

YOUTH WRESTLING 101

GENERAL SCORING

- 1) Take down: 2 points If you take down your opponent and gain control
- 2) Escape: 1 point if you break away from your opponent
- 3) Reversal: 2 points if your opponent had control and you do now
- 4) Back points: 2 or 3 points depending on how many seconds the opponent is on their back

For back points, the opponents back is not flat on the mat (that would be a pin) but is <45 degree angle from the mat



- 5) Tech Fall: You have >15 points more, match ends
- 6) Pin: your opponents shoulder blades are both on the mat, match ends

IMPORTANT RULES

- 1) Locking Hands: If you are down on the mat in control of your opponent, you cannot lock or overlap your hands, fingers or arms around your opponent's body or both legs

Legal



(you can have a limb)

Penalty



- 2) Full Nelson: a hold in which a wrestler, from behind the opponent, passes both arms under the corresponding arm of the opponent and locks the arms at the fingers or wrists on the back of the opponent's neck.

Legal



(you can have one arm)

Penalty



- 3) Listen to the referee and your coach, be respectful, and have fun!

Wrestling Guide

Ying Liu



Wrestling Guide :

Independent Pro Wrestling Guide HowExpert,Matthew Soulia,2017-08-07 If you want to learn how to become an independent professional wrestler then check out Independent Pro Wrestling Guide This guide is written by a former indie pro wrestler who will show you step by step to get started in the independent wrestling world Learn how to get your start in as a professional wrestler on the independent circuit Hear tales and get advice from someone who knows what it s like to wrestle as an independent wrestler Find out how to find the perfect wrestling school as well as how to pay for your wrestling education Having trouble getting booked in your first match This book lets you know what tools you need to get yourself between the ropes From the moves you perform in the ring to the timing of said moves everything you do in the ring has meaning This book helps to tell you what that meaning is and how to improve your in ring game Contains tips to help you when developing your wrestling persona as well as useful suggestions for how to become a better talker on the microphone Learn what it takes to survive the long and perilous roads when traveling from show to show and how to deal with troublesome situations with fellow wrestlers About the Expert Matthew Soulia is a writer former professional wrestler and all around nerd that lives in upstate New York with his wife Sonja While he had a short career in the ring he still feels that the knowledge he gained should be passed on to the next generation of wrestlers His other published works include contributions to various websites YouTube channels and the book Video Games You Will Never Play HowExpert publishes quick how to guides on all topics from A to Z by everyday experts

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short how to guides in unique topics by everyday experts who want to share their passions talents expertise to the world

An Insider's Guide to Wrestling David Chiu,Natalie Regis,2014-12-15 This highly practical guide to wrestling begins with a brief history of the sport that traces its origins to ancient Egypt Greece and Rome Its account of the modern history of the sport and how it came to the United States is no less fascinating The rules of wrestling are explained including legal and illegal holds and the most influential wrestlers are profiled All the information that young athletes need in order to participate effectively in the sport is here including nutrition how to prepare your body for the rigors of the sport and where to go for training

SportSpectator Wrestling Guide Bryan Jones,2005-09-01 **A Basic Guide to Wrestling** Suzanne Ledebor,1997 Traces the history of wrestling and looks at its inclusion in the Olympics examines the seven basic skills of the sport provides an overview of a wrestling match and discusses health and fitness safety and first aid and other topics

