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PANKRATION

General Information

Pankration was a sporting event introduced into the GREEK OLYMPIC GAMES in 648 BC and founded as a blend of boxing and wrestling but with scarcely any rules. The only things not acceptable were biting and gouging out the opponent's eyes. The term comes from Greek "Pankrätion" literally meaning "all of might" from pan- "all"



and -kratos "strength, might, power", to indicate that the wrestler defeated his opponent by using all its power and all parts of the body, with every hand technique allowed. Pankration competitions were held in tournaments, most being outside of the Olympics.

THEAGENES OF THAOS

was an ancient Greek Olympian, typically spelled Theogenes. He was renowned for his extraordinary strength and swiftness. At the age of nine, he was said to have carried home a brazen statue of a god from agora. Altogether he was said to have won 1300 crowns. The popular story among the Thasians was that Heracles was his father

Structure Of Ancient Competition



There were neither weight divisions **nor time limits** in pankration competitions. However, there were two or three age groups in the **competitions of antiquity**: men (Andres) and boys (paides).

In pankration **competitions**, referees were armed with stout rods or switches to enforce the rules. The judges appear, however, to have had the right to stop a contest. There was neither round and **nor time limit**, they fought until the surrender of one of the two that could be for failure, for the ko or **declared** by the athlete.

Preparation and practice

The basic instruction of pankration techniques was conducted by the paedotribae (physical trainers), who were in charge of boys' physical education. High level athletes were also trained by special trainers who were called gymnastae, some of whom had been successful pankration competitors themselves. The preparation of pankratiast included a very wide variety of methods. The gyms in antiquity were also hub of education. Gymnasion was the term that **showed the locations of the sport**, **who** had also spaces for other disciplines. This word derives from Gymnos which meant naked: in fact the athletes were training naked, unlike the Romans and the Etruscans



History

In Greek mythology, it was said that heroes Heracles and Theseus invented Pankration to kill their enemies (Minotaur and the Nemean lion). In this context, it should be noted that pankration was also referred to as *pammachon* or *pammachion*, meaning "total combat". The term pammachon was older, and would later become used less than the term pankration.

Modern Pankration



At the time of the revival of the Olympic Games (1896), pankration was not reinstated as an Olympic event. "Amateur pankration" was first introduced to the martial arts community by Greek-American combat athlete Arvanitis in 1969. His efforts are also considered **pioneering in** what became mixed martial arts (MMA)

