



Beginning Wrestling

Thomas Ryan, Julie Sampson

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Outwit and overpower your opponent! Master the basic rules and winning strategies of schoolstyle wrestling, and you're ready to become champion. Find out the right equipment to buy, especially shoes and headgear. Practice starting positions, following the instructions and photos of each stance. Add the essential offensive and defensive tactics, including inside step series, level changes, takedowns, and more. Move and feint to create proper angles of attack. A master plan shows how to set and reach weekly, monthly, and season-long goals.

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