

# Championship Grappling Techniques

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## Championship Grappling Techniques

Focus: Grappling: Hardness: Full-contact: Country of origin: Norway/Iceland: Glima is the name that covers several types of Nordic folk wrestling practiced as sport and combat. In one common form of glima, players grip their opponent by the waist and attempt to throw them to the ground using technique rather than force.

## Glima - Wikipedia

Grappling with change: As girls wrestling gains traction, interest within L-L League schools rising ... Many of their counterparts on the boys teams stopped by to watch their techniques ...

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