THE CARTOON BOOK OF

GLIMA AND SCHWINGEN



COMBAT

SPORT ON EARTH

Sport on Earth Books · The Combat Family

Original illustrations · No characters were copied in the making of this book

Meet Glima and Schwingen!

Folk wrestling from Iceland and Switzerland.



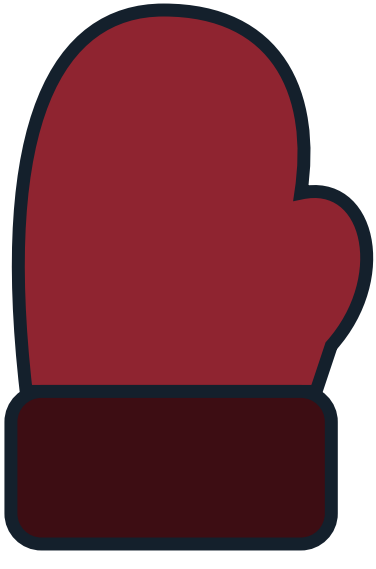
Where It Is Played

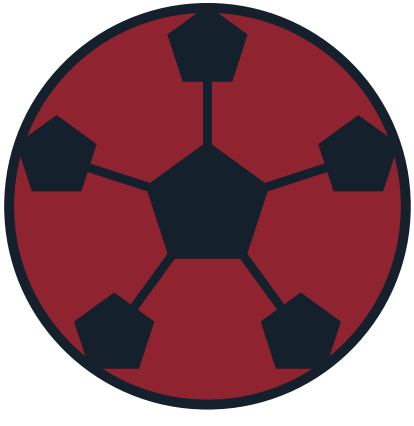
Glima is traditionally wrestled on the ground/mat with no fixed ring dimension in the published rules. Schwingen is wrestled in a circular sawdust ring about 12 metres in diameter (festival grounds lay several such rings).



The Gear

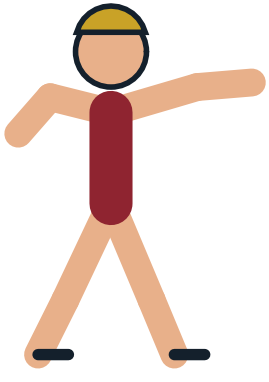
Glima: the special glima belt harness — a waist belt with thigh belts connected by straps. Schwingen: organiser-provided Schwinghosen, short jute/burlap shorts with a back slit worn over trousers and secured with a leather belt, with a plain durable shirt.





How It Starts

Start at a glima club in Iceland (or an affiliated traditional-wrestling club) to learn the belt grip and the eight basic throws, or at a Swiss Schwingklub to learn the Schwinghosen grip and basic Schwünge such as the Kurz, training in the sawdust ring under club supervision.



How to Play

- Glima format: the widespread form is brókartök (trouser-grip) wrestling — a standing bout won over falls, classically best 2 of 3 falls, favouring technique over strength.
- Glima winning condition: a fall is scored by making the opponent touch the ground with any part of the body between the elbow and the knee; a thrown wrestler who lands only on feet and hands has not lost the fall, and if both fall together it is a 'brother-fall' and neither scores.
- Glima grip law: each wrestler wears a belt around the waist with additional belts on the lower thighs connected to it, and takes a fixed grip — one hand in the belt and the other in the trouser belt at thigh height; no other grip starts the bout.
- Glima conduct laws: opponents must always stand erect, step clockwise around each other (like a waltz) to prevent stalemate, must not fall on the opponent or push them down by force, and should look across each other's shoulders, wrestling by touch and feel.

More of the Game

- Glima system: the core is eight main techniques (bragð) forming the basis for about 50 ways to execute a throw, under a code of honour (drengskapur) of fairness and care for partners; other forms are hryggspenna (backhold) and lausatök (loose-grip).
- Schwingen format: a festival tournament is wrestled over six bouts (eight at the Eidgenössische), with points awarded for every bout and no elimination for a loss; the two highest scorers after five (seven) bouts meet in the final bout, the Schlussgang.
- Schwingen winning condition: a bout is won by throwing the opponent so both shoulder blades touch the sawdust in one movement while keeping at least one hand on the opponent's shorts; if neither succeeds in the time allowed the bout is a draw (gestellt).
- Schwingen scoring and conduct: three referees judge each bout, awarding up to 10 points for a winning throw and higher points to the more active wrestler in an undecided bout; there are no weight classes, opponents shake hands before each bout, and the winner traditionally brushes the sawdust from the loser's back.

