

Historical Review: Athletics and Heroic Sports Encouraged and Played at Islamic period and Greek

Saja Khalid Jasim¹, Zaeneb Ali Abid Al-Ameer Al-Musawy²

¹Assist. Instructor at College of Physical Education and Sciences Sport for Women /Baghdad University
sajakhalid@copew.uobaghdad.edu.iq

²Assistant Prof. Dr. at College of Physical Education and Sciences Sport for Women /Baghdad University
zaeneb@copew.uobaghdad.edu.iq

Article History: Received: 10 January 2021; Revised: 12 February 2021; Accepted: 27 March 2021; Published online: 16 May 2021

Abstract

The paper is highlighting the athletics and heroic sports which encouraged and played at Greek and Islamic period. The paper is identifying the Islamic athletics and heroic sport and compare them with Greek sports, as it is the model of sports while the sport during the Islamic period was not undertaken by scientific researches or articles even in Wikipedia. Although, this period was encouraged and practice many sports such as archery, sword grappling and wrestling, equestrianism, jogging and running whereas there are many Arabic references revealed during the Islamic 610 A.D. while the Greek and Olympic was known at 732 A.D. The paper is followed the literature review and historical to shed a light scientifically about traditional sports as well introduce these sports to readers which might some people do not know them. Finally, the paper has indicated that there are similarities between the Islamic period sports and Greek period in many points.

Key Words: Historical Review , Athletics sport , Heroic sports, Islamic period, Greek Period.

Introduction

The Aim of the Paper

The paper aims at introducing athletics and heroic sports played in Islamic period and compare these sport with Greek period as historical review.

The Problem of the Paper

Al-Saati mentioned "The history of sports for the Arabs of the peninsula is still on top of a thick ice of oblivion". The Arab civilizations that emerged in the south and north of the Arabian Peninsula must have kept for themselves a long history of the sports movement. However, the archaeological appearances, as well as researchers in archeology and civilizations, did not give this aspect of Arab activity any attention. Thus, they did not provide the paleographic and archaeological information necessary to embody the manifestations of mathematical activity in those civilizations [1].

People are not familiar with athletics and heroic sports at Islamic period , thus there is neglecting of important period of history studies. So, the current paper is introducing these sports, as there are many traditional heroic sports, furthermore, the paper is focused on sword fighting or archery, horse riding and wrestling, jogging and running sports and show the similarities and differences between Islamic and Greek period. Each society has a traditional heroic sport which is developed into other modern games. other societies did not know much about these sports although they have common features. So, this paper is reviewed the literature to show the features of athletics and heroic sports during Islamic and Greek periods. The paper has chosen Greek Period because it was a model for the Olympic games later. Also, there are no references have introduced this Islamic period for studying historical development sport.

The Traditional Heroic Sports

Most of the people have left behind what shows us lots about their history, as for the traditional Arabs because of the character of their livelihood from tribes who left behind the grass, fertility and rain, and infrequently settled in a very place . There's little question that they practiced sports and physical activities as for his or her survival live and for his or her had an innate behavior [2]. The traditional Arab with a powerful build includes a passion and skin for traveling, and also the accompanying walking,

jogging, climbing and descending hills and valleys carrying trying to find water and pasture because the appearance of Islam before 610 A.H. Some sports in their current iteration aren't compatible with the teachings of Islam however. as an example, sports that need killing, like hunting, don't seem to be allowed in keeping with shariah. Moreover, some interpretations of Islam disapprove sports that inflict physical harm like boxing and martial arts. [3]. In its infancy, Islam's relevance athletics primarily took the shape of military preparations; more specifically learning the way to ride a horse, shoot an arrow, run on foot, grabbing with the sword so forth. Additionally, the classical Muslim world has made colossal contributions to the event of sports. To grasp the history of Islam and sports, we must know what Islamic literature says about sports and fitness. The Prophet participated multiple sports and athletic activities in his childhood and when he was young [4].

The Islamic has supported the importance of fitness, "Islam is worried with man's well-being both in body and soul, and it encourages all types of sport that may strengthen the body and maintain physiological state yet as providing relaxation and leisure." The Arabic translation of the word "sport" is Riyahdiya. funnily enough, it means the identical as mathematics, and a sect of Islam interprets the word to mean "exercising the soul." The evidence for this could be clear, as good form within the Muslim world is related to good morality and behavior traits like chivalry, trustworthiness, and generosity [5].

