
Ssireum

Textbook

“The first step
to being the Cheonha Jangsa
(Grandmaster)!”



대한씨름협회
KOREA SSIREUM ASSOCIATION

CONTENTS



01

The strange and familiar folk sport, Ssireum

- 1) The story of the time when Ssireum was popular enough to push back the news _04
- 2) Ssireum, where does it come from? _06
- 3) Left-sided Ssireum, Right-sided Ssireum _12

02

What do we need for Ssireum?

- 1) The arena, where fair matches are held _18
- 2) Satba, where Ssireum begins and ends _20
 - ① The satba's origin
 - ② How to tie the satba
 - ③ How to grab the satba
- 3) Ssireum's weight classes _26

03

Ssireum's key points, techniques and skills

- 1) Hand techniques _36
 - Apmureupchigi (Front knee takedown), Dwtmureupchigi (Rear knee takedown), Kongkkeokgi (Bean Picking, Ankle Pull) / Ohgeumdangkigi (Pulling the crook of the knee)
- 2) Leg and foot techniques _42
 - ① Leg techniques - Batdarigeolgi (Outer leg lock), Andarigeolgi (Inner leg lock), Deokgeori (Deopgeori, Left knee hook)
 - ② Foot techniques - Homigeori (Raking hook), Bitjanggeori (Latching hook)
- 3) Lifting and combination techniques _52
 - ① Lifting techniques - Deureotwinggyeobaejigi (Deulbaejigi, Turning seesaw throw)
 - ② Combination Techniques - Japchaegi (Clenched interception), Jeongmyeondwijipgi (Dwijipgi, Front Suplex)

04

Appendix

- 1) Various types of wrestling around the world _62
- 2) Our neighborhood Ssireum arena _64
- 3) If you would like to know more about Ssireum _66





I. The strange and familiar folk sport, Ssireum



- 1) The story of the time when Ssireum was popular enough to push back the news
- 2) Ssireum, where does it come from?
- 3) Left-sided Ssireum, Right-sided Ssireum





1.

The story of the time when Ssireum was popular enough to push back the news

‘Tomorrow the 9 o’clock news will start one hour later because of the World Cup soccer broadcast.’

For international matches such as the World Cup and the WBC, it was quite common to hear newscasters say this. But in the 1980s, newscasters used to say this.

‘Tomorrow the 9 o’clock news will start one hour later because of the Ssireum match broadcast.’

In the ’70s and ’80s, the national sport was neither soccer nor baseball, but Ssireum. On the day of the matches, the Jangchung arena was always full, and sports newspapers poured out daily articles about Ssireum wrestlers.

Nowadays Ssireum has become a little unfamiliar with us, but Ssireum has steadily kept its reputation as a uniquely Korean sport!

Let’s get started with some fun basics of Ssireum, the sport that anyone can play or referee.

Due to the Ssireum match,
they said the 9 o'clock news will be
postponed~



2. Ssireum, where does it come from?

Korean dictionary

Ssireum [Noun]

1. <Exercise> A uniquely Korean sport in which opponents lock on to each other's satbas and achieve victory by using strength and technique to knock the opponent down first.
2. To use all your strength and persistence to overcome or accomplish something.



There are several theories on the etymology of Ssireum.

In one of the dialects from the Yeongnam region, "to confront each other to compare strength" was referred to as "Ssirunda." Through the process of becoming a noun, there is a theory that [Ssiruda → Ssirum → Ssireum].¹⁾ There is another theory that suggests Ssireum was taken from the word [Ssilheum] meaning demonstration of one kind of technique. Ssilheum appeared in Shin Chae-ho's book Joseonsanggosa.

Ssiruda ⇨ Ssirum ⇨ Ssireum

1) Gim Hag-ung, Gim Hag-ung's Ssireum Story, Folklore Institute, 2009, p. 167



Ssireum is believed to have been around since the tribal era of the Korean peninsula, but the first historical reference to Ssireum was a cave painting. With the discovery of the Gakjeochong cave paintings inside the Jangcheon No. 1 and Goguryeo tombs depicting Ssireum during the age of the Three Kingdoms, we can see how much the Goguryeo people enjoyed the sport.



Gakjeochong cave painting



Jangcheon No. 1



Just a moment!

If you look closely at the Gakjeochong cave painting, you will find some interesting things.



We can see something that looks like a *satba*



A westerner's face



The face of the Goguryeo people

The first literary record about Ssireum comes from Goryeosa (the history of Goryeo), compiled during King Sejong's reign of the Joseon dynasty in the 15th century.



"In March of the 17th year of King Chung-suk's reign (1330), the king entrusted important affairs to loyal subjects such as Baejun and Joojoo. Instead of doing his mandatory work, the king indulged in playing Ssireum with the low-ranking young servants, thus leading to the destruction of the proper hierarchy and civility within the palace and society."

"On February 8th in the 4th year of King Chungnye's reign (1343), the king led the army to play Ssireum."

"On November 4th in the 4th year of King Chungnye's reign (1343), the king visited with Go Yong-bo. They watched Gyeokgu (a kind of polo) and Gakjeohui (a traditional sport similar to Ssireum) and awarded the competitors with an assortment of draperies."



According to literature, Ssireum was a game enjoyed by kings at the palace during the Goryeo dynasty. Considering that Goryeo was being invaded by Mongolia at the time, perhaps the desire to regain independence and escape Mongolian rule may have been manifested through Ssireum.

During the Joseon Dynasty, we realize that there was much more literature on Ssireum. As depicted in Gim Hong-do's folk paintings, Ssireum was popular among the people during the Joseon dynasty. More importantly, because of many accidents, Ssireum was even formally banned at times.



Gim Hong-do's "Ssireum"

In October 1912, under the supervision of the Yugakukwon Club at the Danseongsa movie theater in Seoul, Ssireum laid the foundation for modernization in the form of competitive matches.



Danseongsa movie theater

¹⁾Since then, Ssireum has been continuously working on modernizing the sport. In 1927, the "Joseon Ssireum Association" was founded, and that same year, the "1st Joseon National Ssireum Competition" was held in the Hwimun high school stadium. In 1946, the Joseon Ssireum Association was renamed the Korea Ssireum Association, which it still goes by to this day.

