

SPORTS

Another point to highlight are traditional sports, each island has a significant variety of traditional sports, such as; the stick game, the shepherd's jump or the famous Canarian wrestling.

LUCHA CANARIA



Canarian wrestling is an opposition sport in which one of the two wrestlers tries to knock down the other, he must touch the ground with any part of his body except the sole of his foot. Currently, Canarian Wrestling is considered a contact sport: a confrontation between two rivals who must knock down their opponent. The winner is the first to make the other fall and touch the ground with any part of the body other than the sole of the foot. Canarian wrestling It consists of one player trying to unbalance the other using their strength, but not looking for physical pain or hurting the opponent. Teams are made up of 12 players.

The Canarian Wrestling, a discipline of respect, nobility and tradition. These three elements so necessary in society were protagonists during these days.

LIVESTOCK DRAG



The starting point of cattle dragging with a playful, organized and competitive character appears for the first time in 1938, at the Fiestas del Cristo de La Laguna, even leading to the drafting of a brief regulation.

It consists of each team of cattle must make a round trip of 35 meters dragging a certain weight with a limit of three minutes. The winner will be the one who does it in the shortest space of time. Each team must be made up of cows or bulls

The weight of the ox used in the drag tests can vary between 500 and 700 kilos, establishing in some cases an overload on the stone depending on the weight of the animal. Along with the farmhouse work, the competition ox is made to walk through the bush daily.

SUIT GAME



The game of Palo Canario or banot (in Guanche: banod) is a game considered a vestige of the ancestral traditions of the ancient Canaries, which were a consequence of the evolution of warlike activities. It is practiced between two players who, without actually making contact with the opponent's body, fight with sticks. The set of practices that we can group to the canary stick is based on fencing between two players with a stick in their hands. The difference between the existing game modalities is determined by the size of the stick, distinguishing three modalities: small stick, medium stick and stick or large stick.

It is a fight with which you try to defeat your opponent from a face-to-face position and with the club as a weapon and shield at the same time. The ends, point and spike, are used to defend and attack and the central part, donkey, for protection. These movements are known as arming and moving hands.

In this game there are no winners or losers and you should never hit the other player with the stick and you should avoid knocking down, on the contrary.