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STUDENT EDITION
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TOKYO OLYMPICS SPECIAL EDITION

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'Citius, Altius, Fortius Communis'

Traditions and values set over 12 centuries have kept the Olympic flame burning bright, reflecting on the true spirit of the Games - together, even in adversity. Even as Tokyo gears up for the big ceremony today, **TIMES NIE** digs into the past to see how the Games have withstood the test of time to represent power, resilience and unity

FASTER, HIGHER, STRONGER - TOGETHER

This year, the International Olympic Committee (IOC) amended its 'Faster, Higher, Stronger' motto to include the word 'Together', highlighting the need for solidarity during difficult times such as the Covid-19 pandemic. It is a move to adapt the motto to our times. The original motto, the Latin 'Citius, Altius, Fortius', was adopted by the founder of the modern Games, Pierre De Coubertin, in the 19th century, having borrowed it from his friend Henri Didon, a Dominican priest, who taught sports close to Paris. The new motto is 'Citius, Altius, Fortius - Communis'

THE RINGS

The five interlocking blue, yellow, black, green and red rings, known as the Olympic rings, were designed in 1913 by Coubertin. The rings stand for the union of the five continents: Europe, Africa, Asia, America, and Oceania, and the meeting of athletes from across the world at the Games. The rings made their debut at the 1920 Antwerp Games.

THE HYMN

The Olympic Hymn was first used in the opening ceremony of the first Olympic Games in 1896 in Athens, Greece. The lyrics were written by Greece's national poet, Kostis Palamas, and set to music by Spyros Samaras. In the following Olympics, the host nations had their own anthems. In 1956, the original hymn was used again. In 1958, the IOC declared it the official hymn. Since then, it has been a part of the opening and closing ceremonies.

FLAME AND TORCH RELAY

A few months before the opening of each Olympic Games, a flame is lit at Olympia in Greece. It is the start of the



torch relay. The flame is carried to the host city to light the Olympic cauldron. The flame was first used in modern times at the 1928 Games at Amsterdam. The torch is usually carried by runners. But over time, it has travelled on a boat, canoe, camels and aircraft. In 2000, an underwater flare was taken across the Great Barrier Reef to Sydney.

EMBLEM

Ichimatsu moyo, a traditional Japanese chequered pattern, is the emblem of the Tokyo Games. Designed in indigo blue, it is a combination of three varieties of rectangular shapes. It represents different countries, cultures and ways of thinking and reflects 'Unity in Diversity'.



THE TRUCE

The Olympic truce was adopted at the first Ancient Olympic Games in 776 BC. Put into effect seven days before the Games began, it allowed athletes and others to travel to the host city and back in total safety. The modern Games revived the truce at the 1992 Barcelona Games with the support of the UN. The truce emphasises the importance of the Games in bringing the world together in a peaceful competition. This year, it came into effect on July 21, 2021 and will remain till September 12, which is a week after the Paralympic Games end.

MASCOTS

Olympic mascots have been a key part of the Games since 1968. They embody the spirit of the Games and stand for the values, history and culture of the host city. They also lend a festive atmosphere. Mascots were first introduced at the 1972 Munich Olympics. The official mascot of the 2020 Tokyo Games is Miraitowa. Mirai means 'future' and Towa means 'eternity' in Japanese. Miraitowa has a blue indigo ichimatsu-pattern, resembling the Tokyo 2020 Games Emblem.



FOUR SPORTS TO DEBUT IN TOKYO OLYMPICS

SKATEBOARDING

After being included in the Olympic programme, skateboarding is all set to make its debut at the Tokyo Games this year. Medals will be awarded under two categories: Park and Street. While in the Park, skaters will be required to showcase their skills and execute tricks in a dome-shaped bowl, in the Street discipline, players will have to overcome real-life obstacles like the stairs, handrails, etc. Participants will be judged on difficulty level, originality and execution.



SURFING



Surfing will make its debut this year and will continue to be a part of the mega sporting event for good. The competition will be held under men's and women's categories, which will include preliminary heats and head-to-head knockout rounds. Commitment and degree of difficulty, innovations, manoeuvres, flow, speed and power will be some of the skills that a player will be judged on.

Every four years, the Olympic Games become bigger and better with new games being added into the programme. With 339 medal events in the line-up, the Tokyo Games will see four new disciplines making its debut this time. The baseball and softball will see a one-off return (just for Tokyo Games). Here's a look at the four new sports...

SPORT CLIMBING



A trending sport among the youth, sport climbing was made popular in the 1980s. Its inclusion in the Olympic for the first time this year will be the right kind of boost the discipline is looking for. The event, to be held at Tokyo's Aomi Urban Sports Park, will have three disciplines: speed, bouldering and lead. All three will be combined to determine the overall winner in both men's and women's sections.