Ssireum was considered a popular Korean sport since 1920, but the modernization and boom of Ssireum matches began in 1972 with "the 1st National Jangsa Ssireum Competition hosted by KBS." The competition was held over three days and was broadcast live on TV across the country. At the same time, every seat in the nearly 10,000-seat Jangchung Arena was filled. In the 1970s, women's Ssireum competitions were held. That spirit continues to live on. These days, Ssireum is still enjoyed by men and women of all ages.

These days, various efforts as exemplified by the designation of the National Intangible Cultural Property No. 131, the South and North Korean joint application to register UNESCO Intangible Cultural Heritage of Humanity, the Ssireum revival promotion project, and the youth revival project are underway, mainly led by the Korea Ssireum Association, for the revival of Ssireum.

1) Gong Seong-bae et al, What do you know about Ssireum?, Gwanglim Book House, 2009, p. 32-40
Na Yeong-il et al, Ssireum, Cultural Heritage Administration, 2017, p. 71-92
Hwang Gyeong-su et al, The Ssireum Textbook, National Federation of Ssireum and Social Life Sports, 2012, p. 33-34 (Women's Ssireum)

HISTORY

At a glance

timeline of Ssireum's major events¹⁾

- 1912 The start of the modern Ssireum competition
- 1927 The Foundation of the Joseon Ssireum Association
- 1946 The Joseon Ssireum Association → The Korea Ssireum Association
- 1970 Women's Ssireum competition starts
- 1972 The 1st National Jangsa Ssireum Competition hosted by KBS
- 1982 Launch of Folk Ssireum Committee
- 1983 The 1st Cheonha Jangsa (Grandmaster) Ssireum Competition is held
- Since 2000, a foundation has been laid to revitalize Ssireum



1) Gong Seong-bae et al, What do you know about Ssireum?, Gwanglim Book House, 2009, p. 32-40
Hwang Gyeong-su et al, The Ssireum Textbook, National Federation of Ssireum and Social Life Sports, 2012, p. 33-34 (Women's Ssireum)

3. Left-sided Ssireum, Right-sided Ssireum

In November 1927, YMCA officials and physical education teachers gathered to establish the Joseon Ssireum Association that would initiate the modernization of Ssireum.

The Joseon Ssireum Association personnel had a dilemma. To modernize Ssireum, a national convention was suggested to be held since each region had its own type of Ssireum.

The concerned teachers decided to seek help from the students to find a solution. Students returning home for summer vacation were asked to find out and report the different types and methods of Ssireum in their hometowns.



Type	Left-sided Ssireum	Right-sided Ssireum
Characteristics	The satba is wrapped around the opponent's right thigh. Grab it with your left hand and bring the right shoulders together.	The satba is wrapped around the opponent's left thigh. Grab it with your right hand and bring the left shoulders together.
Region	Hamgyeong-do, Pyeongan-do, Hwanghae-do, Gyeongsang-do, Gangwon-do, Chungcheong-do	Gyeonggi-do, Jeolla-do



The report found that Left-sided Ssireum was the most popular nationwide. Consequently, it was designated as the official type of Ssireum for the "1st Joseon National Ssireum Competition" At that time, Right-sided Ssireum was categorized as an informal game under the name Tong Ssireum.²⁾



Just a moment!

These days, we rarely find a Right-sided Ssireum match because Left-sided Ssireum has become more popular.

If you are considering a career path related to wrestling...

There are various jobs related to Ssireum: Ssireum wrestler, referee, physical education teacher, Ssireum commentator. Also, you can work as a trainer or coach at semi-pro sports clubs, or at the university, elementary, middle, and high school levels.

²⁾ Na Yeong-il et al, Intangible Cultural Property "Ssireum" (Cultural Heritage Administration, 2017), p. 69-73

Ssireum

O



Quiz

X

1.

The earliest historical records of Ssireum are found in the cave paintings from the Goguryeo era.

O X

2.

During the Goryeo dynasty, Ssireum was also popular in palaces.

O X

3.

The first Ssireum competition took place at Jangchung Arena.

O X

4.

Women's Ssireum Competitions started in the 1980s.

O X

5.

Ssireum has been designated as National Intangible Cultural Property No. 131.

O X

Answer:

1. O

2. O

3. X

4. X

5. O



Introducing the Korea Ssireum Association Characters



Baekho (White Tiger)

Baekho, Gakjeochong's flame-like Ssireum character, stands for "bravery."

The valiant Baekho overcomes any opponent with perfect skills, showcasing the many charms of Ssireum's techniques.





II. What do we need for Ssireum?

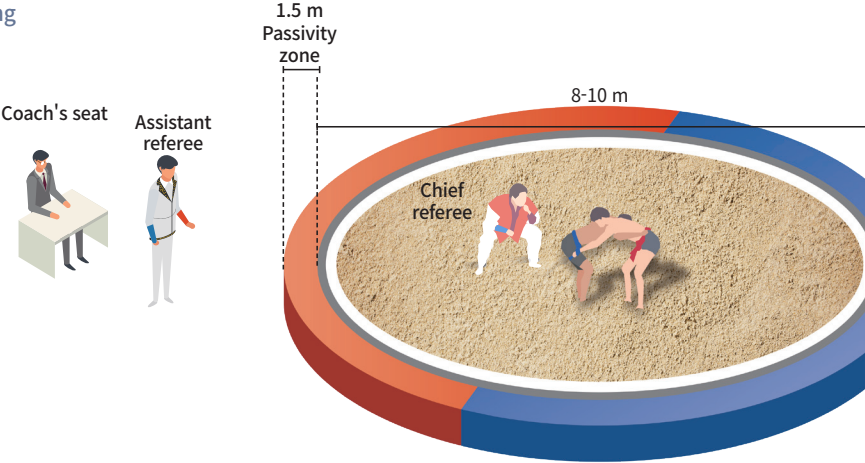
- 1) The arena, where fair matches are held
- 2) Satba, where Ssireum begins and ends
 - ① The satba's origin
 - ② How to tie the satba
 - ③ How to grab the satba
- 3) Ssireum's weight classes