In the Islamic conception, every individual has a responsibility towards oneself. Since human life is sacred and initially created by divine rather than human agency, people are responsible for trying to keep their bodies and souls healthy, and not causing themselves spiritual or physical harm. Traditions record that Muhammad encouraged parents to teach their children swimming, riding and archery. Muslims women jointly playing with men in the same field, some Muslim sociologists even argue that it should be obligatory for Muslim females to participate in sport of some kind [6].

The Arabs are considered the first to practice equestrian, before the relieved of Islamic 610 A.D. The Prophet of God Ismael Ibn Ibrahim, was the first to ride the horse, and at that time he was a best that they feared within the wilderness [7]. racing is one of the oldest of all sports, and its basic concept has undergone virtually no change over the centuries. It established from a primitive challenge of speed or endurance between two horses into a spectacle involving large fields of runners, sophisticated electronic monitoring equipment, the horse that finishes first is that the winner within the time. Thoroughbreds of hours and also the best come from Arabs and Arabs has encourage the pure of horse for its beauty and strength [8].

Al-Satti says: "The Arab knights during the pre-Islamic era didn't draw a framework that defines it and a system that sponsors it and draws its heroism and declarative conditions for its heroes and riders". Therefore, the history of chivalry before Islam is barren of organization, unlike chivalry in Islam, as evidenced by what he mentioned is that the availability of those two factors within the Islamic period the following, which the available sources and references indicate that there haven't been any "radical reversals" within the use of horses, camels, and other riding animals for purposes of war and transportation, including loading and hauling. this implies that the pre-Islamic equestrian system continued after the emergence of Islam, and gradually acquired successive adjustments imposed by the new conditions and conditions of life, especially with the rise within the number of undefined. The knights and also the expansion of the country they visited, ten or thirteen years after the emergence of Islam and therefore the expiration of the Meccan period. the 000 and important development that materialized within the organization and undertaking of the knights and horses, occurred after the migration to "Yathrib - Medina" and also the formation of the Islamic fighting brigades, and therefore the legalization of the sharing of spoils and war revenues, additionally to the joining of the new fighters, and considering war a non secular task and an expert work, which require organization and suitability, in a very manner [1].

While the history of organized racing of the sport was held within the Olympic Games of Greece over the amount 700–40 BCE. racing, both of chariots and of mounted riders, was a well-organized public entertainment within the empire. where horsemanship early became highly developed from Arabs to Spain during the liberation. Thence came too the Arabian, Barb, and Turk horses that contributed to the

earliest European racing. Such horses became familiar to Europeans during the Crusades (11th–13th century CE), from which they brought those horses back [9].

Also, Arabs rode camels before entering Islamic 610 A.D. and had sporting hobbies in them in addition to their importance in fulfilling their needs and transferring their excess in their stay and travel, and they have held races between them in their season and their markets, and so far camel races have been held in the Kingdom of Saudi Arabia [2]. whereas in Greek period there was not mentioned this sport because the nature and the environment was different in both culture, so probably the Greek did not played this sport because camel did not found [10].

Arab boys may have excelled in grappling and grappling of sword because it's a style of fighting when meeting the enemy, and that they went to compete together to indicate skill, strength and cunning. one amongst most encouraged and practice by Muslim people is grappling of sword as an example of Islamic wars therefore the prophet Mohamed encourage the lads had the talents of fighting and defending further prevented the enemies furthermore, the abilities of sword art. [2] Arabs had made famous racing also they'd a famous heroes. Therefore, this game has developed into Fencing, it traces its roots to the event of swordsmanship for duels and self defense. Fencing is believed to own originated in Spain; a number of the foremost significant books on fencing were written by Spanish fencers. Treatise on Arms was written by Diego Eamon de Valera between 1458 and 1471. [8], While there's limited surviving documentation of the martial arts of classical antiquity (such as Greek wrestling or gladiatorial combat), surviving dedicated technical treatises or martial arts manuals date to the Late Middle Ages and also the early modern period [11].

