices her opinions on equality strongly.

Shero or Sheroes: Women heroes that does away with the use of the made gender 'he'.

Femvertising: Defined by SheKnows Media as "advertising that employs pro-female talent, messages and imagery to empower women and girls." Not only does it (ideally) deliver a positive social impact, but it turns out messages of female empowerment are good for the bottom line.

JOIN IN THE CELEBRATIONS

How can you observe IWD 2021

#1 Get your group of friends together in the official #ChooseToChallenge campaign. This one's a fun and easy one. Gather your group and click a pic raising one hand or even in a virtual chatroom. Simply post on social media with #choosetochallenge or you can submit the picture with a pledge on IWD site.

#2 You can show your support for women-owned small businesses. Shop something from a woman-led business or social enterprise. If you can't shop, then just give a shoutout on social media to help them expand their reach.

#3 Host an online watch party for movies with strong women leads. It needn't be too heavy, even Wonder Woman or for that matter Legally Blonde are great picks.

#4 Organise an online women achiever quiz with the theme of "Women who made history", "Rebel Girls", etc. There are lot of tutorials online on how to host it.

#5 Raise funds for a women's charity. There are many charities in your country and around the world that could do with some funds to support women in all areas, especially education.

Did You Know? The idea to make Women's Day 'international' came from a German woman called Clara Zetkin at an International Conference of Working Women in Copenhagen, Denmark.

NELSON MANDELA, former South African president

"Freedom cannot be achieved unless the women have been emancipated from all forms of oppression."

ELEANOR ROOSEVELT, American political figure

"A woman is like a tea bag; you never know how strong it is until it's in hot water."

ROSA PARKS, activist

"I have learned over the years that when one's mind is made up, this diminishes fears; knowing what must be done does away with fear."

EMMA WATSON, actor

"We need to live in a culture that values and respects and looks up to and idolises women as much as men."

ALBERT EINSTEIN, scientist

"The woman who follows the crowd will usually go no further than the crowd. The woman who walks alone is likely to find herself in places no one has ever been before."

BRIGHAM YOUNG, American religious leader

"You educate a man; you educate a man. You educate a woman; you educate a generation."

GD ANDERSON, Australian feminist, writer

"Feminism isn't about making women strong. Women are already strong. It's about changing the way the world perceives that strength."

ADRIENNE RICH, intellectual

"The most important thing one woman can do for another is expand her sense of actual possibilities."

PRIYANKA CHOPRA, actor

"Women should be financially independent. It doesn't matter who your father is, it doesn't matter who your husband is going to be, doesn't matter who your brother is, doesn't matter who the man in your life is."

OPRAH, media mogul

"Think like a queen. A queen is not afraid to fail. Failure is another stepping-stone to greatness."

BEYONCÉ, singer

"We need to reshape our own perception of how we view ourselves. We have to step up as women and take the lead."

THE FUTURE IS FEMALE

Some inspiring quotes on women, not just by women

MAYA ANGELOU, poet

"I am grateful to be a woman. I must have done something great in another life."

SERENA WILLIAMS, tennis legend

"Every woman's success should be an inspiration to another. We're strongest when we cheer each other on."

"Of course I am not worried about intimidating men. The type of man who will be intimidated by me is exactly the type of man I have no interest in."
Chimamanda Ngozi Adichie, author

Pics: iStock

Power of storytelling

Fried Green Tomatoes: 1991
Housewife Evelyn Couch (Kathy Bates), who isn't happy, meets Ninny Threadgoode (Jessica Tandy), a colourful old woman who brightens Evelyn's outlook by sharing tales from her past. As Ninny recounts the exploits of her free-spirited sister-in-law Igdie (Mary Stuart Masterson), Evelyn gains the confidence to change her own life for the better.

night. While she grieves, a duplicitous recruiter for the Women's Army Corps convinces her to enlist. Judy thinks her enlistment is like a vacation but Captain Lewis (Eileen Brennan) quickly dashes her hopes of an easy time.



