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Professors Name

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Project Title

To begin this essay. I want to go over what wrestling is as a sport. Wrestling is a combat sport where two opponents aim to gain a positional advantage, primarily aiming to pin their opponent's shoulders to the mat or score points through holds, throws, and takedowns. The importance of learning proper techniques is crucial. Truly learning wrestling moves and remembering how to do them while being able to do them to the best of your ability can help your safety, control, and skill development. This guide aims to teach you a variety of wrestling techniques, from basic stances to advanced maneuvers.

Basics: Scoring is important. Three points for a takedown, one point for escape, and if you can get something called a near-fall. Near-fall is when you have one shoulder on the mat and the other shoulder almost touching the mat. The scoring for a nearfall is two points for two seconds, three points for three seconds, and finally four points for four seconds. Rules are remarkably important. Not just for your safety, but for your opponent's safety, and the people around you, like the coach and/or referee. Some rules for high-school wrestling include: You can't do a Full Nelson, over scissors, lock hands

while the opponent's hands are on the mat, wrestlers cannot wear wristbands, sweatbands, bicep bands or arm sleeves that do not contain a pad, they now will be able to wear leg sleeves that do not contain a pad, and finally, for obvious reasons, no actual fighting. A wrestler can be penalized for stalling. Stalling is when you avoid wrestling and prevent the opponent from scoring. Another thing that you could get penalized for is technical violations. These are when you go out of bounds to avoid wrestling, grabbing clothes, etc.

The next big important thing about safety is attire and equipment. The clothing you need is a singlet, wrestling shoes, underwear, and socks. A singlet is kind of like a jersey, except it's a spandex-like material that is tight, so if you're in a bad situation where you could get pinned, the singlet won't touch the mat and end up losing the match because of it. The wrestling shoes are very unique. Unlike other wrestling shoes, they are thinner, don't have plastic in them, and have special gripping on the soles. This helps with traction. The headgear protects you from some head injuries, cauliflower, etc. All moves mentioned may have alternative or similar but have something different that goes into them. Or have multiple names for them.

Warm-up and Conditioning: Warming up is very important. This is because it can keep you safe. When you don't warm up, your bones and muscles are cold, which can injure you easier. Warming up loosens your muscles and bones; there are plenty of

different stretches to do in order not to hurt yourself from the stiffness of your bones and muscles. Some basic conditioning drills for wrestlers are:

- Strength and power: Push-ups, pull-ups, squats, lunges, deadlifts, and power cleans.
- Endurance and cardiovascular fitness: Sprints, jump rope, and rope climbing.
 - Agility and footwork: Agility drills, line drills, lateral bounds.
- Core strength: Planks/ planks variations, russian twists, ab cycle sets, hanging leg raises, medicine ball slams.
- Functional strength and recovery: Mobility and flexibility work.

Basic Moves: Next, stance and positioning. A wrestler's stance is a foundational element, serving as the basis for both offensive and defensive maneuvers. It's characterized by a low, balanced position with feet shoulder-width apart, knees slightly bent, and weight distributed evenly. This posture allows for quick movements and makes it difficult for an opponent to take the wrestler down.

Takedowns are among one of the most frequently executed moves, even more than pins!

Some common takedowns you can do consist of: Double leg takedown, single leg takedown, ankle pick, fireman's carry, headlock, and many more different and variety moves.

When you find yourself taken down in a losing situation, it's crucial to perform an

effective escape. Escapes are critical maneuvers that allow you to remove yourself from a vulnerable position and regain control. Some popular escape techniques include the Granby roll, the stand-up, and the slide by, where you slip past your opponent's control. Additionally, the switch and hip-heist are great moves that can shift the momentum and situation in your favor, while various leg escapes help you break free from holds. Successfully performing these techniques not only helps you evade the takedown but can also earn you much-needed points in a competitive wrestling match. Mastering these escapes will push you to use them so you can shift the match in your favor when the stakes are high.

Intermediate Moves: The more you progress in wrestling and what you learn in wrestling, the more advanced you get. Next are the intermediate wrestling moves. There are wrestling moves called throws. Throws are when the wrestler lifts their opponent and throws or slams them down. Some of these moves are: Fireman carry, Single leg takedown, Arm drag, Half Nelson Bulldog, Headlock, and Spinning bulldog.

The second part in this section is a reversal. Reversals are a critical escape technique in wrestling. A reversal occurs when a wrestler who is on the bottom gains

control over their opponent and ends up on top. Some common types of reversals include the switch, sit-out, Granby roll, spladle, butcher, armbar, and guillotine.