Wrestling was probably the foremost popular sport of the traditional Greeks. Young men belonged to palaestras, or wrestling schools, because the focus of their social life. Illustrations of wrestling on Greek vases and coins are common throughout all periods of ancient Greece, but all that may be told from it's that the fashion was loose wrestling which wrestlers, as did all Greek athletes, competed naked. Later, Wrestling was a part of the Olympic Games from 776 BCE. there have been two wrestling championships in these games: a toppling event for the simplest two of three falls; and therefore the pankration (Latin: pancratium), which combined wrestling and boxing and resulted in the submission of 1 contestant. Upright wrestling was also an element of the pentathlon event within the Olympic Games, a bout being fought to a clear-cut fall of 1 of the wrestlers. the foremost famous Greek wrestler was Milon of Croton, who won the wrestling championship of the Olympic Games sixfold. Wrestling was less popular among the Romans than it had been with the Greeks, and, with the autumn of the empire, references to wrestling disappeared in Europe until about 800 CE. [12]

While Arabs practiced grappling to point out power and victory, and it accustomed work for it and practice the sport in markets. The differences between Greek and Arabs was the place, clothes and rewards because Islam prevent the gambling from any kind of sport or life affairs. But wrestling become popular from the Arabs liberation of Persia, the massager of prophet Mohamed who taught the Iranian people Islam's rules was the champion in wrestling and it spread into Europe [13].

As the Arabs before Islam practiced "various styles of sports, a number of which are at the extent of professionalism and a few at the extent of hobby, although hobby and professionalism weren't mentioned at that point. Equestrian, hunting and throwing are sports that have risen to the extent of professionalism. The young Arab must master these sports, and he must train himself in them from his youth. it's his first school - after home - in life. and are available undefined Other games like wrestling, sword fighting, quarters, etc. therein it resembles a hobby to a particular extent .. and wrestling had a special importance that enhances equestrianism, so if the Persians were hit by the enemy's arrows, the heroes were forced to clash with hands, which is what's said about it in our present age (fighting with white weapons), and here lies the importance of wrestling and its great role in Prevail and victory ». [1]

When the Islamic rulers of Persia began hiring Turkic mercenaries about 800 CE, the soldiers brought with them a method of loose wrestling called koresh, within which grips could also be taken on the long, tight leather pants worn by the wrestlers and therefore the bout ends with slightly fall of the loser briefly on his back. Gradually the Turks took over the whole Muslim dominion, and their wrestling style spread.

Later Mongolian invasions within the 13th century introduced Mongolian wrestling, which received royal patronage, and wrestling became the national sport of contemporary Iran [2].

Archery is a skill of using bow and arrow. Person proficient in this skill propels arrow with a bow in an attempt to hit a target with an arrow. Since the earliest days archery has been used for hunting and combat while today's archery is a competitive sport and recreational activity. It is also used in hunt but rarely.

Armies of many civilizations relied on their archery, foot or mounted. Those that had better bows and arrows would often took the victory from their enemy and expand their empires. Thus, Muslim and Arabs are improved this sport for its important for winning any war [14]. There are many legendary stories and heroes which find their roots in archery. The ancient Olympic games, tradition holds, were founded by an archer named Hercules. The Games featured archery with tethered doves as the targets. Competitions were held as part of community festivals as early as the 17th century whereas Arab people practice this game before that unfortunately it is not written in many references [15]. The Prophet encouraged archery because of its effect on strengthening the arms [1].

Al-Saati points out that the Arab life before Islam was of a physical nature, for more than one realistic reason and a given. undefined It is a sporting activity based on its simplicity and nature. The nomadic life dictated the practice of running, hunting, throwing and equestrian, not with the aim of sport, but to meet the requirements of the active life that the Arabs lived. they had to learn to use the bow, in order to defend their land. And they had to run after their targets. And they had to learn horsemanship in order to face the invaders and launch invasions. These skills have incubated other physical skills. The archery gave them the power of aiming, So, the strength of the body was determination the person, and the chivalry endurance, patience and ambition all these are requiring factors for good Muslim. Thus, the Arab reached the goals of contemporary education, although he did not target it for its own sake. [1]

