CULTURE UA

Read about these two traditional Ukrainian sports.
Have you ever done either of the sports?

UKRAINIAN NATIONAL SPORTS

Ukraine has unique sports that show its culture, history, and strength. Some of these sports are very old, while others are newer but already popular. Below, you can read about two special sports that people in Ukraine do today.

KETTLEBELL LIFTING

In kettlebell lifting, men and women try to keep the kettlebell in the air for as long as possible or lift it as many times as possible. Kettlebell lifting dates back to the 19th century and became an official sport in the 1980s. Athletes of a similar weight compete in the same division and must use kettlebells of the same weight.



CULTURE UA

COMBAT HOPAK

Hopak is a traditional Ukrainian Cossack dance. Combat hopak is a Ukrainian martial art that combines jumps and kicks from the dance with combat techniques. It was created in the 1980s by Volodymyr Pylat, a karate master, and is now a very popular sport in Ukraine, with national and regional competitions. To be good at it, you have to train hard and be very fit.



Answer the questions about each sport.

1 When was the sport invented?
2 What skills do you need for this sport?