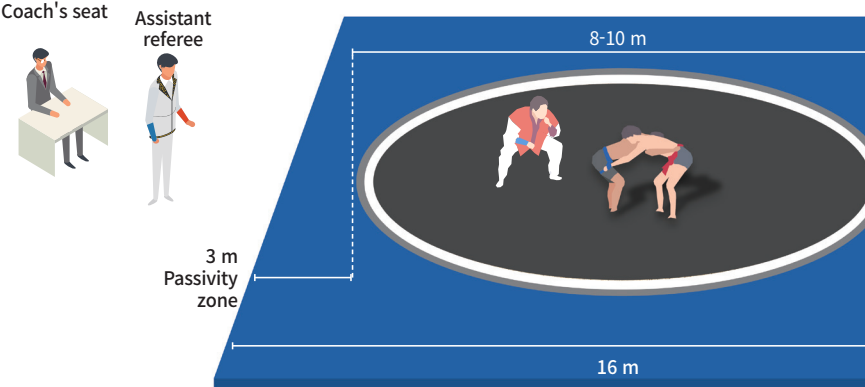
1. The arena, where fair matches are held

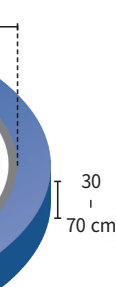
Normally, when you think of a Ssireum arena, you think of a sandpit. But there are two types of Ssireum arenas: sand and mat.

Sand ring



Mat





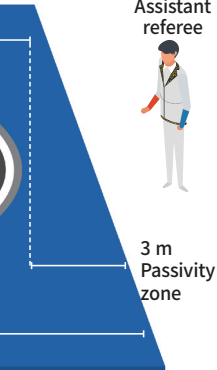
Assistant referee



Coach's seat



Type	Sand arena
Height	30-70 cm
Width	Diameter 8-10 m
Passivity zone	1.5 m



Assistant referee



Coach's seat



Type	Mat arena
Height	10-20 cm
Width	Diameter 8-10 m
Passivity zone	3 m

2. Satba, where Ssireum begins and ends

① The satba's origin



"Sat" in "satba" means groin, and "ba" means rope. Therefore, samba's etymology comes from a string wrapped around the groin.

The official satba has a 10 cm loop and the end is completed with a 20 cm stitch. The wrestler's name is displayed clearly with white color in Korean. The elementary school division satba is 100 cm wide, and the length is thigh circumference + waist circumference + 100 cm. The middle school division satba is 120 cm wide, and the length follows the elementary school division regulations. The university and semi-pro division satbas are 140 cm wide, and the length is thigh circumference + waist circumference + 110 cm.



Cotton satba



Burlap satba



In the early days, cotton, burlap, and other similar materials were used. But since the 1920s, white cotton has been in use. After gaining independence from Japan, black and white satbas were used to standardize Ssireum. But with the spread of color television in the 1980s, blue and red satbas, the colors of the Taeguk, came into use. These days, Ssireum wrestlers use personal satbas that fit perfectly around their thighs.



Just a moment!

Modified satba?

To modify the sport's equipment, the Korea Ssireum Association's Ssireum Development Committee revised and improved how to tie the satba's knot and how to wear the satba. As a result, a modified satba that can be easily tied and worn was introduced.

Referees can prevent cheating because they can notice right away if the modified satba has been disguised (worn tight or loose). In addition, a modified satba doesn't stretch, so there is no need to readjust it during matches or practice.



Just a moment!

According to old Korean customs, there is a myth that says that if women who can't give birth make and wear underwear made from the Jangsa's (Champion) satba, they will give birth to a son. Because of this myth, the Jangsa's (Champion) satba was considered very precious.

② How to tie the satba



- ① Insert the end of the satba into the loop.



- ② Wrap the satba loop around the wrestler's right thigh, and adjust the satba so the opponent can grasp it comfortably.



- ③ Put the end of the satba through the waist satba and wind it once around the thigh.



- ④ Insert the waist satba through the back of the thigh satba.



- ⑤ Insert the satba from back to front into the 10 cm wide loop made in step 4.



- ⑥ Adjust the size of the waist satba so the opponent can grasp it comfortably.



▲
Please scan the
QR code with your
smartphone.

The interesting way to tie the satba
Shall we easily learn more
with a video?



※ Once the satba
has been put
on correctly,
position the
satba's knot in
the middle of
the centerline
(seam).



④ While doing step 3,
make a 10 cm wide
loop.



⑤ Take the satba behind
your back and turn it
clockwise once.



⑨ Wrap the remaining part
of the satba once around
the waist satba and finish
by making the wrestler's
name visible.



⑩ Complete.

③ How to grab the satba

Ssireum is a sport that values politeness.

Upon entering the arena, opposing wrestlers bow to each other.



Through the following images and videos, let's grasp the satba properly.



STEP 1 After facing the opponent, keep about a 1 m distance from each other and stand upright.



- STEP 2** At the referee's signal, first grab the opponent's thigh satba with your left hand.
 - STEP 3** At the referee's signal, grab the opponent's waist satba with your right hand.
 - STEP 4** At the referee's signal, grab the satba, lower yourself into the basic position, and wait for the start signal.
-

You need to know first how to grab the satba properly to play well, right?
Shall we easily learn more with a video?

How to grab the satba



▲ Please scan the QR code with your smartphone.

How to get in position



▲ Please scan the QR code with your smartphone.



3. Ssireum's weight classes

※ Men's Division

The names of the men's division folk Ssireum weight classes were taken from the four major mountains located on the Korean peninsula (North & South). The order of the weight classes follows the height of the mountains.

<2020 Korean Ssireum Association Match Rules>

Weight class	Weight
Cheonha Jangsa (Grandmaster)	Registered wrestlers: 140 kg or less Unregistered wrestlers: no limit
Baekdu	140 kg or less
Halla	105 kg or less
Geumgang	90 kg or less
Taebaek	80 kg or less

The weight classes and divisions of professional athletes are as follows.