The Shape of a Match

Two folk-wrestling traditions: Icelandic glima is an upright, fixed-grip throwing bout decided by falls (best 2 of 3), while Swiss schwingen is a one-bout-at-a-time festival contest decided by pinning both shoulder blades, scored on points over six bouts.

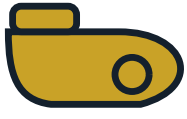


More of the Combat Family

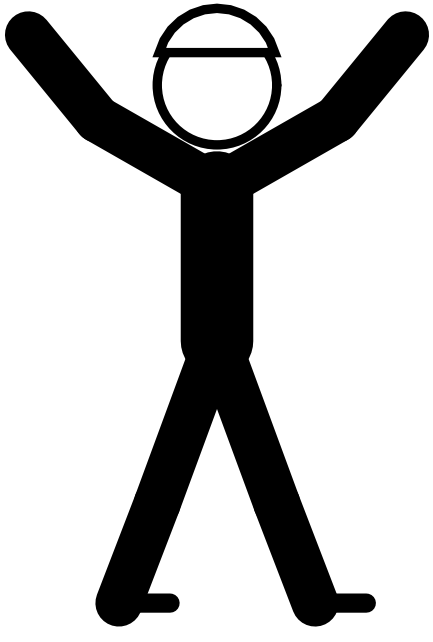
- Boxing — Two fighters trade punches in rounds, judged on points or ended by knockout or stoppage.
- Wrestling — Pin your opponent or score points through takedowns and holds.
- Mixed Martial Arts — Striking and grappling combined; UFC, PFL and ONE lead promotions.
- Kickboxing and Muay Thai — Striking sports using kicks, punches, knees and elbows.
- Judo — Throws and holds, an Olympic sport.
- Taekwondo — Korean kicking art, an Olympic sport.

A Note on the Rules

Glima (Iceland's belt-wrestling, governed in Iceland under laws reaching back to the saga age) and Schwingen (Swiss wrestling, governed by the Eidgenössischer Schwingerverband under its own traditional code — sawdust ring, linen shorts, grip-based throws) are heritage codes maintained by their national federations with deliberate conservatism. Neither carries a modern landmark law change. No major documented rule change is carried for this dossier.



Colour the Action

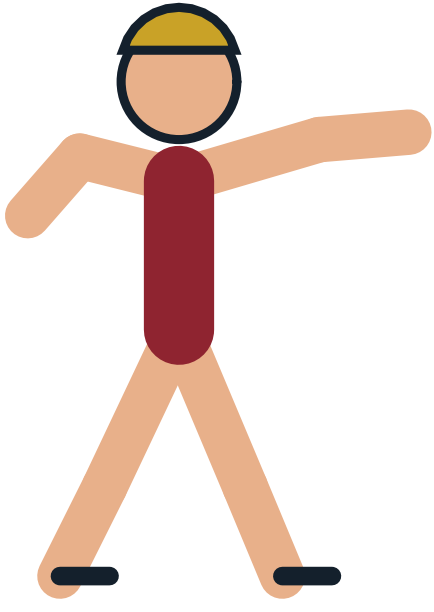


Psst — this page is a colouring page!

