

**Making Everything Easier!™**

# Wrestling

FOR  
**DUMMIES®**

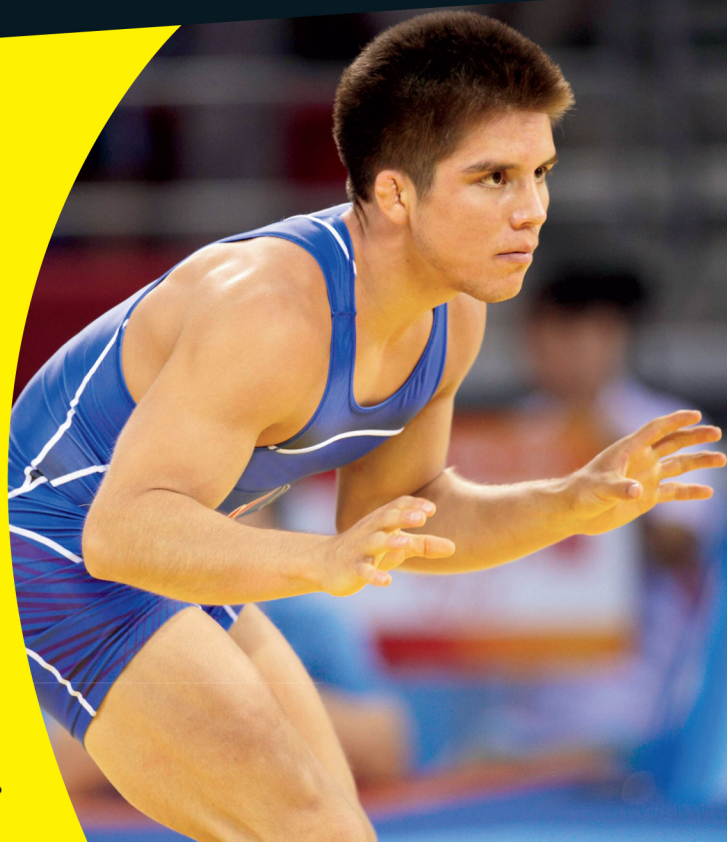
## **Learn to:**

- Understand the rules of wrestling
- Grasp how points are scored
- Physically and mentally prepare to be a fierce competitor
- Master basic techniques and movements

**Henry Cejudo**

*Olympic Gold Medalist*

**With Philip J. Willenbrock, Ed.D.**



# Get More and Do More at Dummies.com®



Start with **FREE** Cheat Sheets

Cheat Sheets include

- Checklists
- Charts
- Common Instructions
- And Other Good Stuff!

To access the Cheat Sheet created specifically for this book, go to  
***[www.dummies.com/cheatsheet/wrestling](http://www.dummies.com/cheatsheet/wrestling)***

## Get Smart at Dummies.com

Dummies.com makes your life easier with 1,000s of answers on everything from removing wallpaper to using the latest version of Windows.

Check out our

- Videos
- Illustrated Articles
- Step-by-Step Instructions

Plus, each month you can win valuable prizes by entering our Dummies.com sweepstakes.\*

Want a weekly dose of Dummies? Sign up for Newsletters on

- Digital Photography
- Microsoft Windows & Office
- Personal Finance & Investing
- Health & Wellness
- Computing, iPods & Cell Phones
- eBay
- Internet
- Food, Home & Garden

## Find out "HOW" at Dummies.com

\*Sweepstakes not currently available in all countries; visit Dummies.com for official rules.



***Wrestling***  
FOR  
**DUMMIES®**



***Wrestling***  
FOR  
**DUMMIES®**

**by Henry Cejudo**  
Olympic Gold Medalist  
**with Phil Willenbrock, Ed.D.**



WILEY

John Wiley & Sons, Inc.

## Wrestling For Dummies®

Published by  
**John Wiley & Sons, Inc.**  
111 River St.  
Hoboken, NJ 07030-5774  
[www.wiley.com](http://www.wiley.com)

Copyright © 2012 by John Wiley & Sons, Inc., Hoboken, New Jersey

Published by John Wiley & Sons, Inc., Hoboken, New Jersey

Published simultaneously in Canada

No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning or otherwise, except as permitted under Sections 107 or 108 of the 1976 United States Copyright Act, without the prior written permission of the Publisher. Requests to the Publisher for permission should be addressed to the Permissions Department, John Wiley & Sons, Inc., 111 River Street, Hoboken, NJ 07030, (201) 748-6011, fax (201) 748-6008, or online at <http://www.wiley.com/go/permissions>.

**Trademarks:** Wiley, the Wiley logo, For Dummies, the Dummies Man logo, A Reference for the Rest of Us!, The Dummies Way, Dummies Daily, The Fun and Easy Way, Dummies.com, Making Everything Easier, and related trade dress are trademarks or registered trademarks of John Wiley & Sons, Inc., and/or its affiliates in the United States and other countries, and may not be used without written permission. All other trademarks are the property of their respective owners. John Wiley & Sons, Inc., is not associated with any product or vendor mentioned in this book.