Elementary School Division

Weight class	Weight	Team Match		Individual Match
		Starting Wrestler	Substitute Wrestler	
Gyeongjanggeup	40 kg or less	1	1	No limit
Sojanggeup	45 kg or less	1	1	No limit
Cheongjanggeup	50 kg or less	1	1	No limit
Yongjanggeup	55 kg or less	1	1	No limit
Yongsageup	60 kg or less	1	1	No limit
Yeoksageup	70 kg or less	1	1	No limit
Jangsageup	120 kg or less	1	1	No limit
Total		7	7	



Middle School Division

Weight class	Weight	Team Match		Individual Match
		Starting Wrestler	Substitute Wrestler	
Gyeongjanggeup	60 kg or less	1	1	No limit
Sojanggeup	65 kg or less	1	1	No limit
Cheongjanggeup	70 kg or less	1	1	No limit
Yongjanggeup	75 kg or less	1	1	No limit
Yongsageup	80 kg or less	1	1	No limit
Yeoksageup	90 kg or less	1	1	No limit
Jangsageup	130 kg or less	1	1	No limit
Total		7	7	

High School Division

Weight class	Weight	Team Match		Individual Match
		Starting Wrestler	Substitute Wrestler	
Gyeongjanggeup	70 kg or less	1	1	No limit
Sojanggeup	75 kg or less	1	1	No limit
Cheongjanggeup	80 kg or less	1	1	No limit
Yongjanggeup	85 kg or less	1	1	No limit
Yongsageup	90 kg or less	1	1	No limit
Yeoksageup	100 kg or less	1	1	No limit
Jangsageup	135 kg or less	1	1	No limit
Total		7	7	

University and Semi-pro Division

Weight class	Weight	Team Match		Individual Match
		Starting Wrestler	Substitute Wrestler	
Gyeongjanggeup	75 kg or less	1	1	No limit
Sojanggeup	80 kg or less	1	1	No limit
Cheongjanggeup	85 kg or less	1	1	No limit
Yongjanggeup	90 kg or less	1	1	No limit
Yongsageup	95 kg or less	1	1	No limit
Yeoksageup	105 kg or less	1	1	No limit
Jangsageup	140 kg or less	1	1	No limit
Total		7	7	

※ Women's Division

Weight class	Elementary School Division		Middle School Division		High School Division		University · Semi-pro Division	
	Weight	Participants	Weight	Participants	Weight	Participants	Weight	Participants
Maehwa (Plum Blossom)	35 kg or less	1	45 kg or less	1	55 kg or less	1	60 kg or less	1
Nancho (Orchid)	40 kg or less	1	50 kg or less	1	60 kg or less	1	65 kg or less	1
Gukhwa (Chrysanthemum)	45 kg or less	1	55 kg or less	1	65 kg or less	1	70 kg or less	1
Daenam (Bamboo)	50 kg or less	1	60 kg or less	1	70 kg or less	1	75 kg or less	1
Mugunghwa (Rose of Sharon)	55 kg or less	1	65 kg or less	1	75 kg or less	1	80 kg or less	1

The women's division Cheonha Jangsa (Grandmaster) Competition is open to those over 14 years old and under 80 kg.

For more information,
scan the QR code to learn about the
promotion committee rules and current
Ssireum weight class summaries in
detail!

Current Ssireum
weight class
summary



▲
Please scan the
QR code with your
smartphone.

Promotion
committee rules



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smartphone.



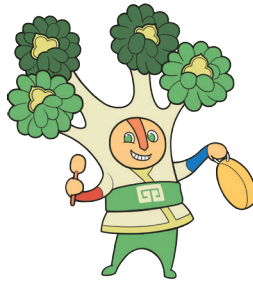
Oh, the names of the men's folk
Ssireum weight classes are in the order of
the four major Korean mountains!





Ssireum

Quiz



1.

There are three types of Ssireum arenas: sand, mat, and wood.

O X

2.

"Sat" in "satba" means rope.

O X

3.

In the beginning, Satbas came in two colors: blue and red.

O X

4.

Tying a knot is easier on the modified satba than on the regular one.

O X

5.

Men's Ssireum weight classes were named after the four major rivers in Korea.

O X

Answer:

1. X

2. X

3. X

4. O

5. X

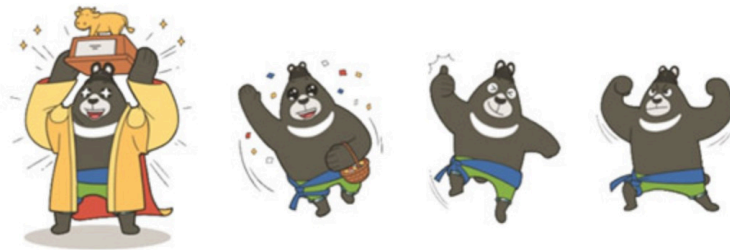
Introducing the Korea Ssireum Association Characters

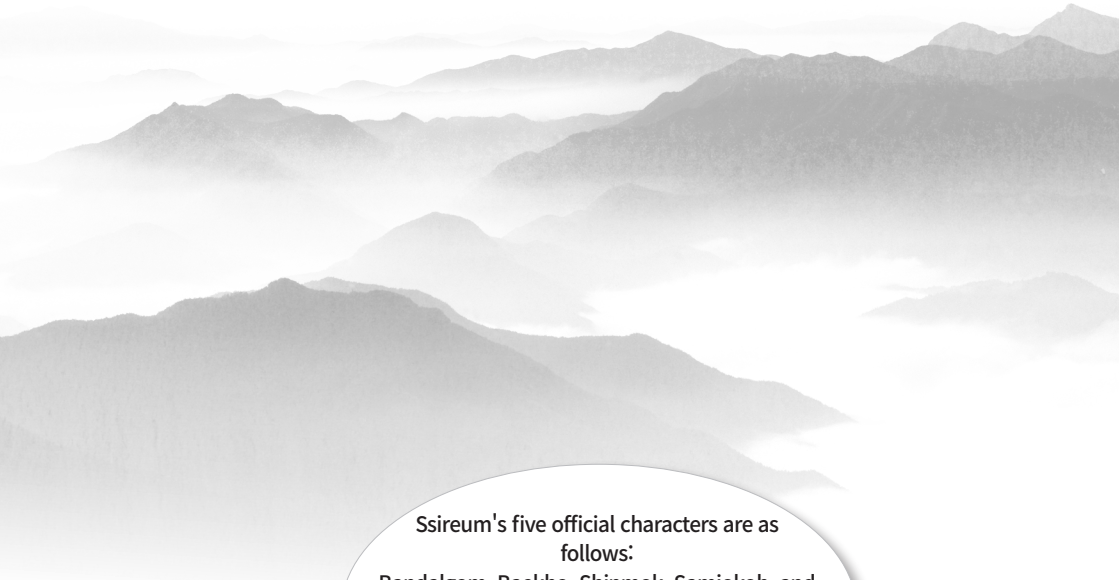


Bandalgom (Asiatic black bear)

Derived from Gakjeochong's moon, meaning "wisdom."

