



- <http://www.youtube.com/watch?v=InPqFqIIIGg>

2012 Olympic Opening Ceremony

Ancient Greek Sports & Dance

**A Futuristic Look Through Ancient Lenses: A
Symposium on Ancient Greece**

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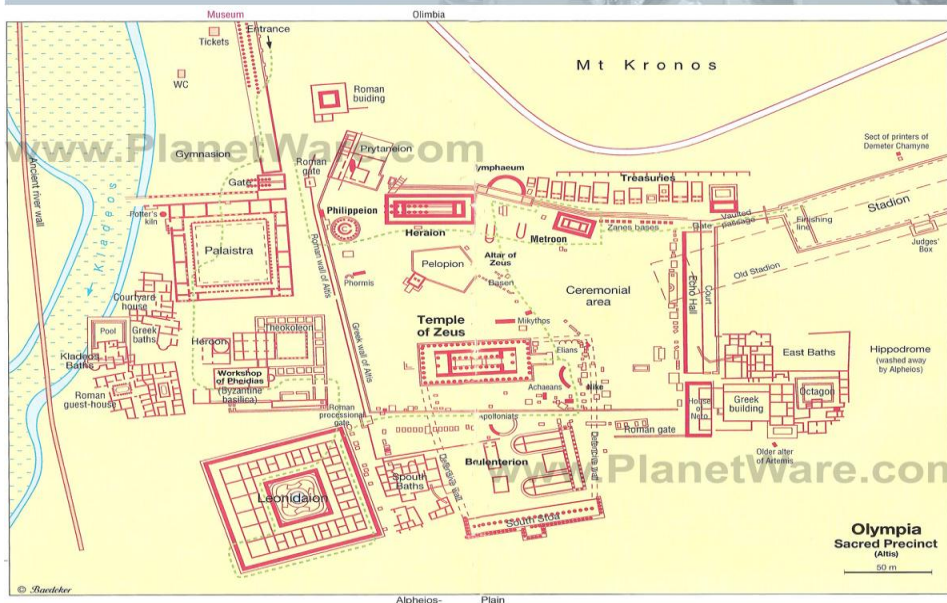


Olympic Beginnings & Evidence (Timeline)

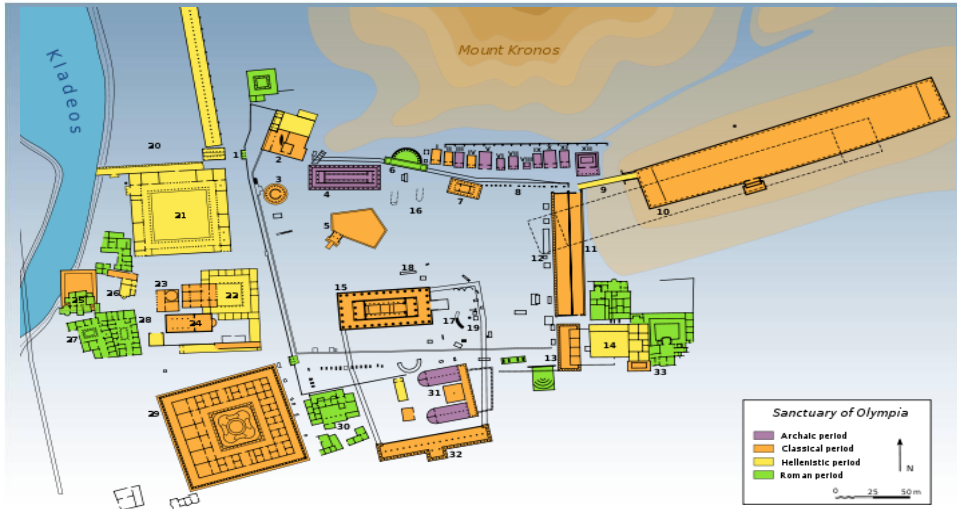
- **First Olympics: Olympia (776 BC)??**
- **Games were held in honor of Zeus (Father of Gods)**
- **“Individual Excellence”**
- **Olympiad (4 years) – Method of time keeping**

776 BC Foot Race (Stadion) Stade = 200 meters	724 BC Double Stadion 400 meters	720 BC Distance Race 1,344 to 4,608 meters	708 BC Wrestling & Pentathlon	688 BC Boxing	680 BC Four-horse Chariot Race
648 BC Pankration & Horse Race	632 BC Stade & Wrestling for Boys	628 BC Pentathlon for Boys (Never held again)	616 BC Boxing for Boys	520 BC Race in Armor (400 meters)	500 BC Mule-cart Race
496 BC Race for Mares (Female Horse)	444 BC Mule-cart & Mares Races (Abandoned)	408 BC Two-horse Chariot Race	396 BC Contests for Heralds & Trumpeters	384 BC Chariots Drawn by Four Colts	268 BC Chariots Drawn by Two Colts