**LIMIT OF LIABILITY/DISCLAIMER OF WARRANTY: THE PUBLISHER AND THE AUTHOR MAKE NO REPRESENTATIONS OR WARRANTIES WITH RESPECT TO THE ACCURACY OR COMPLETENESS OF THE CONTENTS OF THIS WORK AND SPECIFICALLY DISCLAIM ALL WARRANTIES, INCLUDING WITHOUT LIMITATION WARRANTIES OF FITNESS FOR A PARTICULAR PURPOSE. NO WARRANTY MAY BE CREATED OR EXTENDED BY SALES OR PROMOTIONAL MATERIALS. THE ADVICE AND STRATEGIES CONTAINED HEREIN MAY NOT BE SUITABLE FOR EVERY SITUATION. THIS WORK IS SOLD WITH THE UNDERSTANDING THAT THE PUBLISHER IS NOT ENGAGED IN RENDERING LEGAL, ACCOUNTING, OR OTHER PROFESSIONAL SERVICES. IF PROFESSIONAL ASSISTANCE IS REQUIRED, THE SERVICES OF A COMPETENT PROFESSIONAL PERSON SHOULD BE SOUGHT. NEITHER THE PUBLISHER NOR THE AUTHOR SHALL BE LIABLE FOR DAMAGES ARISING HEREFROM. THE FACT THAT AN ORGANIZATION OR WEBSITE IS REFERRED TO IN THIS WORK AS A CITATION AND/OR A POTENTIAL SOURCE OF FURTHER INFORMATION DOES NOT MEAN THAT THE AUTHOR OR THE PUBLISHER ENDORSES THE INFORMATION THE ORGANIZATION OR WEBSITE MAY PROVIDE OR RECOMMENDATIONS IT MAY MAKE. FURTHER, READERS SHOULD BE AWARE THAT INTERNET WEBSITES LISTED IN THIS WORK MAY HAVE CHANGED OR DISAPPEARED BETWEEN WHEN THIS WORK WAS WRITTEN AND WHEN IT IS READ. SOME OF THE EXERCISES AND DIETARY SUGGESTIONS CONTAINED IN THIS WORK MAY NOT BE APPROPRIATE FOR ALL INDIVIDUALS, AND READERS SHOULD CONSULT WITH A PHYSICIAN BEFORE COMMENCING ANY EXERCISE OR DIETARY PROGRAM.**

For general information on our other products and services, please contact our Customer Care Department within the U.S. at 877-762-2974, outside the U.S. at 317-572-3993, or fax 317-572-4002.

For technical support, please visit [www.wiley.com/techsupport](http://www.wiley.com/techsupport).

Wiley publishes in a variety of print and electronic formats and by print-on-demand. Some material included with standard print versions of this book may not be included in e-books or in print-on-demand. If this book refers to media such as a CD or DVD that is not included in the version you purchased, you may download this material at <http://booksupport.wiley.com>. For more information about Wiley products, visit [www.wiley.com](http://www.wiley.com).

Library of Congress Control Number: 2012934986

ISBN: 978-1-118-11797-2 (pbk); ISBN: 978-1-118-22450-2 (ebk); ISBN: 978-1-118-23009-1 (ebk); ISBN: 978-1-118-23017-6 (ebk)

Manufactured in the United States of America

10 9 8 7 6 5 4 3 2 1



# *About the Authors*

**Henry Cejudo**, the youngest of seven children, was born on February 9, 1987, in South Central Los Angeles. He attended the resident freestyle wrestling program at the Olympic Training Center in Colorado Springs, Colorado, during his high school years. After graduating from high school, Henry began training full time for the 2008 Olympic games and represented the United States in the Beijing Olympics, where he became the youngest American to ever win an Olympic gold medal.

In January 2010, Henry authored the book *American Victory*, an autobiography about his remarkable and inspirational journey to the 2008 Olympics. As a bilingual spokesperson for the Latino community, as well as a number of programs for underprivileged children, Henry also mentors kids across the country and works with numerous outreach, charity, and nonprofit organizations.

**Phil J. Willenbrock, Ed.D.**, alumnus of Gettysburg College, served as a high school and college wrestling coach for twenty years including positions at San Francisco State University, The University of South Dakota, Allegheny College, and The University of Puget Sound.

He is the author of *Complete Wing-T Offensive Line Play: Coaching the Skilled Athlete in the Wing-T*, which can be found at [wingtoffensiveline.com](http://wingtoffensiveline.com). Currently an athletic director in Seattle, Washington, he is also author of a team captain leadership development curriculum and serves as a leadership consultant. The leadership curriculum can be found at [sharedteamleadership.com](http://sharedteamleadership.com). Phil currently resides in Gig Harbor, Washington.





# *Dedication*

**Henry:** This work is dedicated to Nelly Rico, my mother, my number one fan, and my inspiration. Thank you to my wonderful family who continues to provide motivation and support.

