



Ozi Ikòrò

AFRICAN HISTORY · CULTURE · INDIGENOUS KNOWLEDGE

CULTURAL HERITAGE

Mgba: *Traditional Igbo Wrestling*

By Chizobem Chinedu Opiah

Ozikoro.com · Cultural Heritage · 1 min read

FEATURE
IMAGE

NO FEATURED IMAGE IN THE RECORD

The article carries no featured image, so this panel is left as an honest empty space rather than filled with one.

Ozi Ikòrò
MGBA

Mgba: Traditional Igbo Wrestling

By Chizobem Chinedu Opiah · Cultural Heritage · Ozikoro.com

Mgba, Igbo traditional wrestling, has been an exceedingly popular sport amongst the Igbo people. Young, physically fit Igbo men engage in this practice, which acknowledges strength and talent and promotes the indigenous language, culture, norms, values, and customs.

The competitors usually demonstrate their physical prowess by defeating their opponent in Mgba wrestling; a defeat happens when the back of any of the opponents touches the ground.

The young guys competing would have trained for months before the wrestling season. Every level of the community respects and admires a young guy who wins traditional wrestling. He is regarded as a skilled wrestler or fighter.

Most times, mgba competitions are occasionally used to resolve conflicts between two villages and local problems. When a young woman has multiple suitors, it can also be employed to choose the best man for her. In these situations, a wrestling contest is organised, and the suitor who wins gets to marry the woman. It serves as entertainment too. Typically, the village chief and his chieftains are seated, and the other people congregate in the village square to observe.

The Mgba rings are made of sand, which cushions the falls of the competitors. There is an Oja player present to play heart-stirring music; it is said that this gives the weaker people more strength. Spectators also cheer and encourage the wrestlers.

The contest winner receives a prize, which may be cash or merchandise.

ABOUT THE AUTHOR

Chizobem Chinedu Opiah

Chikwere is a passionate history blogger dedicated towards sharing fascinating stories and untold tales of Igbo history and culture. I am also a Graphic Designer and a Tech enthusiasts. I developed a deep love for Igbo culture and tradition since my teenage age. So far I've learnt alot about Igbo History and Culture and I'll share the knowledge acquired so far in this space of Igbo History and Culture. Daalu.



Ozi Ikòrò

History worth reading.

African history · culture · indigenous knowledge