Very sporting

A League of their Own: 1992
As America's stock of athletic young men is depleted during World War II, a professional all-female baseball league springs up in the Midwest, funded by publicity-hungry candy maker Walter Harvey (Garry Marshall). Competitive sisters Dottie Hinson (Geena Davis) and Kit Keller (Lori Petty) spar with each other and scout Ernie Capadino (Jon Lovitz) and grumpy has-been coach Jimmy Dugan (Tom Hanks) on their way to fame. Madonna and Rosie O'Donnell co-star as two of the sisters' teammates.



Go for some light-hearted fun this Women's Day week. Here are 10 movies to choose from...

Childhood friendships

Now and Then: 1995
Three strong women — Roberta Martin (Rosie O'Donnell), Samantha Albertson (Demi Moore) and Tina Terrell (Melanie Griffith) — return home to reunite with their childhood friend Chrissy DeWitt Williams (Rita Wilson) and see her through the end of her first pregnancy. The four lifelong friends share their memories of the unforgettable summer of 1970, the summer their innocent younger selves grew up.

That funny girl

Private Benjamin: 1980
A Jewish-American princess, Judy Benjamin (Goldie Hawn), is devastated when her husband (Albert Brooks) drops dead on their wedding



Strength to stand alone

Frances Ha: 2012
A story that follows a New York woman, who doesn't really have an apartment. She apprentices for a dance company although she's not really a dancer, and throws herself headlong into her dreams.

Ambition is good

Working Girl: 1988
Savvy New York City receptionist Tess McGill (Melanie Griffith) gives her conniving boss, Katharine Parker (Sigourney Weaver), an excellent business tip, but Katharine simply steals the idea without giving due credit to her secretary. After Katharine winds up in the hospital with an injured leg, Tess decides to exact revenge. Pretending to be her boss, Tess initiates a major deal with an investment broker (Harrison Ford) — but things turn ugly after Katharine finds out what Tess has been up to.

Mother, daughter bond

Terms of Endearment: 1983
Okay, this one's a tear-jerker. But watch it anyway. Widow Aurora Greenway (Shirley MacLaine) and her daughter, Emma (Debra Winger), have a strong bond, but Emma marries teacher Flap Horton (Jeff Daniels) against her mother's wishes. The marriage grows sour and Emma learns that she has terminal cancer. In the hospital, supported by Aurora, she tries to make peace with Flap and her children.

One for self confidence

Legally Blonde: 2001
Elle Woods (Reese Witherspoon) has it all. She wants nothing more than to be Mrs. Warner Huntington III. But there is one thing stopping her (Matthew Davis) from proposing: She is too 'blond'. Elle rallies all of her resources and gets into Harvard, determined to win him back.

Unrequited love

My Best Friend's Wedding: 1997
Childhood friends Julianne Potter (Julia Roberts) and Michael O'Neal (Dermot Mulroney) had a deal to marry each other if they were still single when they are 28. Now, four days before her 28th birthday, O'Neal announces that he's marrying a gorgeous 20-year-old named Kimberly (Cameron Diaz). Suddenly realising that she's actually in love with him, Julianne vows to stop the wedding at all costs!

Simply heartwarming

My Big Fat Greek Wedding: 2002
Everyone in the Portokalos family worries about Toula (Nia Vardalos). Still unmarried at 30 years old, she works at Dancing Zorba's, the Greek restaurant owned by her parents. After taking a job at her aunt's travel agency, she falls in love with Ian Miller (John Corbett), a teacher who is tall, handsome and definitely not Greek!

5 amazing women you've got to know about through their works or the books they wrote

CHIEN-SHIUNG WU

Book: 'Queen of Physics: How Wu Chien-Shiung Helped Unlock the Secrets of the Atom' by Teresa Robeson and Rebecca Huang
On February 11, 2021 the sixth International Day of Women and Girls in Science, the US Postal Service issued a new Forever stamp to honor Chien-Shiung Wu, one of the most influential nuclear physicists of the 20th century. Often referred to as the 'First Lady of Physics', Wu performed experiments that tested the fundamental laws of physics. She was awarded the inaugural Wolf Prize in