**Phil:** This work is dedicated to Karen, Kelsea, Jacob, Kendal, and the entire Willenbrock team. I could not ask for more.

# *Authors' Acknowledgments*

**Henry:** I am grateful to Novuss Media, Inc., CEO Bill McFarlane, Phil Willenbrock, and John Wiley & Sons for the opportunity to author this book. The efforts of Coach Bobby Douglas and photographer Larry Slater merit my thanks as well.

The John Wiley & Sons staff, including acquisitions editor Erin Calligan Mooney, project editor Chad Sievers, copy editor Amanda Langferman, and technical editor Brian Anderson, provided timely and efficient guidance during this journey.

**Phil:** I am grateful to Bret Draven and Novuss Media Inc. CEO Bill McFarlane for their trust and the opportunity to be involved in this project. The efforts of Bill's team including coach Bobby Douglas and Olympic Gold Medalist Henry Cejudo merit my thanks as well. To business partner Gerry Woodruff, thank you.

The John Wiley & Sons, Inc. staff, including acquisitions editor Erin Calligan Mooney, project editor Chad Sievers, copy editor Amanda Langferman, and technical editor Brian Anderson, provided timely and efficient guidance during the journey.

Finally, thank you to my parents Dr. Jack H. Willenbrock and Marsha F. Willenbrock for instilling faith and a lifelong passion for the pursuit of knowledge.

## **Publisher's Acknowledgments**

We're proud of this book; please send us your comments at <http://dummies.custhelp.com>. For other comments, please contact our Customer Care Department within the U.S. at 877-762-2974, outside the U.S. at 317-572-3993, or fax 317-572-4002.

Some of the people who helped bring this book to market include the following:

### ***Acquisitions, Editorial, and Vertical Websites***

**Project Editor:** Chad R. Sievers  
**Acquisitions Editor:** Erin Calligan Mooney  
**Copy Editor:** Amanda Langferman  
**Assistant Editor:** David Lutton  
**Editorial Program Coordinator:** Joe Niesen  
**Technical Editor:** Brian Anderson  
**Editorial Manager:** Carmen Krikorian  
**Editorial Assistant:** Rachelle Amick  
**Art Coordinator:** Alicia B. South  
**Cover Photos:** Novus Media  
**Cartoons:** Rich Tennant ([www.the5thwave.com](http://www.the5thwave.com))

### ***Composition Services***

**Project Coordinator:** Nikki Gee  
**Layout and Graphics:** Melanee Habig,  
Joyce Haughey, Christin Swinford  
**Proofreaders:** Lauren Mandelbaum,  
Penny L. Stuart  
**Indexer:** Steve Rath  
**Photographer:** Lawrence Slater

---

### **Publishing and Editorial for Consumer Dummies**

**Kathleen Nebenhaus**, Vice President and Executive Publisher  
**Kristin Ferguson-Wagstaffe**, Product Development Director  
**Ensley Eikenburg**, Associate Publisher, Travel  
**Kelly Regan**, Editorial Director, Travel

### **Publishing for Technology Dummies**

**Andy Cummings**, Vice President and Publisher

### **Composition Services**

**Debbie Stailey**, Director of Composition Services

# Contents at a Glance

---

<b><i>Introduction</i></b> .....	<b>1</b>
<b><i>Part I: Wrestling 101: Understanding the Ins and Outs of the Sport</i></b> .....	<b>7</b>
Chapter 1: Getting Familiar with Wrestling Before You Sign Up for the Sport .....	9
Chapter 2: Identifying What Wrestling Is .....	21
Chapter 3: Being Equipped to Wrestle .....	33
<b><i>Part II: Creating a Solid Wrestling Foundation before Your First Match</i></b> .....	<b>43</b>
Chapter 4: Knowing What Happens during a Wrestling Match .....	45
Chapter 5: Staying Healthy, Safe, and in Shape .....	67
Chapter 6: The Mental Aspect: Wrestling in the Right Mindset .....	93
Chapter 7: Grappling with the Fundamentals and Basic Movements .....	109
<b><i>Part III: Hitting the Mat and Using Your Moves</i></b> .....	<b>135</b>
Chapter 8: On Your Mark, Get Set: Starting Positions .....	137
Chapter 9: Breaking Down Breakdowns and Escapes .....	147
Chapter 10: Reversing Your Fortune: Reversals .....	167
Chapter 11: Taking Down Your Opponent: Attacks and Counterattacks .....	187
Chapter 12: Putting It All Together: Pinning Combinations .....	221
<b><i>Part IV: The Adults behind You: Coaches and Parents</i></b> .....	<b>241</b>
Chapter 13: Coaching 101: Being the Best Coach You Can Be .....	243
Chapter 14: Running a Productive Practice with Key Drills .....	265
Chapter 15: Knowing How to Be a Supportive Parent .....	307
<b><i>Part V: The Part of Tens</i></b> .....	<b>323</b>
Chapter 16: Ten Tips For Wrestling Success .....	325
Chapter 17: Ten (Plus One) Wrestling Camps You Should Consider Attending .....	333
<b><i>Index</i></b> .....	<b>343</b>



