

Two of the oldest sports: Surfing and Wrestling

According to Wade Schalles, the oldest known reference to wrestling is estimated to be between 15,000 and 20,000 years old. The remaining self-defense forms aren't mentioned in history until the fifth century BC. The first documented proof of wrestling in Asia occurred during the rule of Emperor Huang-ti of China between 2698 and 2598 BC and suggested its techniques imitated the movements "of the goat, tiger and bear." Six hundred years before the birth of Christ another reference to wrestling in Chinese history ranked wrestling (shuai chiao) as a military skill on par with archery and chariot racing.

The riding of waves has likely existed since humans began swimming in the ocean. In this sense, bodysurfing is the oldest type of wave-catching. Archaeological evidence suggests that ancient cultures of Peru surfed on reed watercraft for fishing and recreation up to five thousand years ago.