

NEWS FROM THE PAST

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EXCLUSIVE AND REAL NEWS

Boxing in Ancient Greece



This picture represents the Ancient Greek Boxing

Ancient Greek Boxing dates back to the VIII century BC. It was practiced in many Greek cities and it was a significant part of ancient Greek athletic culture. There are lots of legends about the origin of boxing. One legend says that the ruler Theseus invented a form of boxing in which two men sat face to face and beat each other with their fists until one of them died.

The boxers could wear gloves and wrappings on their arms below the elbows. The second legend says that Mycenaean warriors included boxing among their competitions for honoring the fallen. Fighters wore leather straps (himantes) over their hands and breast to protect themselves from injury. There was no protection for the face or the head.

WHAT DO THE HISTORIANS SAY?

Historians say that the boxing was originally developed in Sparta. In fact Spartans didn't use helmets because they thought that boxing was necessary for preparing them to the blows to the head they would receive in battle.



The equipment was:

Himantes->leather straps used as protection for the knuckles and hand. They were long straps that were wrapped around the hands.

Sphairai->similar to himantes, but they contained a padded interior while the exterior was harder.

Oxys->they were leather bands encircling the hand, wrist, and forearm.

Korykos->they were the equivalent to modern punching bags. They were filled with sand or flour.

The main rules were: no holds or wrestling, any type of blow with the hand was allowed, no gouging with the fingers, no rings, no rounds or time limits, victory was decided when one fighter gave up, no weight-classes.

There were important ancient Olympic Champions like: Diagoras of Rhodes, Melankomas, Gladius of Carystus.

Zonno, Mennella, Lonardelli, Parisi