Olympia: Site of the Festival



Olympia



Map of Ancient Greece



Phenomenon of Athletic Competition

“Crown Circuit”

- ❖ Pythian Games at Delphi (582 BC)
- ❖ Isthmian Games at Corinth (582 BC)
- ❖ Nemean Games at Nemea (573 BC)
- ❖ Olympic Games



Ancient Olympic Winners

- Winners were held in high regard
 - Extravagant feasts were held in their honor
 - “Highest” quality of food & drink
 - Feast Cost: Ten Thousand Drachmas; 30 years of wages!!
- Notable Winners:
- Coroebus of Elis
 - Theagenes of Thasos
 - Milo of Croton
 - Diagoras of Rhodes
 - Melankomas of Caria

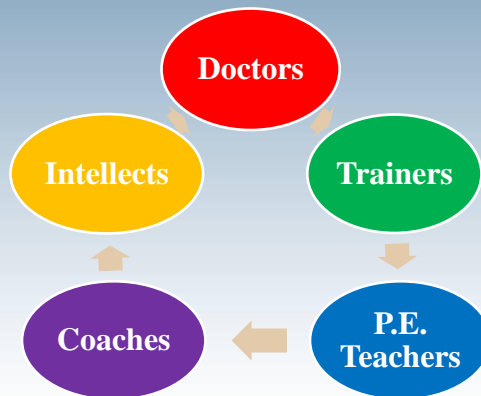
The Athlete

- Greek meaning: "one who competes for a prize"
- Men who were "free" and spoke Greek
- Competed in the "nude"
 - Gymnos means "naked"
 - Gymnasium – "place to do things naked"
- Massage – Part of training
- Olive oil – Protect skin
- Coach's role – Masseuse
- Wrestlers – used powder to be less slippery
- Strigil – tool to remove olive oil and powder



Countdown to Competition

- Athletic training & medicine were held in high regard



Diet & Exercise

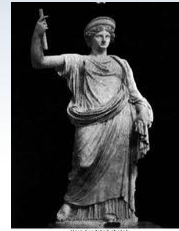


Hazards & Drugs with Athletes



Women & Athletics

- There were never any women's events in the ancient Olympics
- In equestrian events, the winner was the owner of the racing stable (who may be a woman)
- Teenage girls competed in a foot race at Olympia (Heraea Games)
 - Held in honor of Zeus' wife Hera
 - Separate from Olympic Games



Women & Athletics....Cont.

- Married women were banned as participants/spectators at the Olympic Games
 - Thrown off cliff (Tropaion Mountain)
 - Scholars are still unsure!!!
- Exceptions:
 - Priestess of Demeter (goddess of harvest)
 - Unmarried women



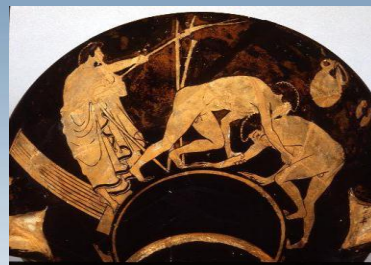
Ancient Olympic Events (Running)

- **Running Events:**
 - **Stadion (Stade): 200 meters**
 - **Double Stadion: 400 meters**
 - **Distance Race: 1,344 to 4,608 meters**
- **Events were performed naked or in armor**
- **Surface was sand: Start & stop lines drawn in sand**
- **Stadion was straight: no curved lanes like modern day track**
 - **Turn around a pole at the end of the track**



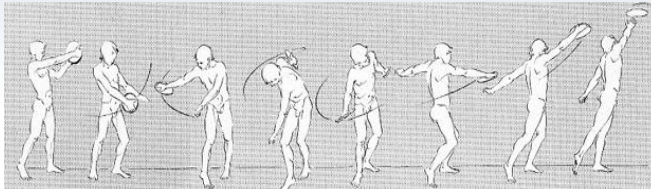
Pentathlon (Training for Warfare)

- **Consisted of 5 events:**
 - **Discus**
 - **Long Jump**
 - **Javelin**
 - **Running**
 - **Wrestling**
- **How the winner was decided remains unclear**
- **"A body capable of enduring all efforts, either of the race course or of bodily strength... This is why the athletes in the pentathlon are most beautiful." (Aristotle, *Rhetoric* 1361b)**