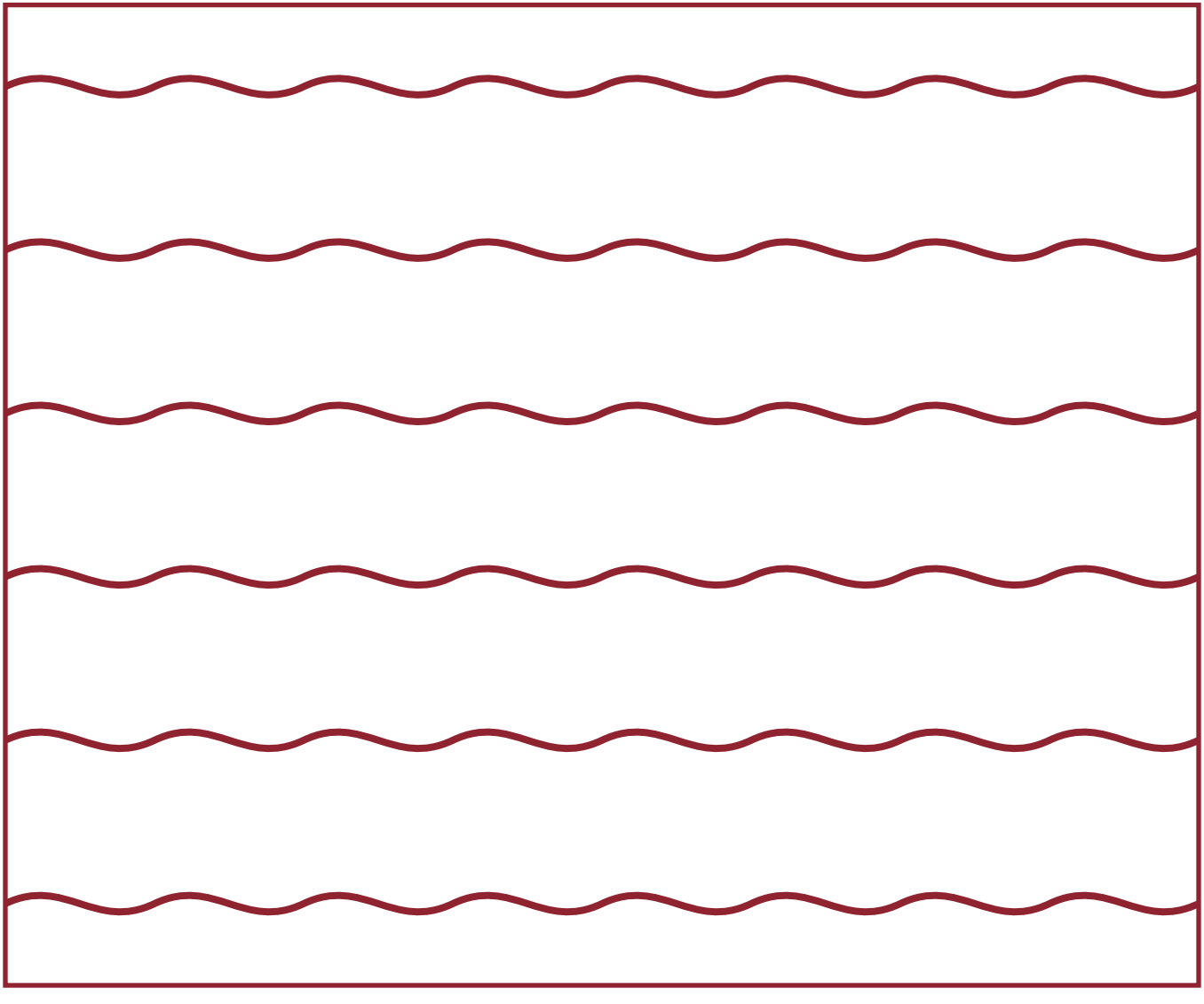
The Sport Today



At School and College



Play It Near You



Through the Year

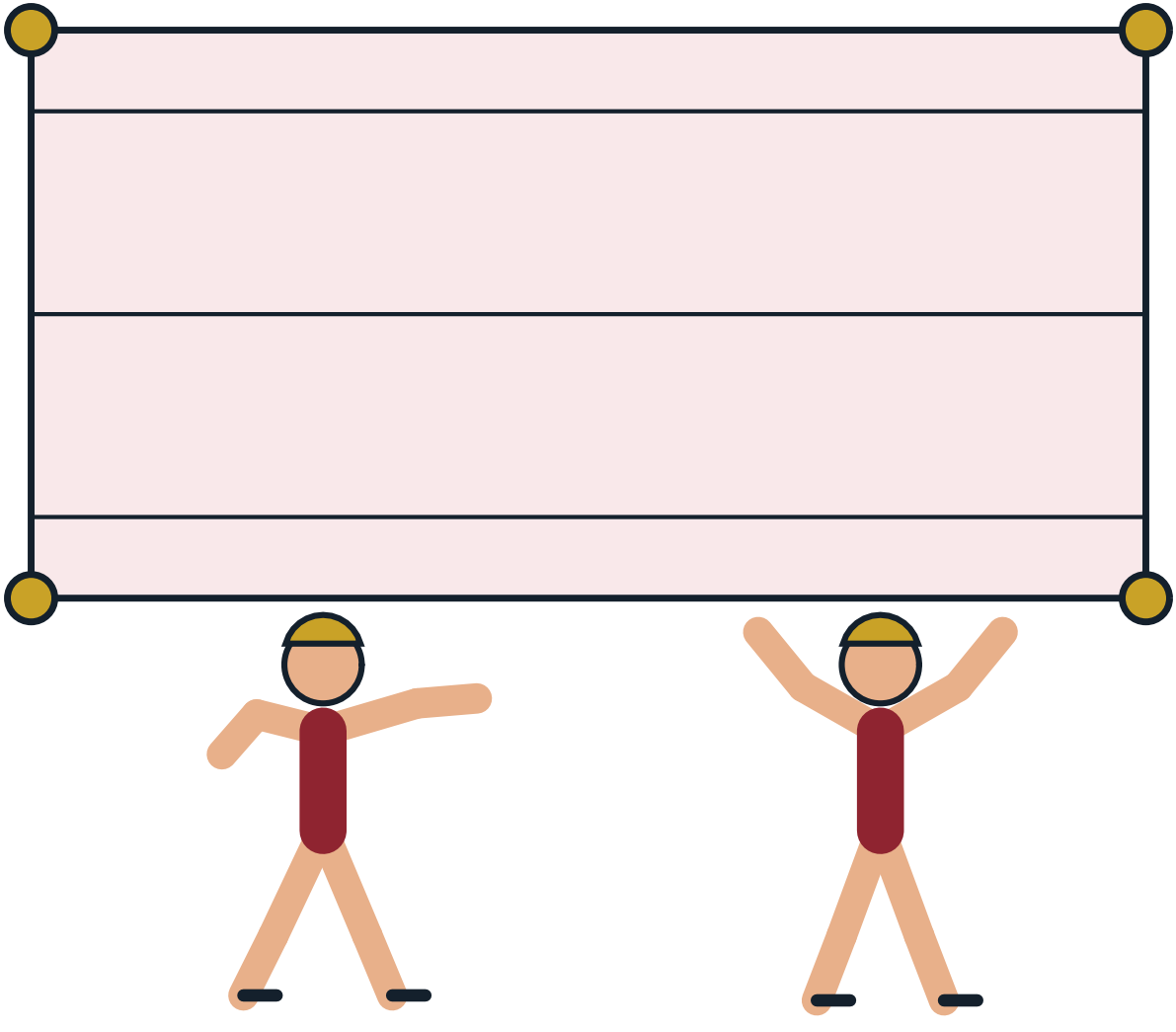


The Combat Family

Every sport belongs to a family of games that share its shapes and skills. Here are some of this book's closest relatives — each with a cartoon book and a colouring book of its own.

- Boxing — Two fighters trade punches in rounds, judged on points or ended by knockout or stoppage.
- Wrestling — Pin your opponent or score points through takedowns and holds.
- Mixed Martial Arts — Striking and grappling combined; UFC, PFL and ONE lead promotions.
- Kickboxing and Muay Thai — Striking sports using kicks, punches, knees and elbows.
- Judo — Throws and holds, an Olympic sport.

Game Day!