KARATE

The sport that was born in Japan, will make its Olympics debut in Tokyo. It was inducted because of its rich history and popularity. The competitions will be conducted in two disciplines: Kata and Kumite. Athletes demonstrate their techniques in Kata, while Kumite has weight classes and are judged on the basis of the results of head-to-head fights. The competition will be held in three weight classes for men and women at the Nippon Budokan. Karate will not feature in the next Games in Paris.





History, trivia and fun facts

What's the origin story of Olympic Games? What do the 5 circles in the Olympic logo represent? What is the Games motto? Who wrote the Olympic hymn? From ancient Greece to Tokyo 2020, here is everything you need to know to brush up your knowledge on the Games. Happy reading

QUIZ TIME

Q: The Olympic torch is a tribute to the fire that burned throughout the ancient Greek Olympic Games honouring which goddess?

A: Hestia

Q: What are the five official Olympic values?

A: Joy of effort, fair play, respect for others, pursuit of excellence; and balance between body, will and mind.

Q: A race was held in the 1896 Olympic Games in honour of whom?

A: Pheidippides

Q: Where did Pheidippides run?

A: From Marathon, Greece to Athens

Q: The priestess of which Greek goddess was the only married woman permitted to watch the Ancient Greek Olympics?

A: Demeter

Q: Who won the first-known Olympics in ancient Greece?

A: Coroebus



Q: Which Roman emperor declared himself the winner of an Olympic chariot race even though he fell out of his chariot?

A: Nero

Q: The ancient Greeks sacrificed which animal at the conclusion of the earliest Olympic Games?

A: Oxen

Q: Which woman became the first Olympic athlete to win gold twice 20 years apart?

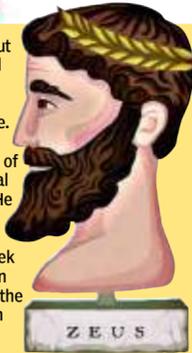
A: Brigit Fischer

Q: Who was the first Black athlete to win gold in the Winter Olympics?

A: Vonetta Flowers



In 776 BCE, about three thousand years ago, the first Olympic Games took place. Originally, the Games were part of a religious festival to honour Zeus. He was the god of the sky and the leader of the Greek gods who lived on Mount Olympus, the highest mountain in Greece.



The Olympics were one of four all-Greek (Pan Hellenic) Games. Even though the Games were named after Mount Olympus, they weren't played there. Instead, they were held in the religious sanctuary of Olympia near Greece's southwest coast. The land there was beautiful and rich with olive trees.

The Olympics became an integral part of ancient Greek society. Thousands of people from all over the Greek world congregated for the competition. The event was so popular that when the Persians invaded in 480BC, the allied Greek city states had to delay military preparations as so many men were at the Olympics!



All free male Greek citizens were entitled to participate in the ancient Olympic Games, regardless of their social status. Several emperors even took part. Women were not permitted to compete.

PICS: ISTOCK

CHRONOLOGY



From 776 BC to 393 AD, the Ancient Olympic Games were an intrinsic part of a religious festival.

The four-year gaps between the Olympic Games came to be known as Olympiads.

The first Olympic champion listed was Coroebus of Elis, a cook, who won the sprint race.

The last recorded Ancient Games were of 393 AD, under emperor Theodosius I.

1896: The first modern Olympic Games began.

1912: Five continents come together.

1900: Women made an entry, breaking a wall of barriers and prejudices. The first games that they participated in were tennis and golf.

1904: Medals make a mark. Gold, silver and bronze medals were awarded for the first time.

1924: Winter games began.

1984: Professional athletes get entry. Before that only amateur athletes could participate.



2004: The Games in Athens saw 19 new sports being added. These were rowing, badminton, baseball, basketball, boxing, canoe/kayak, equestrian sports, football, handball, hockey, judo, modern pentathlon, softball, taekwondo, table tennis, archery, triathlon, sailing and volleyball. This meant a total of 301 events!

In chariot racing, the horse owners were declared Olympic champion, and not the riders. Anyone was allowed to own a horse and Kyniska, daughter of King Archidamos of Sparta, subsequently became the first female Olympic victor. Her four horses won in the 396BC and 392BC Olympiads.



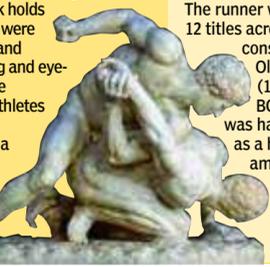
A separate festival called the Heraean Games, dedicated to the goddess and wife of Zeus, Hera, was created for women. These Games were also held in Olympia, and featured young girls competing in a footrace on a track one sixth shorter than the men's equivalent.