# Table of Contents

---

## ***Introduction*** ..... 1

About This Book .....	1
Conventions Used in This Book.....	2
What You're Not to Read.....	2
Foolish Assumptions.....	3
How This Book Is Organized .....	3
Part I: Wrestling 101: Understanding the Ins and Outs of the Sport .....	4
Part II: Creating a Solid Wrestling Foundation	
before Your First Match .....	4
Part III: Hitting the Mat and Using Your Moves.....	4
Part IV: The Adults behind You: Coaches and Parents.....	4
Part V: The Part of Tens.....	5
Icons Used in This Book .....	5
Where to Go from Here.....	5

## ***Part 1: Wrestling 101: Understanding the Ins and Outs of the Sport***..... 7

### **Chapter 1: Getting Familiar with Wrestling Before You Sign Up for the Sport** ..... 9

Knowing What You're Getting into When You Become a Wrestler.....	9
Identifying what wrestling looks like for your club or school team .....	10
Preparing for the season to start .....	10
Being Ready before You Step on the Mat .....	11
Knowing the rules of competition .....	11
Staying healthy and getting in shape .....	11
Focusing your mind .....	12
Understanding the basics .....	12
Hitting the Mat for Practice and Competition.....	12
Starting positions.....	13
Takedowns.....	14
Breakdowns .....	14
Escapes and reversals.....	14
Pinning combinations.....	15
For Coaches: Leading Your Team to Success .....	15
Being a leader and a teacher .....	15
Handling all the other stuff.....	16

For Parents: Being Supportive .....	16
Understanding your role.....	16
Adding value to your kid's experience.....	17
Figuring Out Whether Wrestling Is Right for You.....	17
Identifying Six Keys to Reaching Your Wrestling Potential .....	18

## **Chapter 2: Identifying What Wrestling Is. . . . . 21**

Defining the Sport of Wrestling.....	21
Identifying the Different Styles of Wrestling .....	23
Folkstyle wrestling.....	23
Freestyle and Greco-Roman wrestling .....	24
Getting Started in Wrestling.....	25
Who?.....	26
What?.....	27
When?.....	27
Where?.....	29
Why?.....	30

## **Chapter 3: Being Equipped to Wrestle . . . . . 33**

Seeing Your Doctor: Getting a Physical Before You Hit the Mat .....	34
Gearing Up: Selecting the Right Equipment .....	35
Headgear .....	36
Shoes .....	38
The right clothes: Singlets or doublets.....	39
Other optional equipment .....	41

## ***Part II: Creating a Solid Wrestling Foundation before Your First Match . . . . . 43***

### **Chapter 4: Knowing What Happens during a Wrestling Match . . . . 45**

Weighing In on Weight .....	46
Understanding weight classifications .....	46
Weighing in before the match .....	47
Walking through Match Day: What Happens during Competition.....	48
Identifying the types of matches.....	48
Ready, set, go! Match time.....	49
Stopping the match .....	51
Ruling the Mat by Knowing the Rules .....	51
Weight class rules.....	51
The mat and mat area .....	52
Infractions.....	53
Injuries.....	57

Understanding the Role of the Referee.....	58
Before the match.....	60
During and after the match.....	60
Identifying the other officials .....	61
Scoring: What's the Point?.....	62
Takedown.....	62
Escape .....	63
Reversal.....	63
Near fall.....	63
Pin.....	64
Technical fall .....	65
Team scoring.....	65
<b>Chapter 5: Staying Healthy, Safe, and in Shape . . . . .</b>	<b>67</b>
Focusing on Your Health .....	68
Managing your weight .....	68
Getting enough rest and sleep .....	70
Preventing skin diseases.....	70
Understanding concussions .....	72
Maintaining a healthy general appearance.....	73
Training to Prepare for the Season .....	73
Boosting endurance.....	74
Building strength .....	76
Increasing flexibility .....	78
Making Important Lifestyle Choices.....	80
Managing stress .....	80
Saying no to drugs .....	81
Eating Healthy Before and After You Exercise .....	83
Reviewing general nutrition .....	83
Eating well before practices and matches.....	86
Nourishing your body during exercise .....	87
Replenishing nutrients after practice.....	87
Drinking Water and Staying Hydrated .....	89
Replenishing your body's H <sub>2</sub> O .....	89
Filling up on fluids to stay hydrated.....	90
<b>Chapter 6: The Mental Aspect: Wrestling in the Right Mindset . . . . .</b>	<b>93</b>
Mentally Preparing to Wrestle.....	93
Understanding the difference between practice prep and match prep .....	94
Psyching yourself out: Mental drills.....	97
Setting goals .....	99