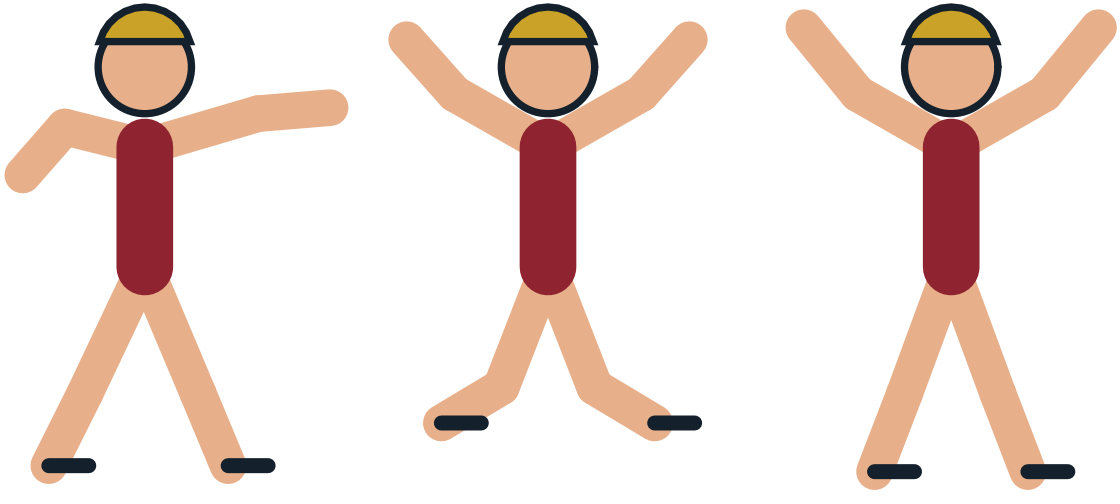


The Sport on Earth Mark

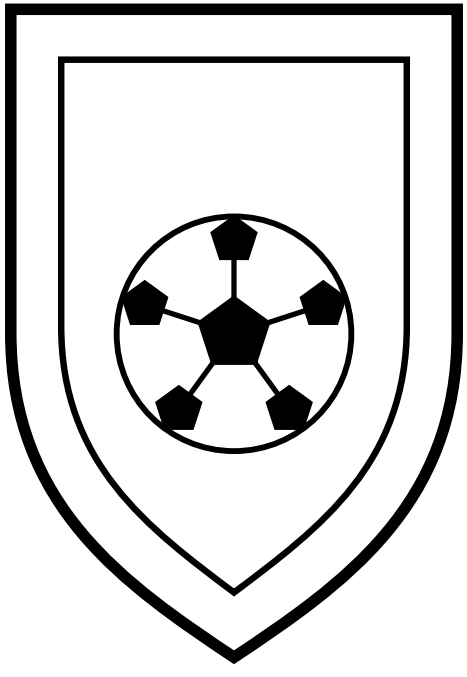
Every sport on Sport on Earth carries its own original mark, drawn for the site. Here is this sport's.