The Athletics Sports

Races in running between boys and adults are considered ancient sports to point out skill, lightness and speed, and Arabs before and after Islam raced on foot and went to determine race distances and methods of determining the winners with incentives or incentives. Many events mentioned that prophet Mohamed was played the sport and encourage his friends and wife to play because it is sweet for health. Jogging could be a style of trotting or running at a slow or leisurely pace [16]. the most intention is to extend condition with less stress on the body than from faster running but over walking, or to take care of a gradual speed for extended periods of your time. Performed over long distances, it's a variety of aerobic endurance training. Also, it's practice and part of Greek Olympic events later. Also, Arabs and Muslims were encouraged jogging and running as a very important sports for health and fitness which are emphasized by Islamic principles. Forevermore, Prophet Mohammed played jogging and he was masterful during this game even their friends had told that 'the ground is folding from him together with his speediness in jogging'. even prophet Mohammed had given a crucial roles to women in practicing the sports by competing along with her wife 'Aisha'. this is often a precious prove that Islam was given the athletics a crucial role in Muslim life [2]. There are even records that mention the Prophet racing his wife Aisha; his wife ended up winning the primary race and so losing the second to him. The Hadith especially encourages the teaching of swimming, riding, and archery to remain in top wellbeing [17].

quarter or weightlifting, he says about the latter: "The quarter is an ancient Arabic name for the weightlifting game known in our world today, and therefore the Arabs used huge stones of varying sizes to carry matches between A hero and another. The (quarter) was accustomed know and evaluate the riders, and it's still a well-liked convention in lifting weights today [1].

Recognized because the Greek equivalent of contemporary day dumbbells', the halteres served multiple uses from training to competition. Hellenic records shows the evidence of the halteres dating to as far back as 700 BC. In Ancient Greece, exercise and training was highly valued. By the 5th Century BC, halteres were of common use in Greek training regimens [18].

And Al-Saati (p. 48), noting the varied roles Arab markets had played, he says: "Arabs before Islam had famous markets, like Okaz Market, Majnah Market and Dhi Al Majaz Market, and these markets were organized annually with the aim of stopping wars between tribes and fiefs, and practicing trade and sports further, and therefore the delivery of speeches and poetry by the poets' stallions at that point .. So Okaz

market was his sporting activity being the enemy », as an example, while culture was the foremost important object of other markets, in a way. undefined She continued it in later periods, after the arrival of Islam [1].

While the Greek sports were played in theatre [19]. It consisted of a somewhat disordered arrangement of buildings, the foremost important of which are the Temple of Hera, the Temple of Zeus, the Pelopion and also the area of the good altar of Zeus, where the most important sacrifices were made. The name Altis was derived from a corruption of the Elean word also meaning "the grove" because the realm was wooded, olive and plane trees particularly [20].

Conclusion

Finally, the paper is concluded that many athletics were played and encouraged from Islamic while they are played later from other societies or bring them as Arab liberated unfortunately, there are no references has written this period. Because Arabs' authors had focused on the Islamic Principles as well the luck of writing skills from the point of authors' views.

Legality of sport in Islam on the authority of our prophet Muhammad many positions have proven the legitimacy of sport for all segments of the Islamic community, and some honourable companions have indicated its importance, including the saying of Omar bin Al-Khattab "Teach your children swimming, archery and horse riding." We also point out that The prophet Muhammad used to flirt and play with Muslim children while they were playing. The Islamic community admired very tough men and strong builds, and they used to urge their companions to race horses and learn to throw javelins, and the Islamic did not neglect the proof of the legitimacy of sport for women because prophet Muhammad used to compete with his wife Aisha. Sports of Islamic period prevent the Muslim of that reveal the nakedness of both sexes they encouraged to wear clothing whereas the Greek people used to play nakedness. Not to be distracted from worship and religious duties of Islamic people, the most important of which are prayer and fasting , it is a style of athletics and practice sports. So that every sex is practiced undefined Sports suitable for him in a dedicated space separate from the opposite sex. Secondly, the differences between Islamic and Greek is that Islamic avoid making money prohibited by betting and gambling. Thirdly, avoid harming humans or animals while practicing sports, such as: sports that depend on unfair hunting of birds, or sports competitions that take place between different animals and birds, or harm to the competing athlete, as is the case in wrestling and grappling. Also, avoiding fanaticism, racism, inciting the people and spreading discord. To be within the project in Islam, and not harm the practitioner or threaten his life. Sports spread during the era of the Prophet Jogging; Where the companions of the Prophet, may God bless him and grant him peace, were racing. Horse riding: He, peace be upon him, was racing his companions in horseback riding. Swimming: Umar bin Al-Khattab urged children to swim. Sword: Where peace be upon him children were allowed to fight with wooden swords. Walking: Where peace be upon him was the fastest of his companions in walking.