Remembering There's No "I" in "Team" .....	101
Surveying the qualities of a good teammate .....	101
Serving your teammates through servant leadership.....	102
Being a good teammate on the mat.....	103
Developing a Winning Strategy .....	104
Eyeing some common strategies .....	104
Planning your own strategy.....	105
Winning and Losing Gracefully .....	106
Being a good sport.....	106
Learning from every match .....	107

### **Chapter 7: Grappling with the Fundamentals and Basic Movements . . . . . 109**

Standing Your Ground: The Importance of Stance .....	109
Grasping the parts of a proper stance .....	110
The square stance .....	114
The staggered stance .....	115
Getting a Move On: The Mechanics of Movement.....	117
Motion .....	117
Leverage.....	119
Agility .....	121
Balance.....	121
Changing Levels.....	123
Penetration: The First Step to a Takedown.....	124
Back Step: Planning for a Takedown.....	127
Back Arch: One Way to Get out of a Pin .....	130
Lifting: Using Your Core Strength and Proper Technique .....	131

## ***Part III: Hitting the Mat and Using Your Moves..... 135***

### **Chapter 8: On Your Mark, Get Set: Starting Positions . . . . . 137**

Getting Started with Starting Positions .....	137
Understanding the different ways starting positions are determined .....	138
Knowing your strengths and developing a strategy.....	139
Leading with the Neutral Position: It's Not So Neutral.....	140
Lining Up in the Referee's Starting Position.....	141
Starting on the bottom .....	142
Starting on the top.....	144



**Chapter 9: Breaking Down Breakdowns and Escapes . . . . . 147**

Staying on Top: The Breakdown..... 148  
 Tight waist, far ankle ..... 148  
 Cross face, far ankle ..... 150  
 Far foot, far knee ..... 151  
 Knee block ..... 153  
 Escaping from the Bottom Position ..... 156  
 Feet-out stand-up ..... 156  
 Sit-out ..... 159  
 Sit-back ..... 162  
 Switch ..... 163

**Chapter 10: Reversing Your Fortune: Reversals . . . . . 167**

Understanding Reversals and Their Importance on the Mat..... 168  
 Mastering a Basic Wrestling Move: The Hip Heist ..... 168  
 Rolling on Top of Your Opponent ..... 172  
 Side roll ..... 173  
 Cross-wrist roll..... 176  
 Reversing for More Advanced Wrestlers..... 178  
 Granby roll from the bottom in the referee’s position ..... 178  
 Granby from a sit-out ..... 181  
 The ankle pick from a tripod position..... 184

**Chapter 11: Taking Down Your Opponent:  
 Attacks and Counterattacks. . . . . 187**

Focusing on the Fundamentals for All Takedowns and Counterattacks .... 188  
 Going for the Ankles with the Low-Level Ankle Pick Attack ..... 189  
 Mastering Mid-Level Attacks ..... 192  
 Spear double-leg takedown ..... 192  
 Sweep single-leg takedown ..... 195  
 High crotch ..... 197  
 Fireman’s carry ..... 199  
 Going with High-Level Attacks ..... 202  
 High (snatch) single-leg takedown ..... 202  
 Blast double-leg takedown..... 204  
 Adding Upper-Body Attacks to Your Arsenal ..... 207  
 Duck-under ..... 207  
 Shrug..... 209  
 Back-arch throw..... 211

Answering Your Opponent's Attack with Countermoves .....	214
Snap down .....	214
Sprawl.....	216
Strategizing and Planning Your Attack .....	217
Understanding the level of risk.....	218
Considering weight class .....	219
Remembering proximity: How close you are to your opponent.....	219

## **Chapter 12: Putting It All Together: Pinning Combinations . . . . . 221**

Introducing the Half Nelson .....	221
Mastering the Use of Arm Bars .....	226
Near-side bar .....	226
Double bar .....	228
Rocking Your Opponent to Sleep with a Cradle.....	230
Near-side cradle.....	231
Cross-face cradle.....	234
Relying on Your Legs: Leg-Pinning Combinations.....	238
Leg scissors .....	238
Turk .....	239

## ***Part IV: The Adults behind You: Coaches and Parents .... 241***

### **Chapter 13: Coaching 101: Being the Best Coach You Can Be. . . . . 243**

Knowing the Sport of Wrestling Inside and Out .....	244
Understanding the different wrestling styles.....	244
Developing a plan for competition, training, and conditioning.....	245
Teaching basic skills for top, bottom, and neutral positions .....	250
Continuing your own education.....	250
Managing Your Team .....	251
Building (and maintaining) credibility and authenticity .....	251
Forming a team in the true sense of the word .....	252
Assessing your team's effectiveness .....	253
Highlighting the Key Roles of a Coach.....	254
Being a good role model .....	254
Inspiring your team .....	254
Focusing on education .....	255
Cultivating mutual respect and providing encouragement.....	255
Evaluating and celebrating .....	256
Communicating Effectively.....	256
With wrestlers .....	257
With officials.....	258
With parents .....	259

