



ΠΑΝΕΠΙΣΤΗΜΙΟ ΘΕΣΣΑΛΙΑΣ

Σχολή Επιστήμης Φυσικής Αγωγής & Αθλητισμού

ΞΕΝΗ ΓΛΩΣΣΑ & ΑΘΛΗΤΙΚΗ ΟΡΟΛΟΓΙΑ ΜΕ0153

ΔΙΔΑΣΚΟΥΣΑ ΣΤΟ ΤΕΦΑΑ ΠΘ: ΚΥΡΙΑΚΗ ΣΠΑΝΟΥ

Combat Sports

- ⦿ Boxing
- ⦿ Fencing
- ⦿ Tae kwon do
- ⦿ Wrestling
- ⦿ Archery
- ⦿ Weightlifting

Other Sports

- ⦿ Artistic Gymnastics
- ⦿ Rhythmic Gymnastics



BOXING



- Boxing is a combat sport in which two opponents hit each other with only their fists while remaining within the confines (όρνια) of a square area bounded by ropes called “the ring”.
- A boxing match is divided into rounds, separated by 1 minute rest periods.
- A knockout occurs when a fighter is knocked down and cannot get up within 10seconds.
- Only punches “above the belt” are allowed, excluding the back, the nape of the neck (αυχέννας) and the back of the head.

Fencing



- ❑ Fencing is a combat sport in which two opponents fight with a foil, épée or sabre (ξίφος-σπαθί).
- ❑ Modern electrical foil (ελαστικό έλασμα-ξίφος στομωμένης αιχμής), Carolingian épée (σπαθί), Japanese sabre (ξίφος).
- ❑ The “salute” is the traditional gesture of courtesy with the face uncovered before and after each bout (γύρο). After a bout, the fencers shake hands with each other and the referee.
- ❑ Fencing is also named as “a chess game with muscles”.

Tae Kwon Do



- It is a Korean art of self-defense (αυτοάμυνα) and combat featuring rapid and spectacular action with most blows (χτυπήματα) made by the feet.
- It is descended from tae kyon or subak, a martial art born in Korea some 2,000 years ago.
- There are 2 types of competition: the demonstration of forms or poom-se and the combat or kyoruki (only kyoruki is part of international competitions).
- 90% of blows are landed by the feet.
- The fighter must be able to attack and defend himself as well in the air as on the ground and in all possible positions.

Wrestling: Greco-Roman and Freestyle



- ✓ It is a barehanded combat sport in which two opponents try to throw each other down and pin their shoulders to the ground using holds and techniques.
- ✓ One of the oldest forms of combat sport. It was an integral part of military training in ancient Greece.
- ✓ A bout is composed of 2-3 minute periods with a 30-second pause between periods.
- ✓ A fall is an automatic victory.
- ✓ It is truly a way of life.
- ✓ It uses all muscles in the body and requires strength, flexibility, coordination and a sense of balance.
- ✓ Psychological preparation is part of the wrestler's training.

Archery



- Whether it is for hunting, war or sport, the goal of archery is the same: to shoot arrows (βέλη) as close as possible to the centre of a target located at a set distance.
- In the Olympics and world championships, archers shoot a total of 144 arrows at 4 distances, starting with the longest for a maximum of 1440 points.

Weightlifting

Άρση Βαρών



- In weightlifting, strength and speed are combined to lift as heavy as possible above the head onto straight arms.
- It involves 2 lifts: the snatch (αππράζω) and the clean and jerk (τραβώ/τινάζω απότομα).
- Athletes compete in categories based on their body weight.
- They announce their starting weight and have 3 attempts per weight.
- The winner is the weightlifter who has lifted the highest total weights in the 2 lifts.

Artistic Gymnastics



- ❑ Every move a gymnast makes, no matter how difficult, must be performed with confidence, ease and flawless technique.
- ❑ In ancient Greece and Rome, gymnastics was as much a part of a child's education as the arts.
- ❑ Men compete in 6 events: floor exercise, pommel (λαβή) horse, rings, vault (άλμα), parallel bars and horizontal bars.
- ❑ Women perform 4 events: vault, uneven parallel bars, balance beam (δοκός) and floor exercise.

Rhythmic Gymnastics



- It is a combination of gymnastics and dance, is for women only.
- It is performed with 5 apparatuses (εξοπλισμούς) – rope, ball, hoop (στεφάνι), ribbon and clubs (κορύνες) – international competitions use only 4, chosen every two years by the International Gymnastics Federation (FIG).



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THANKS FOR YOUR ATTENTION

REFERENCE BOOK:

**KONTOPODIS, P.(2002) *ENGLISH FOR SPORTS PURPOSES
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