Discus

- Ancient Greeks considered the rhythm and precision of an athlete throwing the discus as important as his strength
- The discus was made of stone, iron, bronze, or lead
 - Sizes varied for boys & men
 - Discus was big, bulky, and oblong
 - Ancient Record: 30 meters
 - Modern Record: 74.08 meters



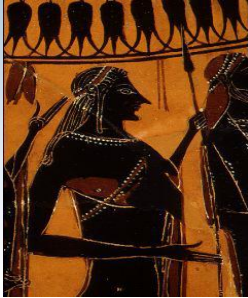
Long Jump

- Athletes used lead or stone jump weights (halteres) to increase the length of the jump
- The halteres were held in front of the athlete during his ascent, and forcibly thrust behind his back and dropped during his descent to help propel his body further



Javelin Throw

- Event had strongest connection to warfare
 - Made of wood
 - Length of a man
 - Thong (Loop) increased precision & distance



Wrestling

- Two forms: upright wrestling & ground wrestling
- Wrestling rules:
 - Blows & biting were not permitted
 - Forbidden to fight outside the sandpit
 - The athletes anointed their body with oil, but sprinkled some dust over it to allow their opponents to grab them
 - 3 falls



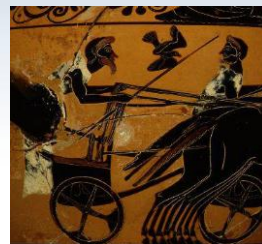
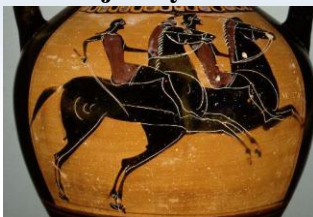
Pankration

- Grueling combination of boxing and wrestling
 - Punches were allowed, although the fighters did not wrap their hands with the boxing himantes
- Rules outlawed only biting and gouging an opponent's eyes, nose, or mouth with fingernails. Attacks such as kicking an opponent in the belly were legal



Chariot Races

- In the horse races there were different events:
 - Four-horse chariot
 - Two-horse chariot
 - Horse with rider
- Only wealthy people could afford to pay for the training, equipment, and feed of both the jockey and the horses. As a result, the owner received the olive wreath of victory instead of the jockey



Past & Present Olympics

- The Olympic Flame



- The Olympic Torch



“You can discover more about a person in an hour of play than in a year of conversation.”
Plato



Questions???



Ancient Greek Dance

- Dance was highly respected as it possessed a crucial role in:

- Religion
- Education
- Therapy
- Communal life



- Dance was divinely inspired & professional dances were highly valued for their health, beauty and self-discipline



Dance Cont...

- Ancient Greeks danced whenever possible:

Weddings

Harvest

Funerals

War

Social
Gatherings

Types of Greek Dance

- Learning to dance was considered a necessary part of education which favored learning an appreciation of beauty
- ✓ **Apollonian Dance:**
 - ✓ Guitars & lutes
 - ✓ Ceremonial dance performed during religious festivals, as well as martial and social dances performed during communal events and funeral practices
- ✓ **Dionysian Dance:**
 - ✓ Passion, panic and desire
 - ✓ Breathtaking moves whose purpose was to connect all to a frenetic dance vibration

War Dances

- ❖ Military dance was of a wild character; the dancers were armed, struck their swords against their shields, and displayed most extravagant fury
- ❖ Rapid movements of the body similar to war tactics
 - Attacking the enemy
 - Avoiding weapons & blows
- ❖ There were as many as 18 different military dances

War Dances Performed at Festivals

- **Podism**: quick, shifting movement of feet to train for hand to hand combat
- **Xiphism**: mock battle, groups of boys would practice fighting in a dance-like fashion
- **Homos**: high leaps and vaulting to leap over high logs, boulders and to scale walls and fortresses
- **Tetracomos**: stately group formations with shields used in formation for protection

“The dance, of all the arts, is the one that most influences the soul. Dancing is divine in its nature and is the gift of the gods.”

Plato

Questions???



Misirlou

- Dick Dale version is used in “Pulp Fiction”
- Appearance in “Space Jam”
- The Black Eyed Peas song “Pump It”
- Video game “Guitar Hero II”
- Opening credits of “Kitchen Nightmares”
- Season 2 episode of “Mad Men”
- Unrated trailer for “The Hangover”
- Chase scene in the film “Taxi 2”

Let's Dance





- <http://www.youtube.com/watch?v=ZrXGnwhZ58c>

Big Fat Greek Wedding

Food for Thought

- **We are all different, both on individual and on group levels; indeed we are like apples and oranges**
- **We should always remember that, “in the end, we are all fruit.” We are all human beings and as such we should respect other people and their differences in much the same way we want others to respect us**