Addressing Other Miscellaneous Activities ..... 260  
 Fundraising ..... 260  
 Logistics ..... 261  
 Volunteers and boosters..... 263

**Chapter 14: Running a Productive Practice with Key Drills. . . . . 265**

Getting the Most out of Every Practice..... 266  
 Designing a practice plan..... 266  
 Figuring out how long your team should practice ..... 268  
 Knowing which drills to use in practice ..... 268  
 Focusing on Basic Movements: A Warm-Up..... 269  
 Stretching to start practice ..... 269  
 Shuffle..... 270  
 Army crawl..... 271  
 Front roll ..... 272  
 Dive roll..... 274  
 Shadow wrestling..... 275  
 Staying in Shape: Conditioning Drills..... 277  
 Handstand push-ups..... 277  
 Abdominal push-down drill ..... 279  
 Abdominal pull-up drill ..... 281  
 Spin drill ..... 282  
 Hip heist drill..... 284  
 Starting with Some Fundamental Skill Drills ..... 285  
 Base-building drill..... 285  
 Changing-levels-for-penetration drill..... 287  
 Following-the-hips drill ..... 289  
 Back arch ..... 290  
 Lifting drill ..... 291  
 Freeing-the-hands-and-wrists drill ..... 292  
 Moving to Skill Drills for More Advanced Wrestlers..... 294  
 Lift and return ..... 294  
 Pummeling drill ..... 296  
 Upper-shoulder roll ..... 297  
 Fireman’s carry drill ..... 298  
 Lift to sweep ..... 300  
 Cross-face cradle drill ..... 301  
 Monkey on the back ..... 303  
 Cejudo single-leg drill..... 304

**Chapter 15: Knowing How to Be a Supportive Parent. . . . . 307**

Getting the Lowdown on Wrestling..... 307  
 Eyeing the advantages of wrestling..... 308  
 Understanding the rules and types of wrestling..... 309

Embracing Your Duties as a Parent and Letting Other People	
Embrace Theirs .....	309
Athlete's role .....	310
Coach's role .....	310
Official's role .....	311
Parent's role .....	311
Realizing What Your Child Needs from You .....	312
Before the season .....	313
During each match .....	314
After each match .....	315
Making Sure Your Child Is Healthy, in Shape, and	
Mentally Prepared .....	316
Providing proper nutrition .....	317
Treating injuries .....	318
Dealing with conflict .....	321
Staying active during the off-season .....	322

## ***Part V: The Part of Tens* ..... 323**

### **Chapter 16: Ten Tips For Wrestling Success ..... 325**

Mastering Technique with Plenty of Practice .....	325
Building Strength and Conditioning .....	326
Being Prepared and Focused .....	327
Developing Mental Toughness .....	328
Being Passionate .....	328
Showing a Positive Attitude .....	329
Strategizing Tactics .....	330
Staying Composed on the Mat .....	330
Sticking to a Training and Competition Plan .....	331
Creating a New Lifestyle .....	331

### **Chapter 17: Ten (Plus One) Wrestling Camps You Should Consider Attending ..... 333**

Ken Chertow Wrestling Camps .....	333
J Robinson Intensive Wrestling Camps .....	334
Iowa Sports Camps with Tom Brands .....	334
World Class Wrestling Institute Camps with Carl Adams .....	335

Ohio State Wrestling Camps with Tom Ryan ..... 336  
Azevedo-Hitchcock Wrestling Camps ..... 337  
University of Michigan Wrestling Camps with Joe McFarland ..... 338  
John Fritz's Keystone Wrestling Camps ..... 339  
The Granby School of Wrestling Camps ..... 340  
Oklahoma State Wrestling Camps with John Smith ..... 340  
Wabash College Wrestling Camps with Brian Anderson..... 341

*Index* ..... 343



# Introduction

---

**W**restling is perhaps the purest form of athletic competition because you don't have any bats or balls, sticks or pucks, or teammates out there with you on the mat. It's only you and your opponent of equal size and weight and very little time to pause, strategize, or even catch your breath during a match. Experience, preparation, knowledge, technique, skill, and the will to succeed determine the victor.

The only aspect of wrestling this book can't help you with is experience. The good news: I show you how to gain an edge on your opponent mentally and physically. I also break down the technical aspects of wrestling and show you the escapes, reversals, takedowns, pinning combinations, and drills that have helped me become an Olympic champion.

Wrestling takes all that you have to give, but you won't find another sport that gives you the satisfaction and pleasure of knowing you've given your all against your opponent and defeated him one on one. Wrestling is a gentleman's (and also gentlewoman's) game. It's about playing fair, respecting the sport, and appreciating the effort of both you and your opponent.

## *About This Book*

Congratulations! You've selected a one-of-a-kind resource designed to guide you in understanding everything you need to know about wrestling, whether you're an athlete, a parent, a coach, or an interested observer. One of the many unique aspects of *Wrestling For Dummies* is its format. Not only is it a broad introductory how-to guide for the wrestling novice, but it's also an in-depth step-by-step resource for the most advanced wrestler.