So, the conclusion is that most of sport played in Greek period were the same in the Islamic period and the Arabs wars spread these game into other countries as well they has taken some sports from these countries. Also, from previous Arab people encouraged and played many sports and by Islamic became it encourage these sports but with restricted behaviour for instance gambling and killing for enjoyment. The differences between Islamic and Greek periods were the place where the sports played and the reasons for playing. Forevermore, the sports in Greek period were historical mentioned where the Islamic period was not written in scientific historical way from the authors' point of view from two reasons, firstly, they did not have many people knew the writing secondly, those who were responsible for writing and documented the Islamic history were written the rules and instructions of Islamic period rather than the other things of life.

References

- [1] Al-Saatii, Amin (1998) Arab Sports in Jahiliyah and Sadr Islam. Jada :Dar Al-Shouoq. 43-71
- [2] Al-Hassani, Salim (Spring 2012). "A 1000 Years Amnesia: Sports in Muslim Heritage". MuslimHeritage.com. Foundation for Science, Technology and Civilisation. Retrieved 30 June 2015.

-
- [3] Al-Taee, Abid Al- Razaq (1999) Physical Education and Sports in Arab Islamic Heritage. Amman: Dar Al-Fikr. :22-25
- [4] Amara, Mahfoud. "The Muslim World in the Global Sporting Arena". Brown Journal of World Affairs. 14.
- [5] Al-Ashqar, Hamed (1994) Scientific Basis for Physical Education. Haeal: Al-Dear. : 64-66.
- [6] Pfister, Gertrud (Summer 2006). "Islam and Women's Sports". APCEIU. Asia-Pacific Centre of Education for International Understanding. Retrieved 30 June 2015.
- [7] <http://www.muslimheritage.com/article/1000-years-amnesia-sports-muslim-heritage>
- [8] Amberger, Johann Christoph (1999). The Secret History of the Sword. Burbank: Multi-Media. ISBN 1-892515-04-0
- [9] Boardman J., Early Greek vase painting (London, Thames and Hudson, 1998). Amberger.
- [10] Swaddling J., The ancient Olympic Games, 3rd edition (London, The British Museum Press, 2004).
- [11] Wikipedia. Historical European martial arts. https://en.wikipedia.org/wiki/Historical_European_martial_arts
- [12] Richard Woff, The Ancient Greek Olympics (Oxford University Press, 2000).
- [13] http://www.islamicfocus.co.za/index.php?option=com_content&task=view&id=320&Itemid=24
- [14] Senex, Perseus Americanus (2017-09-01). "Old School Strength: The Roman Origins [LONG]". The Older² Avocado. Retrieved 2020-12-08.
- [15] Miller, Stephen G. Ancient Greek Athletics. New Haven: Yale University Press, 2004.
- [16] Young, David C. (15 April 2008). A Brief History of the Olympic Games. ISBN 9780470777756. Retrieved 16 April 2015
- [17] Sydney Anglo, The Martial Arts of Renaissance Europe, 2000, p 7.
- [18] Culpepper, Chuck (2016-07-13). "Marriage, motherhood, education, maybe sports: female Muslim athletes' expected priorities". The Washington Post. ISSN 0190-8286. Retrieved 2016-11-03
- [19] Wrestling, archery and horse racing contests in Genghis Khan's ancient capital, Karakorum. Julie Skurdenis, Special to The Chronicle. Sunday, March 27, 2005.[1]
- [20] Norris, Michael. Greek Art from Prehistoric to Classical: A Resource for Educators. New York: Metropolitan Museum of Art, 2000. See on Met Publications.