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Heraclea (Herakleia) in Trachis (Ancient Greek: Ἡράκλεια ἡ ἐν Τραχῖνι), also called Heraclea Trachinia (Ἡράκλεια ἡ Τραχινία), was a colony founded by the Spartans in 426 BC, the sixth year of the Peloponnesian War. It was also a polis (city-state).. Situation.

Originally called Trachis (Τραχίς), or by Strabo, Trachin (Τραχίν), the city was

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...

## **Heraclea in Trachis - Wikipedia**

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Sparta is a city in  
Laconia, on the  
Peloponnese in Greece.  
In antiquity, it was a  
powerful city-state with  
a famous martial  
tradition. Ancient  
writers sometimes  
referred to it as

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Lacedaemon and ...

## **History of Ancient Sparta | Live Science**

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## **SPARTAN BODYBUILDING - YouTube**

Colonies in antiquity



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were post-Iron Age city-states founded from a mother-city (its "metropolis"), not from a territory-at-large.

Bonds between a colony and its metropolis remained often close, and took specific forms during the period of classical antiquity. Generally, colonies founded by the ancient Phoenicians, Carthage, Rome, Alexander the Great and his

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successors remained  
tied to their ...

## **Colonies in antiquity - Wikipedia**

Spartan. A witticism attributed to Lycurgus, the possibly legendary lawgiver of Sparta, was a response to a proposal to set up a democracy there: "Begin with your own family." On another occasion, Lycurgus was reportedly asked the reason for the less-

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than-extravagant size of Sparta's sacrifices to the gods. He replied, "So that we may always ...

### **Laconic phrase - Wikipedia**

The History of Sparta describes the destiny of the ancient Dorian Greek state known as Sparta from its beginning in the legendary period to its incorporation into the Achaean League under

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the late Roman Republic, as Allied State, in 146 BC, a period of roughly 1000 years. Since the Dorians were not the first to settle the valley of the Eurotas River in the Peloponnesus of Greece, the preceding ...

## **History of Sparta - Wikipedia**

High state decisions were discussed by this council, who could then

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propose policies to the damos, the collective body of Spartan citizenry, who would select one of the alternatives by vote. Royal prerogatives were curtailed over time.

### **Sparta - Wikipedia**

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Women lived the same simple life as Spartan men. They wore simple clothing with little

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decoration. They did not wear jewelry, cosmetics, or perfume. Like spartan men, spartan women were expected to be strong and healthy; and ready to fight when needed. A wife was expected to look after her husbands property while he was away in times of war.

**Chapter 27: Athens and Sparta**  
**Flashcards | Quizlet**  
Body armour, Each  
*Page 16/22*



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hoplite provided his own equipment. Thus, only those who could afford such weaponry fought as hoplites. As with the Roman Republican army it was the middle classes who formed the bulk of the infantry. Equipment was not standardized, although there were doubtless trends in general designs over time, and between city-states.

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## **Hoplite - Wikipedia**

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In Sparta, they

*Page 19/22*

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believed the purpose of education was to produce men and women who could protect Sparta. Spartans valued discipline and strength. Starting at the age of 7, all Spartan children were trained to fight. Even girls received a little military training. They all learned wrestling, boxing, running, and gymnastics.

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