Where you start doesn't matter in the least because each chapter is essentially a reference of its own, intended to allow you to move from one chapter to the next according to your preference. In this book, you find all the information you'd ever want to know about wrestling. I start by leading you through a basic understanding of the sport and then dive into the bread and butter of scoring, strategy, and training for every wrestling level from elementary to Olympic.

One of the book's greatest highlights includes the numerous chapters on wrestling-specific offensive and defensive techniques as performed by yours truly. Under the tutelage of master wrestling technician and Olympic wrestling coach Bobby Douglas, I take you through all my favorite moves and show you in a step-by-step format how to do them successfully. The level of detail in the technique sections makes them easy to follow whether you're a beginner or a state champ.

## Conventions Used in This Book

As you read this book, keep in mind the following conventions that I use to help make your journey through the text as quick and painless as possible:

- ✓ As I walk you through the different wrestling moves in this book, I describe the steps based on my position in the photos that accompany the steps. In some cases, I use the terms *near* and *far* to help you better understand which body part I'm talking about. In other cases, I use the terms *right* and *left*. As a rule, *near* refers to the body part (arm, wrist, knee, and so on) that's closest to you, and *far* refers to the limb that's farthest from you.
- ✓ Throughout the text, I use both masculine and feminine genders (him/her and he/she), but I stick with masculine gender when referring to step lists and figures because most of the figures are of me. Please understand that wrestling is for both males and females; in fact, women's wrestling continues to gain popularity across the country.
- ✓ I use *italics* to point out new terms, but don't worry about not knowing what they mean because I provide basic definitions close by.
- ✓ I use **boldface** to highlight the action part of numbered steps. Any extra explanatory information that follows is in roman.
- ✓ I use `monofont` to highlight websites. If you want to check out any of the web addresses from this book, just type exactly what you see. I didn't insert any extra characters (like hyphens) when an address goes onto a second line.

## What You're Not to Read

You're busy. If you're in school, you're studying for quizzes and tests and trying to fit in your extracurricular activities. If you're a coach, you're planning your season to ensure your wrestlers improve and become better individuals on and off the mat. If you're a parent, you're working, running errands, and trying to find a little time for yourself. Not to worry. Throughout this book, I make sure to give you just the essential, need-to-know information.



Although the following information is interesting, feel free to skip it if you need to:

- ✓ **Text preceded by the Technical Stuff icon:** The purpose of this text is to provide extra information that may be helpful for some readers who want to go deeper into a few of the finer points, but everything you need to know is in the main body of the text.
- ✓ **Sidebars:** This material appears in gray shaded boxes. It's usually anecdotal information that isn't critical to your understanding of the main text.

## *Foolish Assumptions*

I wrote this book to help you understand the ins and outs of wrestling, get a firmer grasp on the different techniques and moves, and develop your skills to defeat your opponent. As I wrote, I made the following assumptions about you:

- ✓ If you're an athlete, you want to master several foolproof techniques that will help you defeat your opponent, and you want to understand the finer points involved in mental and physical conditioning.
- ✓ If you're a coach, you want to discover how to be a better motivator, organizer, and technician so that you can help all your wrestlers reach their full level of potential on and off the mat.
- ✓ If you're a parent, you want to understand the sport in more detail and find out how to best support your wrestler, the coach, and the entire wrestling program.
- ✓ If you're a fan of wrestling, you want to gain insight into what makes an average wrestler good, what makes a good wrestler great, and what you can do to become a true fan of the sport.

No matter what your motivations are, this book is just the right resource for you. Keep reading to find out which parts of the book you may want to read first.

## *How This Book Is Organized*

Although each chapter in this book stands alone as an independent resource, the overall organization flows in a purposeful pattern that's easy to follow. The book is made up of five parts that cover everything from foundational

material that every wrestler needs to know to technique-specific step lists to basic how-to information for parents and coaches. The following sections provide a brief overview of these parts.

## ***Part I: Wrestling 101: Understanding the Ins and Outs of the Sport***

Here, you find a general overview of what wrestling is, including the different styles of wrestling, the level of physical and mental training you need to prepare for before becoming a wrestler, and the equipment you need to buy before you take to the mat.

## ***Part II: Creating a Solid Wrestling Foundation before Your First Match***

Part II looks closely at what happens during a typical wrestling match, including the rules of the sport, the role of referee, and the ways in which you can score points. It also outlines the physical and mental preparation you need to be a successful wrestler. The part ends with a quick introduction to wrestling fundamentals and basic movements.

## ***Part III: Hitting the Mat and Using Your Moves***

In this part, I share my secrets and show you the proper way to execute moves that will be critical to your success on the mat. Specifically, I show you how to get into the different starting positions and how to do escapes, reversals, takedowns, and pinning combinations. To help you understand the technical aspects of all these moves, I include step-by-step photographs and plenty of explanatory text to go with the steps themselves.

