

Bring your Arm Wrestling Prowess to the Arnold Classic

For immediate release

It's likely that all of us – men and women – have done it at some stage in our lives. It is a quick and visible display of strength where two people face off, often with the enthusiastic support of bystanders.

While not yet considered an Olympic sport, arm wrestling is indeed seen as a sport, and as sports go the barriers to entry are among the lowest. Little to no equipment, nor existing skillset is required, and the rules are simple.

Arm wrestling can be traced all the way back to ancient Egypt where a painting depicting a type of arm wrestling was found in an Egyptian tomb dating to about 2,000 B.C. It has since evolved and has been known by many names. It involves two opponents standing or sitting at an arm wrestling table, with their competing elbows placed firmly on an elbow pad, with their hands interlocked over each other's thumbs. Either left handed or right handed, the non-competing hand needs to grip a peg and is to touch it at all times during a match.

Arm wrestling will feature once again at the Arnold Classic Africa event this year, taking place from 18 to 20 May. Three international arm wrestlers will be competing, each one formidable in their own right and weight division. This year there will also be an opportunity for the public to try out their muscle and technique, with expert oversight. According to Linus Cornelius, the Secretary of the South African Arm Wrestling Federation (SAAWF), "SAAWF is committed to grow the sport even further within South Africa in all aspects from the juniors and schools to the rural communities. We are currently working on implementing new structures to aid in this venture."

He explains how the public participation component of the ACA will work, saying "We will run batches of between four and eight contenders at a time, the public can come along and enter and will be given a timeslot. They will begin competing in the allocated slot and a winner will be determined by way of round robin. This will be an open weight division therefore anyone vs anyone."

If you believe you have the strength and technique to become a contender, or simply want to develop in the sport, consider joining an arm wrestling club and working your way through the ranks.

SAAWF hosts national championships every year so that competitors can qualify for the World Arm Wrestling Championships. "South Africa has had one World Champion in the Juniors division, and overall we are doing a great job. As the sports grows so will the standard of athletes, leading us to even better results," says Cornelius.

For anyone interested in taking up the sport of Arm wrestling, contact Linus Cornelius the secretary of SAAWF on 0728955699 or Linus.Cornelius@gmail.com. Alternatively reach SAAWF via our Facebook page <https://www.facebook.com/SAArmWrestling/>

For more information about this and other sports, visit www.arnoldclassicafrica.com.

Ticket options for the Arnold Classic Africa range from day to weekend passes, covering some or all of the contests. Visit <http://arnoldclassicafrica.com> for more information and a link from which to buy tickets.

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About the Arnold Sports Festival

Named for its co-promoter, legendary bodybuilder and film star Arnold Schwarzenegger, the Arnold Sports Festival USA was founded in Columbus, Ohio, in 1989. The festival has expanded into the world's largest multi-sport fitness weekend since its debut as the Arnold Classic, a one-day professional men's bodybuilding competition. Now celebrated on six continents, the event showcases an increasing number of physical and mental sports, making it accessible and relevant to audiences within and outside of the bodybuilding arena.

About the Arnold Classic Africa

Three years ago, four South African bodybuilding and sports enthusiasts collaborated to make the Arnold Sports Festival a reality on the African continent under the broad theme '*My Sport, My Passion*'. In partnership with the Gauteng Provincial Government and the SA Sports Confederation and Olympic Committee (SASCOC), Arnold Classic Africa affords athletes the opportunity to compete in an international competition, against participants from all continents, in Africa. Like its global counterparts, the African rendition embraces numerous sporting codes and promotes these through demonstrations, contests, record attempts and sports celebrities over three days each May.

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Facebook content

Fancy yourself a skilful arm wrestler? The South African Arm Wrestling Foundation welcomes you to take part in a round robin at this year's Arnold Classic Africa, where competitive tables will be supplied, and you will be pitted against like competitors, while in the company of three of the world's best arm wrestlers.

Twitter content

Show your strength and skill in a public participation event under the guidance of the South African Arm Wrestling Federation at ACA2018..