GAIL HONEYMAN

Book: 'Eleanor Oliphant is Completely Fine'
The Scottish author rose to fame after her debut novel 'Eleanor Oliphant is Completely Fine' won the 2017 Costa First Novel Award. It followed the story of Eleanor Oliphant, a 29-

VAL MCDERMID

Book: 'The Mermaids Singing'
One of the biggest names in crime writing, Val McDermid's

novels have been translated into 40 languages. She sold over 16 million copies worldwide. McDermid has created many notable characters, such as journalist, Lindsay Gordon; the private investigator, DCI Karen Pirie, Kate Brannigan, and psychologist, Tony Hill. 'The Mermaids Singing' won the Crime Writers' Association Gold Dagger for Best Crime Novel of the Year. According to her website, she is from Kirkcaldy, Fife, and read English at St Hilda's College, Oxford (where she is now an Honorary Fellow).

MARTINE DE BERTEREAU

It is a tragedy that there are virtually no books (except mentions in papers) about the woman history knows as the first recorded female mineralogist as well as mining engineer. Also known as Baroness de Beausoleil (c. 1600 – after 1642), Bertereau the Baroness wrote two reports on her work with her husband. According to Wikipedia, the first one, titled 'Véritable déclaration de la découverte des mines et minières' was published in 1632 and listed 150 French mines the couple had discovered. Her second report was a plea, in the form of a poetry, to be paid for her work.

GENEVIEVE YOUNG

Book: 'Constellation of Synchronicities'
Recently deceased Genevieve Young was a publishing editor with a long and diverse legacy. Entering the publishing business in the early 1950s, when there were few female editors and even fewer Asians, Young worked with authors ranging from Herman Wouk to Betty Rollin and played a key role in the writing of Erich Segal's 'Love Story', the novelisation of the Oscar-winning movie of the same name that is currently marking its 50th anniversary. She also edited the groundbreaking photographer and filmmaker Gordon Parks, married him in the 1970s and later helped oversee his estate. In her book, Young shared 40 short stories that connect the pivotal moments of her life to create a beautiful constellation of synchronicities that led her to realise her greatest dreams.

5 BEST ALBUMS BY WOMEN

Here are the top 5 albums as listed by 'The Rolling Stones' magazine in an article headlined: '50 women who rocked the world'.

'Blue' by Joni Mitchell

This fourth studio album by Canadian singer-songwriter Joni Mitchell, released on June 22, 1971. Today, 'Blue' is regarded by music critics as one of the greatest albums of all time. Mitchell's songwriting, compositions and voice, all work together like a dream. In January 2000, 'The New York Times' chose 'Blue' as one of the 25 albums that represented "turning points and pinnacles in 20th-century popular music".

'Rumours' by Fleetwood Mac

'Rumours' is the eleventh studio album by British-American rock band Fleetwood Mac, released on 4 February 1977. It was an instant commercial success, selling over 10 million copies worldwide within just a month of its release. It garnered widespread acclaim from critics, with praise centred on its production quality and harmonies. It won Album of the Year at the 1978 Grammy Awards, and has sold over 40 million copies worldwide, making it one of the best-selling albums of all time.

'Dusty in Memphis' by Dusty Springfield

'Dusty in Memphis' is the fifth studio album by English singer Dusty Springfield, released in 1969. It sold poorly on its first release, but the album has since been acclaimed as her best work and one of the greatest records of all time. Music critic Robert Christgau called it "the all-time rock-era torch record". In 2001, it was inducted into the Grammy Hall of Fame.

'Horses' by Patti Smith

This debut studio album by American musician Patti Smith released on November 10, 1975. 'Horses' was released to widespread acclaim from music critics. The record experienced modest commercial success, managing a top 50 placing on the American Billboard 200 albums chart. It has since been widely recognized as a seminal recording in the history of punk rock, as well as one of the greatest and most influential albums in all of popular music. The album has been credited as a key influence on numerous artists, including rock acts such as R.E.M., the Smiths, PJ Harvey, and Hole.