Moves of the Game

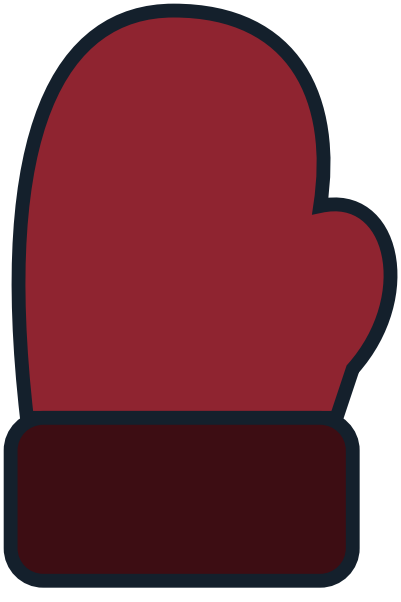


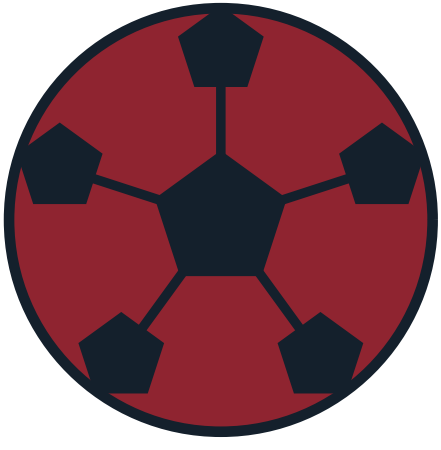
Design a Badge



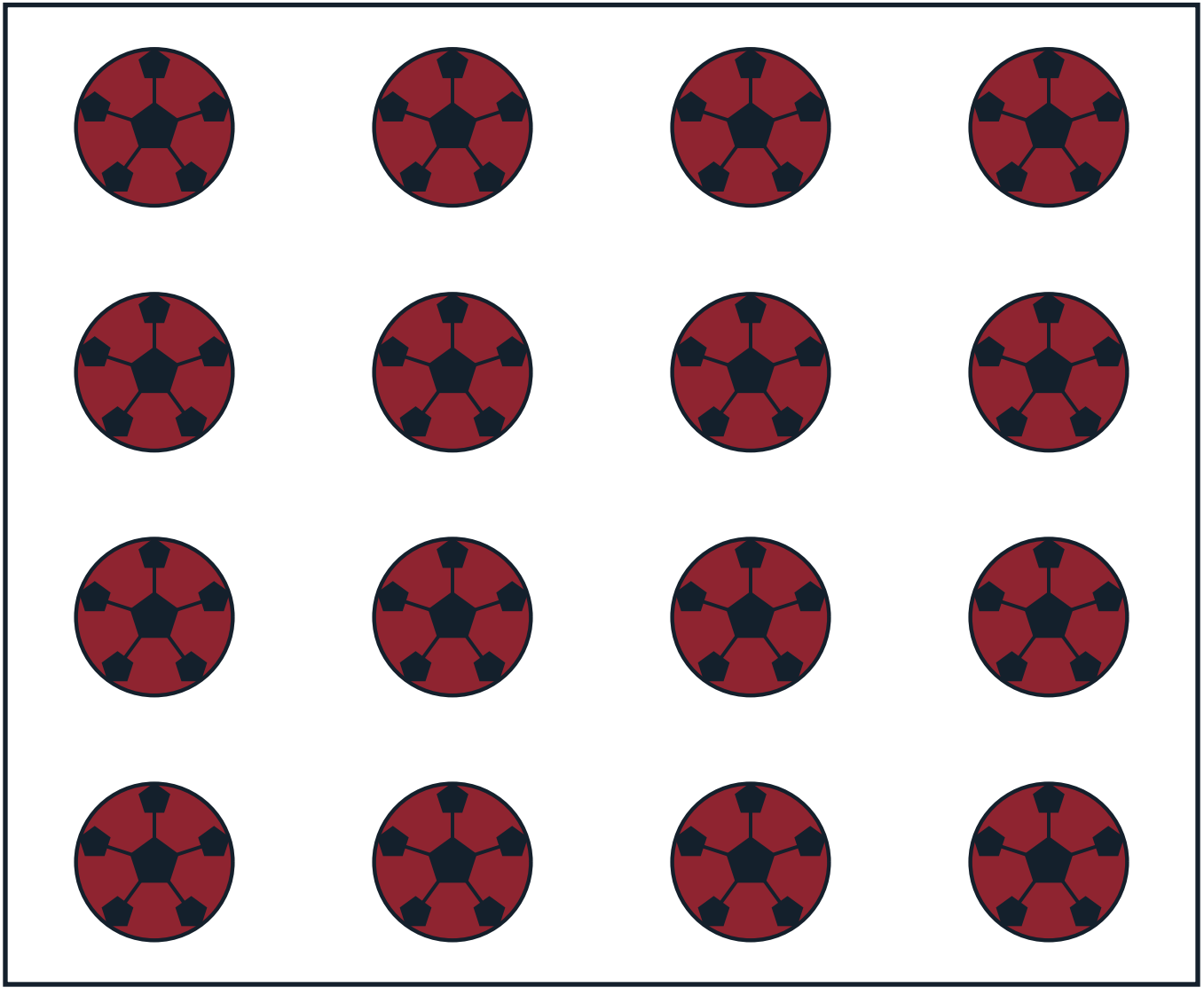
Draw and colour a badge for your own team.

The Gear Parade





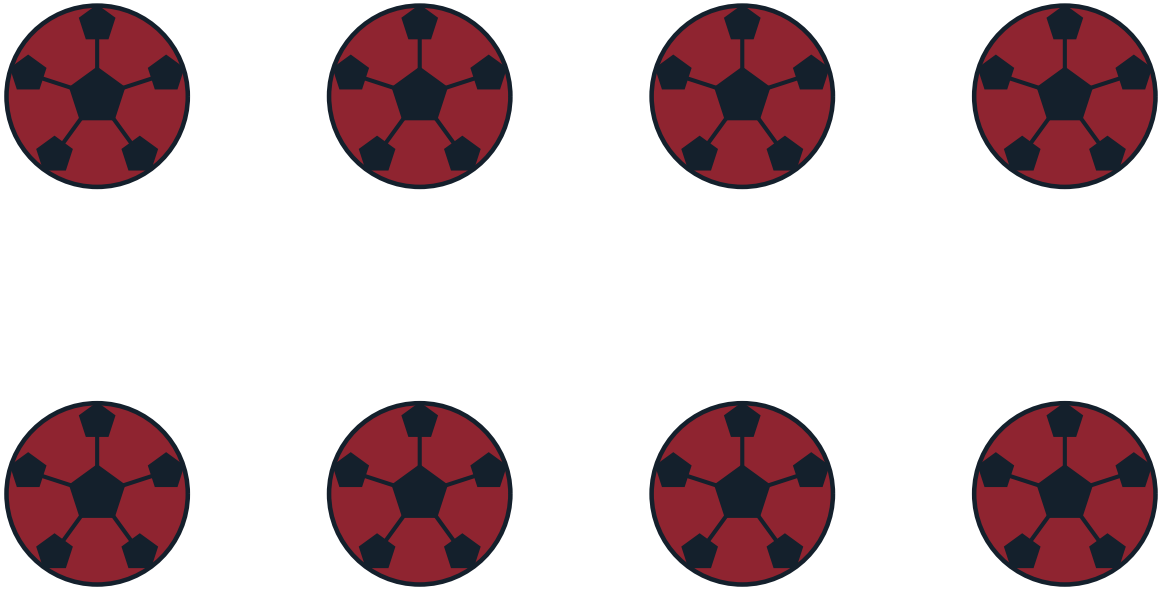
Pattern Play



The Arena From Above



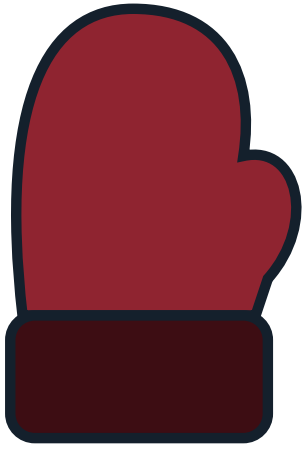
Count the Balls!