Among the various horse races was the 'kalpe' where the rider would jump off their mare and run alongside them for the last lap. Each event was intended to train men for war, which was perhaps best personified by the 'hoplitodromos' race, where athletes had to complete between two and four lengths of the stadium wearing a full set of hoplite armour.



The most brutal sport was 'pankration'. This event was a combination of wrestling and boxing, where neck holds and strangling were permitted, and only biting and eye-gouging were forbidden. Athletes could resign through waving a finger in the contact sports, but death was still commonplace.



The Michael Phelps of the Ancient Olympics was Leonidas of Rhodes. The runner won a total of 12 titles across four consecutive Olympiads (164-152 BC) and was hailed as a hero among men.



For the first 12 ancient Olympics, the only event was a short footrace of about 190m — or one length of the stadium — called a 'stade'. Eventually, the Games expanded from one day to five, as a total of 18 events were added to the programme. The earliest additions were running events of different lengths, as well as wrestling, pentathlon, boxing and for the wealthiest competitors, chariot racing.



Like its modern equivalent, the ancient pentathlon included five different events. These were discus, long jump (using weights from a standing jump), javelin, running, and wrestling. The Ancient Olympic Games officially came to an end around 394 AD, when Roman emperor Theodosius I outlawed pagan celebrations. The first modern Olympic Games took place 1503 years later, at Athens in 1896.

There were no gold, silver, and bronze medals on offer at the Ancient Games. In fact, prizes were awarded only to the winners, which began with a wreath made from the leaves of the sacred olive trees at Olympia. The ancient Greeks didn't rely on good will to ensure fair competition during this often brutal period in history. Athletes who broke rules during the Olympics were publicly whipped and slapped with hefty financial fines.

12 Modern Games facts

At least one of the Olympic Rings' colours appears in every national flag. Baron Pierre de Coubertin, founder of the modern Olympic Movement, conceived of the five-ringed symbol. He specifically chose the different colours — blue, green, yellow, black, and red — because at least one of those colours appear on all the national flags of the world.



Following the 1979 invasion of Afghanistan by former USSR, the 1980 Moscow Olympics saw 66 nations boycott the Games.

The first Olympic drug suspension did not occur until 1968. Hans-Gunnar Liljenwall, a Swedish pentathlete, tested positive for alcohol. He purportedly drank several beers before the pentathlon and was thus suspended from the competition.



Only three modern Olympic Games have been cancelled. The games were cancelled due to World War I (1916) and World War II (1940, 1944).



Only one person has ever won gold medals during the Summer and Winter Olympics. American Eddie Eagan has this distinction. In 1920, Eagan took home gold in boxing. He later earned a gold medal at the 1932 Lake Placid Games in the team bobsled event.



The Olympic Torch Relay is not an ancient tradition. The Torch Relay has its roots in the controversial 1936 Berlin Olympics. Carl Diem, chief organiser of the Olympic Games, conceived of the relay as a propaganda tool for the Nazi Party. The relay passed through Greece, Bulgaria, Yugoslavia, Hungary, Austria and Czechoslovakia, who would all succumb to Nazi rule within 10 years.



The US, or more specifically CBS, first televised the Olympics during the 1960 Rome Games. The 1904 St Louis, 1932/1984 LA and Atlanta 1996 Games mean that the US has hosted the Olympics more than any other country. London holds the record of being the only city to have hosted the event 3 times — 1908, 1948 and 2012.

The youngest Olympian in the modern era is Greek gymnast Dimitrios Loundras, who competed in the 1896 Athens Olympics at the age of 10. Other young Olympian facts: At age 13, springboard diver Marjorie Gestring was the youngest female individual gold medalist in history, while 14-year-old Kusuo Kitamura (swimming) is the youngest male individual gold medalist.

In the opening ceremony, the athlete procession has to be led by the Greeks and ended by the host team with all others go in alphabetical order as labelled by the host country's language.

In 1924 in Chamonix, France, the first Winter Games were held. The year 1912 saw the last Olympic gold medals made entirely out of gold.

Gold medals are mostly made of silver. Despite the popular belief that the gold medal is composed of pure gold, today's Olympic gold medal is made almost entirely from silver with approximately 6 grams of gold to meet the standard laid out in the Olympic Charter.

The host city designs the Olympic medals for their Games. Each must be at least 60mm in diameter and 3mm thick. The gold medals must be covered in 6g of gold and silver medals must contain 92.5% silver.