The wise Bandalgom (Asiatic Black Bear) has incredible strength and stamina, which no one can overcome, demonstrating the many charms of the Jangsa's (Champion) Ssireum.





Ssireum's five official characters are as follows:
Bandalgom, Baekho, Shinmok, Samjokoh, and Gooreum. The characters derive from ancient evidence found in the Ssireum paintings of Gakjeochong's Ssireumdo, which is typical of Korean traditional culture and history.







III. Ssireum's key points, techniques and skills

1) Hand techniques

- Apmureupchigi (Front knee takedown),
Dwitmureupchigi (Rear knee takedown),
Kongkkeokgi (Bean Picking, Ankle Pull) /
Ohgeumdangkigi (Pulling the crook of the knee)

2) Leg and foot techniques

① Leg techniques

- Batdarigeolgi (Outer leg lock), Andarigeolgi (Inner leg lock), Deokgeori (Deopgeori, Left knee hook)

② Foot techniques

- Homigeori (Raking hook), Bitjanggeori (Latching hook)

3) Lifting and combination techniques

① Lifting techniques

- Deureotwinggyeobaejigi (Deulbaejigi, Turning seesaw throw)

② Combination techniques

- Japchaegi (Clenched interception),
Jeongmyeondwijipgi (Dwijipgi, Front suplex)

1. Hand techniques

① Apmureupchigi (Front knee takedown):

This technique is used when the wrestlers are shoulder-to-shoulder. When the opponent's center of gravity is moving forward, instantly move your body to get the opponent's body leaning and topple your opponent.



STEP 1 Ready Position



STEP 2 When you're pushing forward as the opponent's center of gravity moves forward or shifts.



STEP 3 Grab the opponent's knee joint as if striking it with your right hand.



STEP 4 While pulling the shoulders away, strike the opponent's right knee forcibly with your right hand, and push it in the same direction as the left hand.

Please scan the QR code ▶
with your smartphone.



① Apmureupchigi (Front knee takedown)



STEP 5 Put your head next to your opponent's armpit and push forcibly to the right.



STEP 6 Move your right leg back while rotating to get the opponent off balance.

STEP 3 Take a closer look



1. Hand techniques

② Dwitmureupchigi (Rear knee takedown):

Use this technique to attack your opponent when their left leg is protruding forward or if they are off-balance.



STEP 1 Ready Position



STEP 2 Grab and pull the opponent's thigh *satba* while releasing your right hand that was gripping the waist *satba*. As you let go, grab the back of the opponent's knee.



STEP 3 Pull the opponent's left foot so it can't move backward and use your shoulder and upper body to push forward or slide 45 degrees to the right.

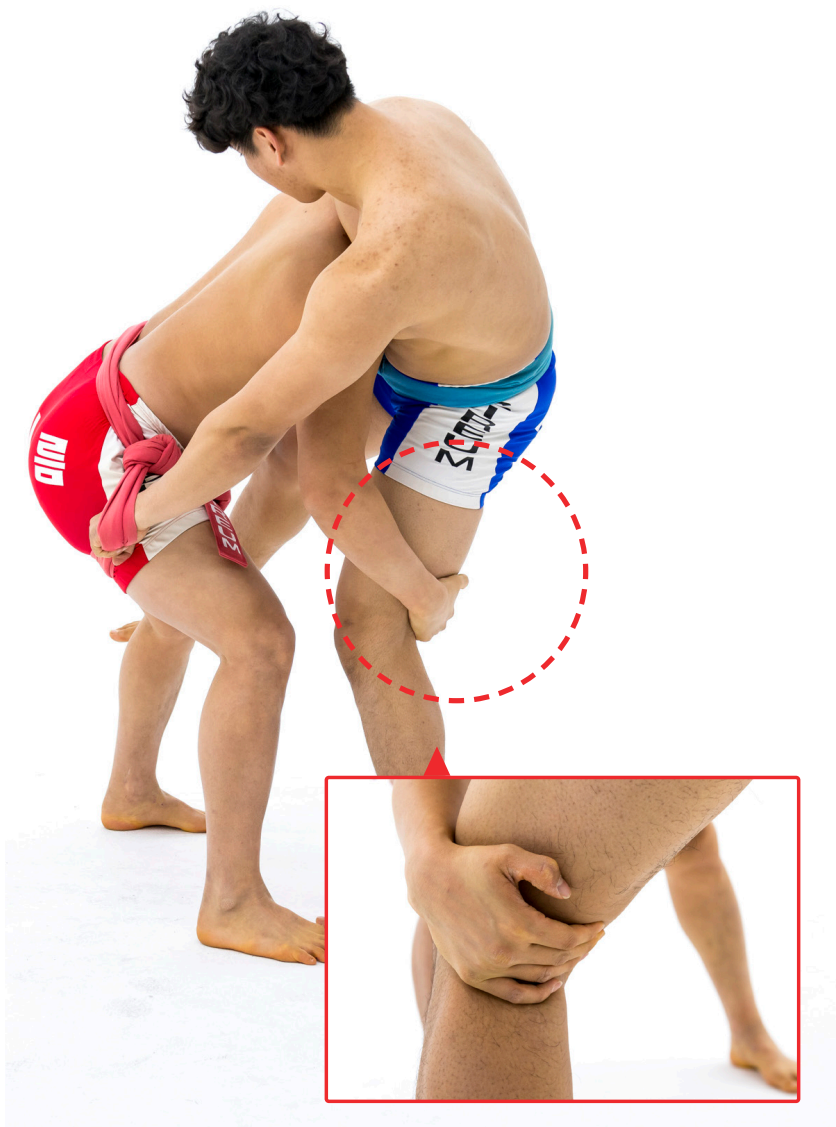


STEP 4 Be careful not to lift your upper body and use the opponent's center of gravity to topple them.



