

Ever since the beginning of time, people have been expressing their inherent love and adoration for sports. All over the world, there are many avid fans of these casual yet intense games that involve intense physical exertion and mental concentration. In Pakistan, whether it is football or cricket that is referred to as "the game" - it often dominates conversations and dominate television screens. But one sport in particular has risen in popularity due to its simple rules and strategy: Punjabi wrestling. This ancient sport has become so prominent in Pakistan that it has even earned the name, "the game of kings." Punjabi wrestling began to develop in the 11th century BC where people would wrestle for entertainment. As time passed, this ancient sport became very popular amongst the people of Punjab and eventually became the official sport of the Punjabi kingdom. The rules were very simple. Two men, or two teams of men, would wrestle each other on a raised platform called a gaddi that was surrounded by ropes. The winner was decided when either one man pinned his opponent to the ground or threw him off the gaddi. During the Mughal Era, Punjabi wrestling was pitted against other sports such as archery and horse with sword due to their popularity in the region. This sport became more competitive and was eventually banned by the Mughal Emperor Aurangzeb in 1752 A.D. Many years later, Punjabi wrestling was legalized again with the help of Emperor Nadir Shah in the 18th century A.D.. Such efforts paved way for a rise in popularity and subsequently, this ancient sport has become a common sight at every gathering in Punjab and Pakistan. From weddings to family reunions and even political rallies, Punjabi wrestlers use a unique style of wrestling using their hands and arms, called the Dangal. There is a particular stance that must be maintained: The wrestler must stand on his toes and his two feet should be wider than shoulder-width apart. Punjabi wrestlers do not wear any special attire; rather they rely on strength and agility. The reason Punjabi wrestling has gained such popularity is due to the fact that it is more accessible than many other forms of wrestling such as traditional Indian Wrestling (Kushti), which requires specific rules and equipment. The common perception is that Punjabi wrestlers are born; but there are techniques that can help someone become a better wrestler. Punjabi wrestlers rarely use them in competition, but many gyms and clubs around the world teach these techniques to their members. Punjabi wrestling only uses the basic body positions whereas other styles of wrestling rely on more complex positions. Although it is similar to other forms of acrobatic combat, Punjabi wrestling is unique in that it's relatively easy to learn. It does not require extensive training or equipment, but it is still very entertaining.

Famous Pakistani Wrestlers include:

Punjabi Wrestling in Pakistan is entirely organized by the Department of Sports Punjab through its provincial body called the Punjab Olympic Association (POA).

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