## ***Part IV: The Adults behind You: Coaches and Parents***

Most successful wrestlers don't find success by mistake. They work hard, and they rely on a handful of people to help them be the best wrestlers they can be. This part is committed to the coaches and parents who play an

important role in every wrestler's development both on and off the mat. This part is an invaluable reference for adults who want to positively affect not only their own children but also the other kids around them.

## Part V: The Part of Tens

This classic trademark section of *For Dummies* books breaks down my top ten tips for success in wrestling and provides information on the top wrestling camps and clinics in the United States.

### Icons Used in This Book

I use the following icons throughout this book to highlight different types of wrestling information:



This icon highlights information that can help you improve your wrestling skills, so be sure not to skip anything marked with it.



This icon alerts you to information that you need to know as you begin your wrestling career or as you continue to develop your already-strong skills.



Pay attention to any text marked with this icon because it covers important information related to health and safety issues to help you prevent injury and heighten your risk awareness.



Because *Wrestling For Dummies* appeals to a wide audience, some readers may want to know everything they can about wrestling, while others may not be interested in too much detail. This icon points out those instances when I provide a little more detail for those who want the full scoop. Feel free to skip text marked with this icon if you're in a hurry or if you just want to focus on the need-to-know stuff in the rest of the book.

### Where to Go from Here

As a final note before you get started, remember that I didn't write this book in a linear fashion. In other words, you can start anywhere you wish. If you get to a concept you need more information about, follow the cross-references in the text (or the table of contents), which point you to other places in the book where I cover that concept in depth.

For those of you who don't know where to begin, I offer a few suggested starting points based on your specific situation:

- ✔ **If you're a fan who's new to wrestling:** Start with Chapter 1 to establish a good fundamental understanding of the sport.
- ✔ **If you're a parent:** Start with Chapter 15 to find out how to be a supportive parent. Then turn to Chapter 4 to see what a typical wrestling match looks like.
- ✔ **If you're a beginning coach:** Start with Chapters 13 and 14 for the fundamentals of coaching, and then start back at the beginning of the book and read it all the way through.
- ✔ **If you're an advanced wrestler:** Go straight to Chapters 8 through 12 to find out how I execute the critical wrestling moves and techniques.
- ✔ **If you're a beginner:** Start with Chapter 16, which covers the top ten tips for success. Then head to Part I to figure out what wrestling is all about and what equipment you need to get started.
- ✔ **If you're looking for new drills:** Start with Chapter 14 to see some of the drills I use to prepare for the Olympics.

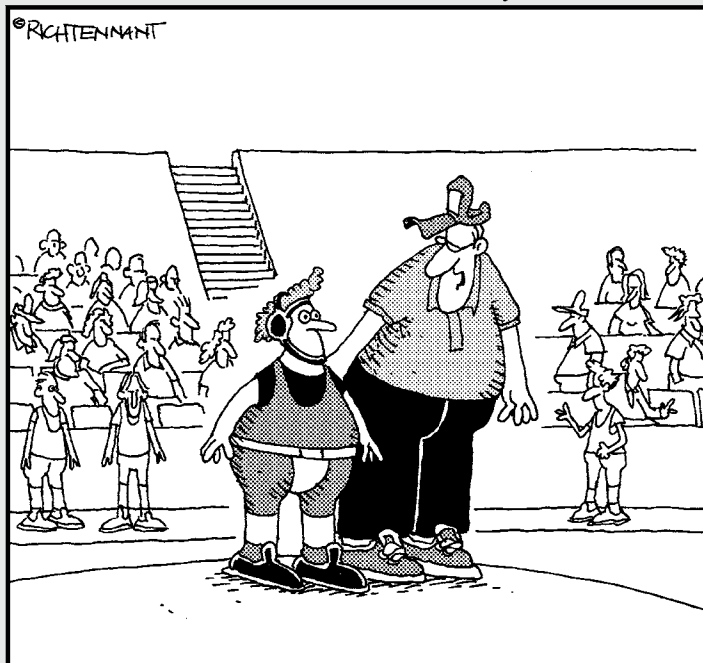
No matter which situation describes you, don't be afraid to dive into this book. Its easy-to-follow format makes it the perfect guide to becoming a better wrestler whether you're just starting out or you've been in the sport for years.

# Part I

# Wrestling 101: Understanding the Ins and Outs of the Sport

The 5<sup>th</sup> Wave

By Rich Tennant



"I know you're nervous, but take a deep breath, remember your technique, and next time wear your cup on the inside of your shorts."

## *In this part . . .*

**T**he chapters in this part serve to give you some fundamental information on what the sport of wrestling is all about. In it, you can find some of the variations of the sport and discover how to get started regardless of your current experience level or age.

I also tell you the importance of getting a doctor's physical before you start competing and the types of equipment you need to buy so you can show up for your first practice well prepared.