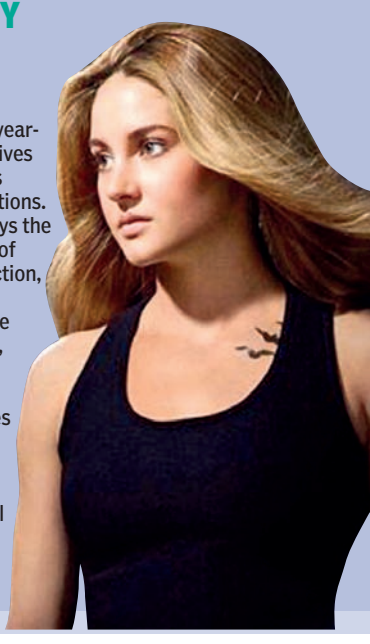
'I Never Loved a Man the Way I Love You' by Aretha Franklin

This is a 1967 single released by American soul singer Aretha Franklin. As the first big hit of her career, 'I Never Loved a Man the Way I Love You' became a defining song for Franklin, peaking at number one on the rhythm and blues charts and number nine on the pop charts.

POWERFUL FEMALE PROTAGONISTS

BEATRICE PRIOR, THE DIVERGENT TRILOGY BY VERONICA ROTH

The story of a 16-year-old girl who who lives in a society that is divided in five factions. When Prior displays the personality traits of more than one faction, she is seen as 'divergent' that the government fears, and so tries to eradicate her. Through this series Prior teaches readers the importance of remaining rational in the face of all consuming fear.



CELAENA SARDOTHEN FROM THE THRONE OF GLASS SERIES BY SARAH J MAAS

One of the best descriptions of Celaena Sardothien comes from another protagonist who says in the book "...one does not deal with Celaena Sardothien. One survives her." 18-year-old Sardothien is a teen assassin in a corrupt kingdom ruled by a tyrannical ruler, King of Adarian. Skilled in sword fighting, dagger throwing and wall climbing, Sardothien is offered an opportunity to participate in a competition to become the King's Champion. Throughout the series, Sardothien teaches her readers to fight evil.