STEP 3 Take a closer look

Please scan the QR code ▶
with your smartphone.



1. Hand techniques

③ Kongkkeokgi (Bean Picking, Ankle Pull) / Ohgeumdangkigi (Pulling the crook of the knee):

Use this technique to topple your opponent. When the opponent's right leg is in front, quickly pull their inner ankle bone with your right hand.



STEP 1 Ready Position



STEP 2 Grab the opponent's inner ankle bone with your right hand.



STEP 3 While pulling the thigh satba, quickly grab and pull the ankle.



STEP 4 While pulling the opponent's ankle, turn your left leg counterclockwise to drop the opponent.



STEP 2 Take a closer look

Please scan the QR code ▶
with your smartphone.



Kongkkeokgi (Bean
Picking, Ankle Pull)



Ohgeumdangkigi
(Pulling the crook
of the knee)



※ If the hand pulls the ankle,
it's the Kongkkeokgi (Bean
Picking, Ankle Pull).
And if the hand pulls the
back of the knee, it's the
Ohgeumdangkigi (Pulling the
crook of the knee).



2. Leg and foot techniques

① Batdarigeolgi (Outer leg lock):

This technique is quite effective when the opponent is smaller than you or if their weight is placed on their right leg. Hook the outside of your right leg around the opponent to topple them.



STEP 1 Ready position



STEP 2 Pull the opponent's body to yours and keep it there.



STEP 3 Move your left foot one step forward to shift your center of gravity and forcibly hook your right leg around the opponent's right leg.



STEP 4 As if pushing your body slightly forward, twist the opponent's body in the direction of your left foot.



STEP 3 Take a closer look

Please scan the QR code
with your smartphone. ▶



CAUTION!

Be careful to remember that there are many outer leg variations that your opponent can choose from to launch a sudden counterattack.



2. Leg and foot techniques

② Andarigeolgi (Inner leg lock):

This technique is used to drop your opponent by hooking your right leg around the opponent's inner left leg.



STEP 1 Ready position



STEP 2 Pull the opponent's body to yours and keep it there.



STEP 3 Move your left foot in front of your opponent's right foot and your right leg moves to wrap the inside of the opponent's left leg.

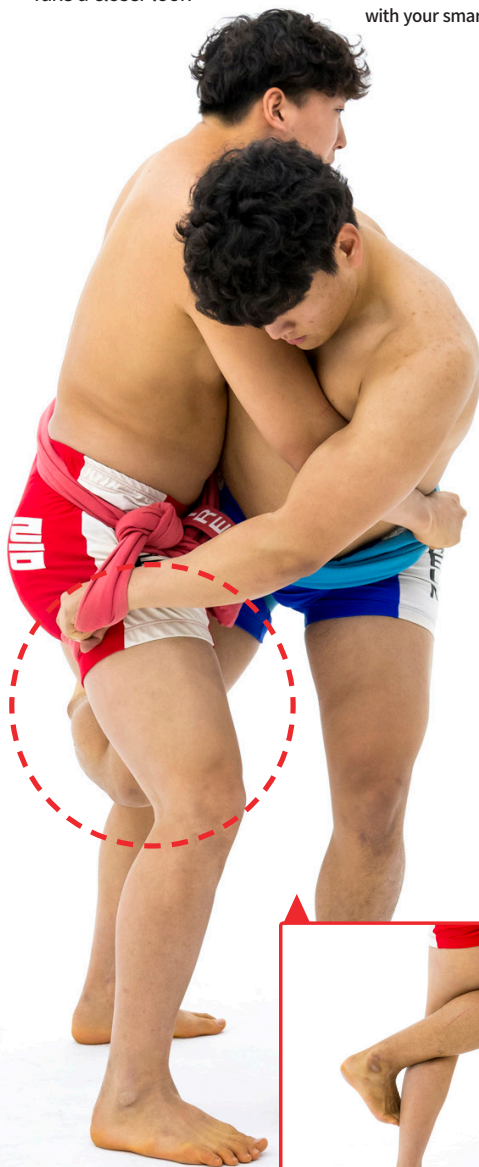


STEP 4 Put your head to the opponent's side and push their upper body. And pull the hooked leg forcibly. Push the opponent's upper body backward to drop them.



STEP 2 Take a closer look

Please scan the QR code ▶
with your smartphone.



2. Leg and foot techniques

③ Deokgeori (Deopgeori, Left knee hook):

This is the technique used to attack your opponent when they let you down as they try to lift you up.



STEP 1 Ready Position



STEP 2 Put your weight on your left leg while pulling the opponent towards your body.



STEP 3 Hook your right leg around the back of the opponent's left knee and apply pressure to the opponent's upper body.



STEP 4 Put your head to the opponent's side and push their upper body. And pull the hooked leg to the opponent's upper body. Push the opponent's upper body backward to drop them.



STEP 3 Take a closer look

Please scan the QR code ▶
with your smartphone.



2. Leg and foot techniques

④ Homigeori (Raking hook):

This is the technique used to drop your opponent by hooking your right heel around the opponent's right inner ankle when their right foot is in front or when the opponent is put down after being lifted.



STEP 1 Ready Position



STEP 2 Move the right foot next to the opponent's right foot (when the right feet are stuck together).



STEP 3 While pulling the satba, wrap your right heel around the inside of the opponent's right ankle.



