Efraimoglou, D. Lazaros. “Milon of Croton.”
This website give information about the famous five time wrestler Milon of Croton. This site included a brief background of Milon and how many wrestling matches he won and were he won them.

This book contained a lot of information about Milon of Kroton. This book contained information about his records and a good story about the tragic but interesting death of the famous wrestler.

Harris, H. A. Greek Athletes and Athletics. Bloomington, Indiana: University of Indiana, 1966.
This book had several benefits to my project. I used this book because of the pictures of evidence that I could insert into my power point. Some of the pictures were scanned and the other were taken with a digital camera.

This website breaks wrestling down into its origin, variations, rules of the game, characteristics of a good wrestler, and some additional information.

This book contained a lot of information and detailed information about some of the techniques that wrestlers would want to know prior to wrestling. This includes holds, grabs, the definition of a fall.

This book breaks wrestling down into rules, styles, and techniques. For several of the techniques, he also uses visual examples to show the reader what he is talking about.

There were bits and pieces of information used in my power point in this book. I used information from this book on the Introduction slide in presentation.


There was a section about Milon of Kroton in this book, which featured several stories. I chose two stories in this book to include including the pomegranate grip and the cord story.


This book talks about mythology, history, forms of wrestling, the event, qualities of a good wrestler, rules, and famous wrestlers. This book also contained several pictures that again were scanned into the power point.


In this article, David talks about the objective of wrestling and he includes an illustration of wrestling on an ancient pot.