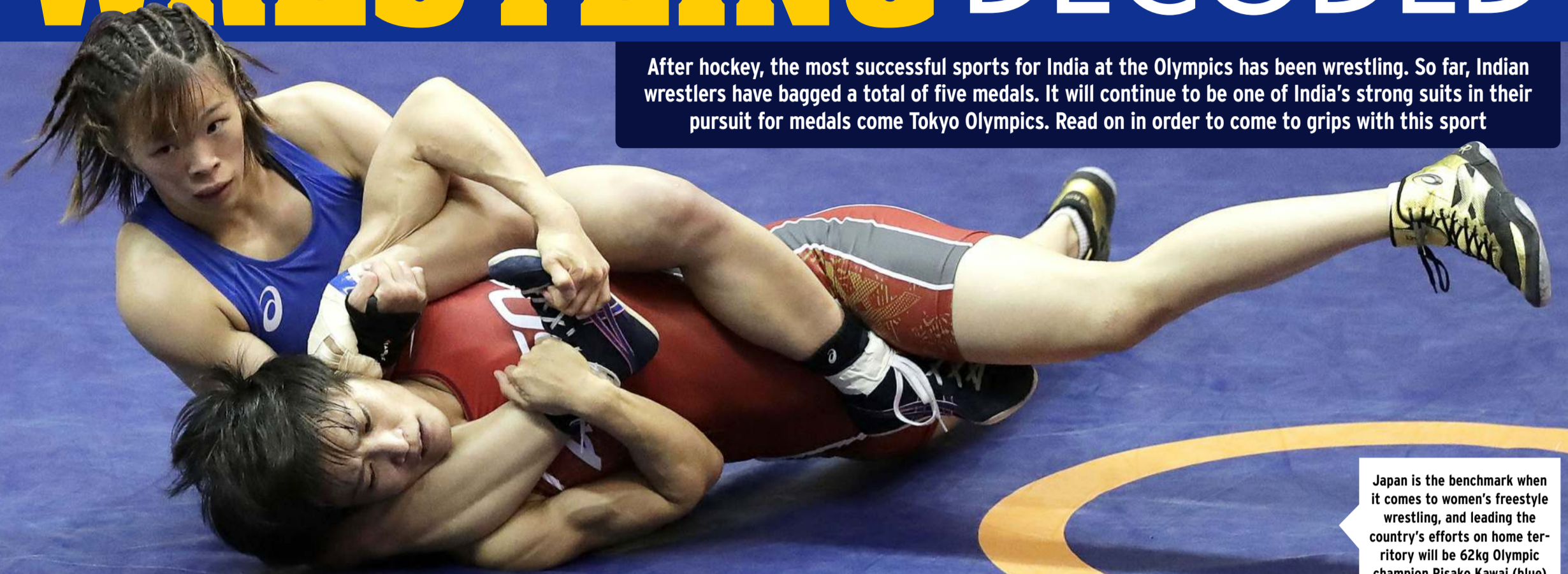
HERMIONE GRANGER BY HARRY POTTER SERIES BY J K ROWLING

A superbright witch, Granger did not let her 'muggle' heritage hold her back. A gifted student, she excelled at wizardry at Hogwarts where she also became best friends with Harry Potter and Ronald Weasley. One can always take comfort that being a nerd is awesome!



WRESTLING DECODED

After hockey, the most successful sports for India at the Olympics has been wrestling. So far, Indian wrestlers have bagged a total of five medals. It will continue to be one of India's strong suits in their pursuit for medals come Tokyo Olympics. Read on in order to come to grips with this sport



Japan is the benchmark when it comes to women's freestyle wrestling, and leading the country's efforts on home territory will be 62kg Olympic champion Risako Kawai (blue)

ABOUT THE SPORT

Wrestling was one of the original nine sports included in the first modern Olympics programme in 1896. The women's compe-

titition was added in 2004. Greco-Roman was the first style included in the Games, with freestyle added in 1904.

TECHNIQUE AND STYLE

A typical freestyle wrestling bout, much like Greco-Roman, is divided into two periods of three minutes each – with a 30-second break in between. Wrestlers in the Greco-Roman discipline may only engage their arms and upper bodies, while freestyle competitors are permitted to use their arms and legs, attacking their opponent above and below the waist. **There are two main ways to win an Olympic wrestling match:** Pinning an opponent's shoulders to the mat, which im-

mediately ends the match, or securing points through moves like holds. Different actions secure different point levels, ranging from one to five. Players can also gain points if his opponent causes infractions, like executing illegal holds, trying to flee a hold rather than defend it, being too negative or passive and so on. These often result in cautions. Accumulating three cautions during a bout automatically results in the guilty wrestler getting disqualified.

THE WEIGHT CLASSES

Wrestling at the Tokyo 2020 Olympics will retain the 18 weight category format seen at Rio 2016, but with fewer competitors overall.

The new Olympic weight classes are as follows:

Men's Freestyle:

57 kg | 65 kg | 74 kg | 86 kg | 97 kg | 125 kg

Women's Freestyle:

50 kg | 53 kg | 57 kg | 62 kg | 68 kg | 76 kg

Greco-Roman (Men's):

60 kg | 67 kg | 77 kg | 87 kg | 97 kg | 130 kg

WHAT IF THE POINTS ARE EQUAL AT THE END OF A BOUT?

In case of a tie, the wrestler who has scored the maximum number of points from a single move is declared the winner. If wrestlers are level in that aspect as well, the least number of cautions and final point scored are taken in order as the tie-breaking factors. In the event of a freestyle wrestler building up a 10-point advantage over

his opponent at any stage of the match, the bout is declared over and the leader is declared the winner by technical superiority. Unlike Greco Roman wrestling where wrestlers need to stay in contact with the opponent through the course of a throw, freestyle wrestlers are allowed to let go and re-establish contact afterwards to complete a move.

SCORING MOVES

Take down: Two points if from a neutral position the wrestler brings the opponent on to the mat and gains control over the hips.

Escape: One point if the wrestler manages to escape from the opponent and goes from a bottom to a neutral position.