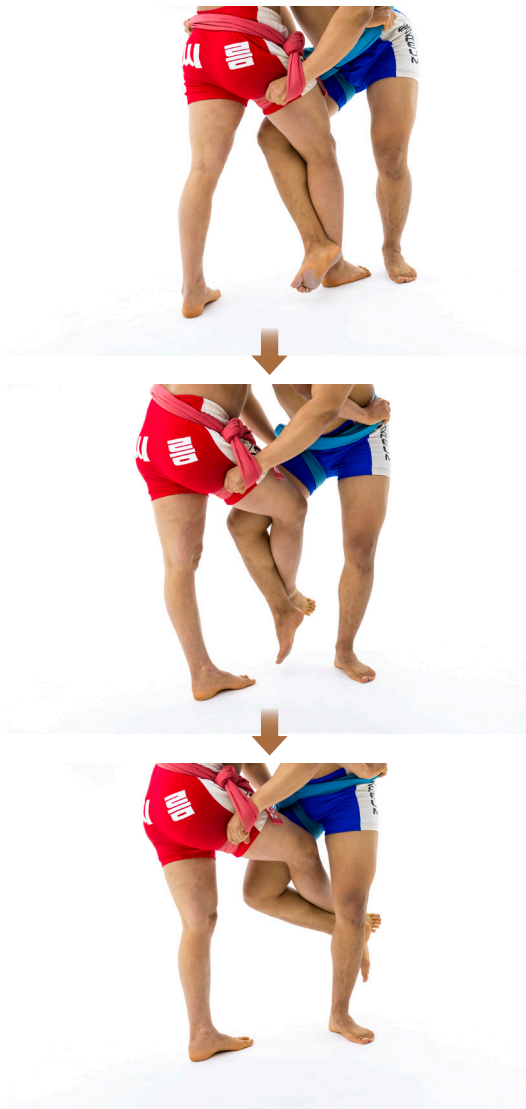
STEP 4 Pull their wrapped foot as if raking it and lower and rotate your upper body counterclockwise to drop the opponent.



Please scan the QR code ▶
with your smartphone.



Take a closer look at the legs!



2. Leg and foot techniques

⑤ Bitjanggeori (Latching hook):

This is the technique to use if you think the opponent can lift you up easily or if the center of gravity is pushed back. Push the opponent's left heel with the top of your right foot to drop them.



STEP 1 Ready Position



STEP 2 When your opponent tries to attack with lifting techniques, put your weight on your left foot.

STEP 3 Move the instep of your right foot to the opponent's left heel.



STEP 4 While pulling hard on the opponent's thigh and waist satbas, push the upper body forward to drop the opponent.



STEP 3 Take a closer look



Please scan the QR code ▶
with your smartphone.



3. Lifting and combination techniques

① Deureotwinggyeobaejigi (Deulbaejigi, Turning seesaw throw):

With this technique, pull the satba with both hands and press the opponent to your body and lift them completely and throw them as hard as you can.



STEP 1 Ready Position



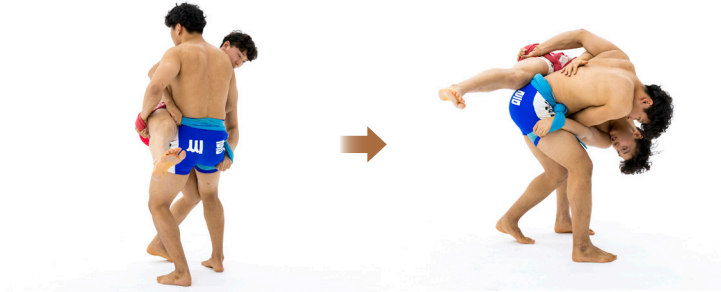
STEP 2 Put your weight on your right leg, and forcibly pull the opponent's thigh and waist satbas toward your body.



STEP 3 Pull hard on the opponent's thigh and waist satbas and lift the opponent with their body leaning on yours.



① Deureotwinggyeobaejigi (Deulbaejigi, Turning seesaw throw)



STEP 4 Turn the lifted opponent to the right or use your legs and waist to throw them to the right and then rotate to drop them.

Please scan the QR code ►
with your smartphone.



3. Lifting and combination techniques

② Japchaegi (Clenched interception):

This is the technique used when the opponent's right leg is on the inside of your leg or when the center of gravity is being pushed to the left while both wrestlers are attacking.



STEP 1 Ready Position



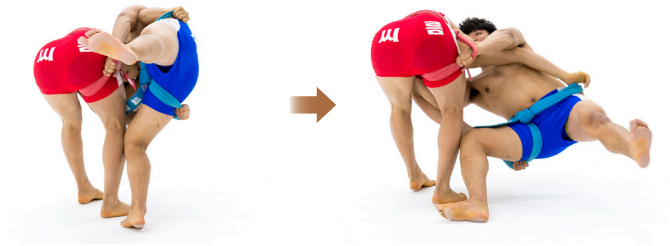
STEP 2 When the opponent lowers their posture while extending their right leg, put your weight on your right foot, and pull hard on your opponent's thigh satba.



STEP 3 Pull the opponent's waist satba close to your body. Put your weight on your left leg while pulling the waist satba and lift your elbows and twist the opponent's upper body to the left.



② Japchaegi (Clenched interception)



STEP 4 When pulling the high satba, rotate counterclockwise to throw your opponent down.

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with your smartphone.



3. Lifting and combination techniques

③ Jeongmyeondwijipgi (Dwijipgi, Front suplex):

In a long match, this is the technique in which the attacker goes below the opponent's abdomen, flips them backward, and topples them.



STEP 1 Ready Position



STEP 2 When the opponent lets go of your waist satba, quickly go below the opponent's abdomen.



STEP 3 Lower the center of your body and move downward by using the opponent's weight that's pressing on you with your head up.



③ Jeongmyeondwijipgi (Dwijipgi, Front suplex)



STEP 4 Throw your waist forward while flipping the opponent.

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with your smartphone.



Introducing the Korea Ssireum Association Characters



Samjokoh (Three-legged raven)

Samjokoh reflects a symbol of Goguryeo, and its three feet represent perfection. As a messenger from God, it represents a messenger that delivers the latest and exciting news of Ssireum.



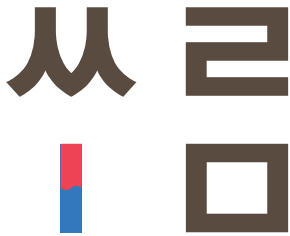
Shinmok (Sacred tree)

Since ancient times, Shinmok has symbolized the ladder that connects heaven and earth. As a place where Ssireum was enjoyed, Shinmok represents the center of the world and the festival of the world, Ssireum.



Gooreum (Cloud)

Since ancient times, clouds have symbolized the divine world, and the change of clouds from clear to cloudy represents the referee who determines the victory and the defeat of the match.