Finally, for the last part in this section are pins. The pin is more than 75% of what most high schoolers use in high school wrestling. A pin is when you have both of your opponent's shoulders on the mat for a specific amount of time. There are many different pins you can choose from. Some of these pins include: Cradles, head and arm, Armbar or Chickenwing, Guillotine, Reverse-Half Nelson's, and my favorite, Half Nelson! This does not include headlocks or other forms of throwing moves. Now, don't get me wrong. You can get lucky and do a pin using a Fireman's Carry, or just landing on them when they aren't able to sit up off their back.

Advanced Wrestling Moves: Like I said before, the more you practice and teach or get taught, the better you will get and the more moves you can do and learn. Defense is important. You might think, I wouldn't need a defense if you're good enough. You can just use takedowns. Well, that's not always true, I know plenty of people in high school who made it to states or close to state just by using defense moves. A defense move is a

tactic used to prevent an opponent from gaining control and scoring points, or from pinning them.

This goes for counters. Counters are similar to takedowns, except you use a counter off of what move your opponent uses. It's used to stop an attack, to switch to an offensive position. Here are some defense and counter moves you can learn. Defense: Sprawls, arm drags, and headlocks. Counter: single-leg, double-leg, double-leg trip, and high crotch.

More advanced wrestlers use combination moves or re-shots. Combination moves are when you're wrestling and you do one move after another without stopping. This can slow down the opponent, making it easier to win. Think of combination moves as combos in a video game. Some ideas to use are: Fire Man's Carry to a double leg, then using a pin like the Half Nelson. Or if they do a cross face (their hand coming in contact with to make you look the other way), you could do a Fire Man's, to a double-leg (they then cross face), moving into a single leg or high-crotch, then finishing it off with a pin if you can. Combination moves work neutral (standing up), referee's, on top, or in a pin. It's all about moving!

Now, there are plenty of strategies for competitive wrestling. What I feel is the biggest strategy is focusing on both physical as well as mental preparation. If you have a good attitude and believe you will win, then there's a good chance you will. Most people lose before they even get on the mat. They doubt themselves, Wrestling is about 95% mental and 5% physical. Training is the next best strategy for competitive wrestlers. The more you train and put forth the effort, the better you will be. You have to remember, you get out of wrestling as much as you put into it. The last strategy for wrestling is to keep moving, don't stop, try to shoot your shots, but also to re-shot, aim for control, and try to get good angles and positioning.

Safety and Injury Prevention: Getting hurt sucks. That's why it's extremely important to know how to prevent big injuries, how they're caused, and what the most common injuries are. Some common injuries in wrestling are: concussions, skin infections, cauliflower ear, sprains and strains, dislocations, and elbow, shoulder, and knee injuries.

Some techniques for a safe wrestling practice are that it's crucial to focus on proper techniques, equipment, a good safe environment, getting a good night's rest, and warming up/stretching properly. Techniques improve your overall performance by improving your moves to what you like and what you are comfortable with. Equipment helps with your safety, mainly your ears, because of the headgear. They protect you from injuries. The environment you train in helps. If it's a small, filthy area, it could lead to serious injuries and health situations. A good night's rest is extremely important for your safety, health, and performance. Not sleeping can lead to being slow, not ready, not wanting to train, and could also lead to being sleep deprived. Warming up and stretching makes your bones loose and warm. This makes it so it's not as easy to get injured.

Training Rips and Resources: Improving your technique is a crucial part of wrestling. You need to focus on a consistent practice, drilling specific moves, and mastering the fundamental techniques that you need, like takedowns, escapes, and riding. To help with this, you can search, "how to" videos about a particular wrestling move. When you do this, make sure you watch the full video, then restart it and go through the moves slowly, step-by-step.

Some recommended sources of information to use for your technique, health, safety, and the basics could be a wrestling coach, camps, books, sometimes YouTube if it's about a certain move you want to be better at or learn, and watching a teammate or an individual wrestle. Next time you see someone wrestle, pay attention to what they're doing. You could learn new strategies, moves, and understand how they like to wrestle. After all, you never know if you'll have to wrestle them later on in life. So, paying attention to how people wrestle can help you immensely later on in life.

All in all, mastering wrestling moves takes time and effort, but with consistent practice, you'll see improvement. Practicing your techniques by hard work, learning, watching, listening, and wanting to improve, not just on your technique but on your health, moves, rules, sleep, and what you eat. Knowledge is the number one thing you should be trying to gain while playing and learning about the sport. The more you know about the sport, the better you will do. Keep in mind, always remember to keep trying to push your limits without going too far and hurting yourself or others, and enjoy the journey of becoming a skilled wrestler.

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