Reversal: Two points for gaining control over an opponent from bottom position without going to neutral first. This can occur while standing or while ly-

ing on the mat.

Near fall: Holding the opponent in a near pinning position for two seconds earns two points. Holding on for 5 seconds earns three points.

Amplitude throw: A throw when an opponent is lifted totally off the ground and then dropped to the ground, exposes the opponents back to the mat. This earns 4 points, while a grand amplitude throw fetches 5 points.

PENALTY DEDUCTIONS

Several situations in a match can lead to penalties and consequently, deduction of points.

Illegal holds include choking, twisting of fingers, arms, toes or feet; striking the opponent with an elbow or knee; butting with the head; pulling hair; pinching, biting. Certain holds on the head, arms or legs that

are considered extremely dangerous to the vertebrae and joints are barred.

Technical violations like grabbing the opponent's headgear or clothing, and going off the mat.

Unnecessary roughness that can be hazardous to the well-being of the opponent.

Any misconduct that may be deemed flagrant will cost team points, while the competitor faces automatic ejection.

Unsportsmanlike conduct either during or after the match.

Stalling can lead to one point to opponent, and disqualification on the fifth stalling violation.

PASSIVITY

Wrestlers who do not put an all-out effort in a match and instead wait for the opponent to move are considered "passive". This may be because the wrestler is being cautious, is trying to avoid risk, is trying to protect a lead, or is tired. One or both wrestlers can be considered passive. The referee may issue a verbal warning, and on second infraction, the

passive wrestler gets 30 seconds to score. If he does not, the opponent gets a point.

In Greco-Roman wrestling, after the first warning, the active wrestler can choose to continue the match from a standing or ground position. If the match ends without any scores earned, the more active wrestler will be considered the winner.

CHALLENGES

Coaches are allowed to challenge decisions made by the referees if they feel the opposing wrestler was incorrectly awarded points, or the referee failed to award points to the coach's wrestler. Challenges have to be within five seconds of the score. They can only be one challenge per wrestler per match. Scores are adjusted based on validity of the challenge.

CLOTHING AND EQUIPMENT

Singlet: Competitors wear a one-piece singlet, which must adhere to the body, generally covering it from mid-thigh. Light knee pads are permitted.

Shoes: Shoes must close firmly around the ankle. They cannot have heels, nailed soles, buckles or any metallic parts. Shoelaces must be taped down.

FORBIDDEN

Applying greasy or sticky substance to the body.

Wearing bandages on the wrists, arms or ankles, except in case of an injury or by a doctor's prescription.

Wearing rings, bracelets, earrings, hair slides or prosthesis.

Arriving on the mat perspiring.

RANKING

Classification points are credited at the end of each match. These points are different from scores earned during a match. The classification points are granted de-

pending on the techniques by which a match was won. Both winners and losers get classification points. These are used to determine the rank of a wrestler.

TERMS

Neutral position: The starting position in which competitors stand, facing each other.

Referee's position: The starting position in which the wrestler are in crouching position, one at the top and the other at the bottom.

Stance: The body position and posture while on the mat. This can be either parallel or staggered.

Penetration step: The first offensive movement made by a competitor. It gives the wrestler a chance to score points.

Level change: When the wrestler raises or lowers the hips before an attack or to counter the moves of the opponent.

Breakdown: When the wrestler on top in the referee's position tries to get the opponent

off balance and down to the mat.

Finish: Pinning the opponent, leading to a fall such that the back the opponent's shoulders are on the mat for at least two seconds.

Tombe: French for "fallen". The referees call out this word to announce a pin or a fall.

Zone: Refers to the passivity zone. The word is called out loud if the competitors enter the passivity zone.

Chef de Tapis: The mat chairman, who is one of three officials in a match. The mat chairman breaks a tie vote between the referee and judge.

Par terre: French for "on the ground". When passivity is called, the passive wrestler usually assumes the face down position below the active wrestler.



In Greco-Roman wrestling, all eyes will be on Mijain Lopez (blue), who has his sights locked on an astonishing fourth-consecutive 130kg gold medal, which would make him Cuba's most successful Olympian ever