KOREA SSIREUM ASSOCIATION



IV. Appendix

- 1) Various types of wrestling around the world
- 2) Our neighborhood Ssireum arena
- 3) If you would like to know more about Ssireum

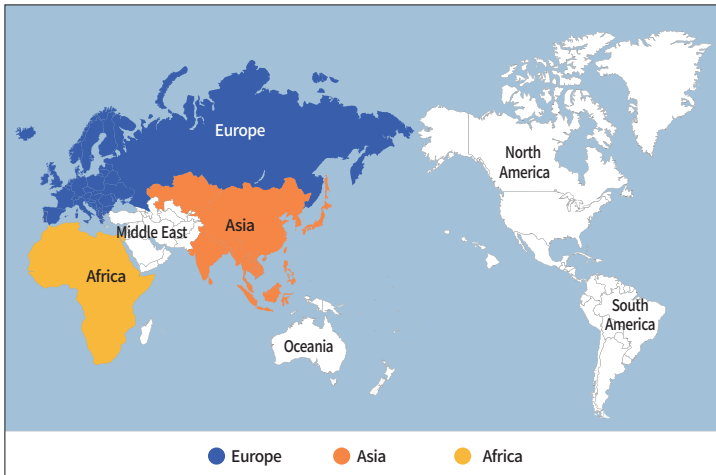


1. Various types of wrestling around the world



Ssireum is a typical body-to-body sport that requires no special equipment.

Many countries around the world also enjoy sports similar to Ssireum.





Asia

Country	Name
Turkey	Yağlı güreş
Georgia	Chidaoba
Kyrgyzstan	Kyrgyzstan Kurash
Kazakhstan	Kazakhstan Kurash
Uzbekistan	Uzbekistan Kurash
Mongolia	Bökh
Japan - Mainland	Sumo
Japan - Okinawa Island	Shima
China	Korean Chinese Ssireum

Africa

Country	Name
Senegal	làmb

Europe

Country	Name
Iceland	Fang
	Glima
Spain	Lucha Canaria
Russia	Sambo
Russia - Yakutia	Khapsagai
Netherlands	Worstelen
Swiss	Schwingen

2. Our neighborhood Ssireum arena

Seoul



Busan



Daegu



Incheon



Gwangju



Daejeon



Ulsan



Sejong



Gyeonggi



With the QR code,
let's find out about the Ssireum arena in our neighborhood!



Gangwon



Chungbuk



Chungnam



Jeonbuk



Jeonnam



Gyeongbuk



Gyeongnam



Jeju



3. If you would like to know more about Ssireum

◆ Current City & Province Ssireum Association Status

City/ Province	Location	Phone Number Fax Number
Seoul	#403, 182, Mangu-ro, Jungnang-gu, Seoul (Sangbong-dong, Seoul Sports Council)	+82-2-490-2839 +82-2-490-2836
Busan	12, Kkonmaeul-ro 156beon-gil, Seo-gu, Busan (Dongdaesin-dong 3(sam)-ga, Gudeok Ssireum Center)	+82-51-244-1620 +82-51-244-1619
Daegu	3F, 127, Yunibeosiadeu-ro 42-gil, Suseong-gu, Daegu (Daeheung-dong, Daegu Stadium)	+82-53-353-2344 +82-53-352-2366
Incheon	618, Maesohol-ro, Michuhol-gu, Incheon (Munhak-dong, Incheon Munhak Sports Complex)	+82-32-885-5666 +82-32-833-1171
Gwangju	4F #402, 278, Geumhwa-ro, Seo-gu, Gwangju (Pungam-dong, Yeomju Gymnasium)	+82-62-372-6222 +82-62-374-6223
Daejeon	#405, 15, Oncheon-ro 107beon-gil, Yuseong- gu, Daejeon (Bongmyeong-dong Joeunharu 3cha)	+82-42-824-3343 +82-42-824-3343
Ulsan	55, Yeompo-ro, Jung-gu, Ulsan (Namoe-dong, Ulsan Stadium)	+82-52-292-6844 +82-52-293-0787
Sejong	1F, 178, Eutteum-gil Jochiwon-eup, Sejong-si (Jeong-ri)	+82-44-864-3697 +82-504-220-8442
Gyeonggi	#911, 134, Jangan-ro, Jangan-gu, Suwon- si, Gyeonggi-do (Jeongja-dong, Gyeonggi Sports Council)	+82-31-251-7337 +82-31-251-7655
Gangwon	Athletic Club, 1, Hallymdaehak- gil, Chuncheon-si, Gangwon-do (Okcheon-dong, Hallym University)	+82-33-248-2261 +82-33-248-2285



City/ Province	Location	Phone Number Fax Number
Chungcheong buk-do	1498, Daegeum-ro, Geumwang- eup, Eumseong-gun, Chungcheongbuk-do (Geumseok-ri) Geumwang Animal Hospital	+82-43-838-8878 +82-43-838-8834
Chungcheong nam-do	63, Docheong-daero, Hongseong-eup, Hongseong-gun, Chungcheongnam-do (Sohyang-ri) Mipyong Construction inc.	N/A +82-41-634-1521
Jeollabuk-do	15, Yongji-ro, Gimje-si, Jeollabuk-do (Sangdong-dong)	+82-63-285-9121 +82-63-285-9122
Jeollanam- do	247-3, Najuho-ro Dado-myeon, Naju-si, Jeollanam-do (Panchon-ri)	N/A +82-61-337-0257
Gyeongsang buk-do	20, Jungang-ro, Gyeongsan- si, Gyeongsangbuk-do (Sajeong-dong)	N/A +82-53-850-5219
Gyeongsang nam-do	450, Woni-daero, Uichang-gu, Changwon- si, Gyeongsangnam-do #166, the office of member sport organizations (Dudae-dong, Changwon Stadium)	+82-55-264-4169 +82-55-275-7863
Jeju	24, Seogwang-ro 2-gil, Jeju-si, Jeju-do (Ora 1(il)-dong, Jeju Sports Council)	+82-10-3702-4133 +82-303-3441-4133



The first step
to being the **Cheonha Jangsa**
(Grandmaster!)

Ssireum

Textbook



Ministry of Culture, Sports
and Tourism



Korea Sports
Promotion Foundation

Supported by the Ministry of Culture, Sports and Tourism and Korea Sports Promotion Foundation