

**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.**



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# Wrestling For Dummies®

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# ***Wrestling For Dummies®***

**by Henry Cejudo**

*Olympic Gold Medalist*

**with Phil Willenbrock, Ed.D.**



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# 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.



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# Introduction

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Wrestling 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.