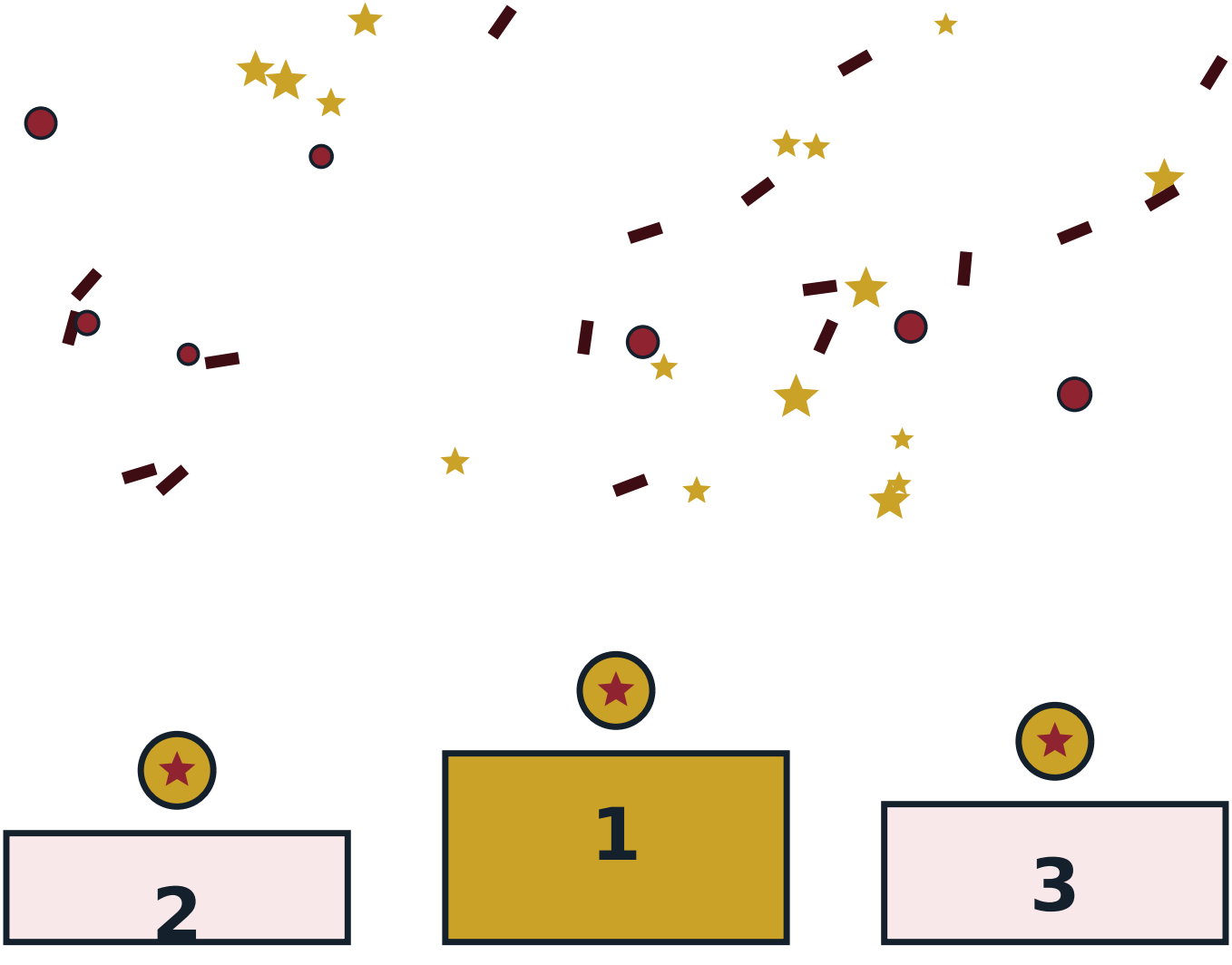
How many can you count? Write the number here: _____

My Favourite Part of Glima and Schwingen

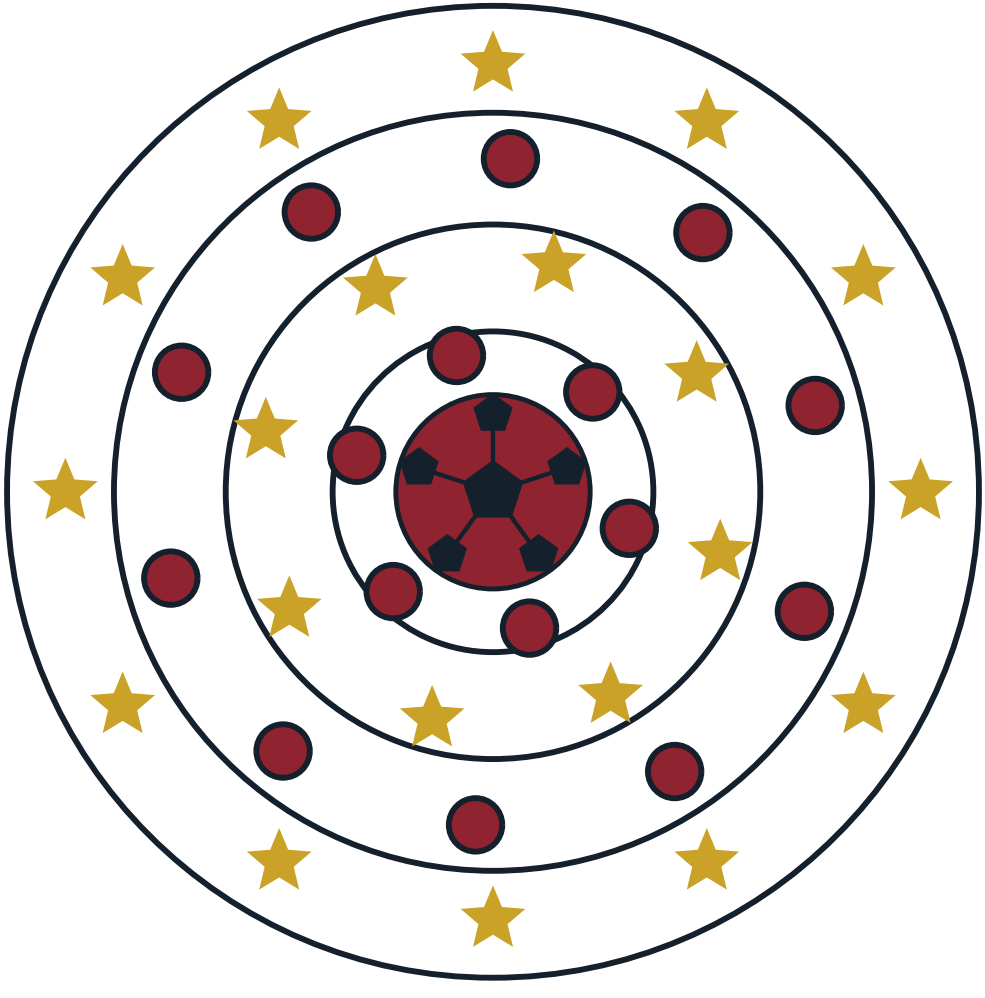
Gear Close-Up



Champions!



The Mandala of the Game



About This Book

Governing body: Glímusamband Íslands (Icelandic Glíma Association) for glima; Eidgenössischer Schwingerverband (ESV, Swiss Wrestling Federation, founded 1895) for schwingen. Laws edition the site's rules file follows: Glima: traditional brókartök (trouser-grip) competition rules of the Icelandic Glíma Association as published by World Ethnosport; Schwingen: ESV tournament rules as published in ESV/Swiss wrestling summaries. Everything in this book comes from Sport on Earth's own verified sport files — the same words you can read on the sport's page at Sport on Earth. The illustrations are original artwork drawn by computer for this book series. They are not pictures of real players, real teams or anybody else's characters.

More Books in the Family

- The Cartoon Book of Boxing
- The Cartoon Book of Wrestling
- The Cartoon Book of Mixed Martial Arts
- The Cartoon Book of Kickboxing and Muay Thai
- The Cartoon Book of Judo
- The Cartoon Book of Taekwondo
- The Boxing Colouring Book
- The Wrestling Colouring Book

My Notes

Glima and Schwingen

The Cartoon Book of Glima and Schwingen — a Sport on Earth Book.

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