Successful Wrestling Art Keith,1990 Successful Wrestlingtakes you step by step through 30 wrestling techniques from simple to complex This valuable coaching tool is organized by skill progressions rather than by types of skills No more sorting through pages of clinic notes trying to decide which techniques to teach when and to whom Now you can follow the proven program of one of the most successful wrestling coaches in the country Art Keith is famous for turning wrestlers into champions He was a championship wrestler in high school and college and a wrestling coach of high school and NCAA champions In Successful Wrestling he brings you the best in basic body positions moves and teaching tips You ll be amazed at how easy it is to teach different levels of athletes and how each level of technique is linked to the next Use Successful Wrestlingas a daily guide in your practice sessions or just leave it on the mat for your grapplers to review With 669 sequenced photos this coaching guide will help your wrestlers actually see how various techniques are performed The wrestling techniques contained in this coach s handbook are organized into 18 steps The steps are divided into beginning intermediate and advanced skill levels A Beginning Steps 1 through 8 illustrate basic techniques and fundamental positions requiring continuous movement without changing direction They include stance and movement in standing position double leg takedown inside leg stand up crossface and bar arm cradle and switch B Intermediate Steps 9 through 14 should be mastered by advanced junior high wrestlers and by average or intermediate senior high competitors The techniques in this section require more coordination and include outside fireman s carry single leg attack wrist ride duck out and sit out and spin C Advanced The advanced techniques are illustrated in Steps 15 through 18 and should be learned by most high school wrestlers in order to compete well at the college level Requiring a fairly high degree of coordination these techniques include inside fireman s carry cross body ride pinning from the takedown and arm drags If you coach wrestling at the junior high high school or college level you need Successful Wrestling the book that helps you turn your grapplers into champions one step at a time *The Young Sportsman's Guide to Wrestling* Frank Gardner,1963 **The Rough Guide to Cult Sport** Lloyd Bradley,2012-06-07 Think you know all about sport Think again The Rough Guide to Cult Sport takes the armchair

sports fan on a beguiling world tour exploring the maverick the bizarre and the deliriously obscure parts of the sporting universe It recalls the players games and moments in all sports which have excited the greatest passions from the dawn of the Olympics to the present day You ll find sections on the top twenty cult sports from baseball to sumo angling to ultimate frisbee cult legends from female grand prix driver Hell Nice to Mexican wrestling star Mil M scaras around the world in 80 sports from bog snorkelling bun climbing and ostrich racing to pumpkin throwing plus all the shocks conspiracies and scandals that have rocked the world of sport over the years With all this plus the strangest sports statistics you ll ever find The Rough Guide to Cult Sport is the ultimate tribute to the weird and wonderful world of sport *Unladylike* Heather Von Bandenburg,2019-07-11 One of the greatest wrestling memoirs I ve had the pleasure to have read Unladylike was a great reminder of why I fell in love with wrestling to begin with Mick Foley Forget what you think you know about wrestling In the world of Heather Honeybadger aka Rana Venenosa there are no steroids no tans no million dollar contracts there is only lycra a sweaty underground club and an unbreakable resilience From the day that Heather steps into the ring of the punk wrestling school Lucha Britannia she finds herself transformed into a person she never knew she could be How do you become a wrestler when you hate sports so much you can t do a press up What makes feminists and wrestlers both mortal enemies and unlikely best friends For the first time an independent female wrestler talks in depth about how she went from a sad lost riot grrrl to an empowered persevering fighter who has performed across the world Unladylike is a feminist romp like no other hard hitting life affirming and funny just like the women who find themselves in the ring The Kids' Guide to Pro Wrestling Sean Price,2011-07 Describes the ins and outs of professional wrestling including history gimmicks and famous wrestlers Provided by publisher **Wrestling Teaching Guide** Richard C. Maertz,1973 *Pro Wrestling* Lew Freedman,2018-09-07 This book provides readers with an abundance of information and historical perspective as well as entertaining and memorable anecdotes about professional wrestling Readers will also learn unusual snippets of trivia that will enhance their comprehension of the sport This authoritative work on the history and culture of professional wrestling features the biggest names in the wrestling world since the sport emerged on the American sporting landscape It comprises short biographies of all of the key players in the sport s evolution and rise to popularity from old timers to barrier breakers to household names such as Hulk Hogan The Rock Andre the Giant and more and includes not only men but also many women who have made a name in the sport Surveying professional wrestling from its roots dating centuries to the modern era pre 20th century and into the 21st century the work tells the transformational stories of prominent wrestlers and the sport as a whole in many cases bringing out the humor and outrageousness in the nature of an activity that has always straddled the line between show business and sport **Catalog of Copyright Entries. Third Series** Library of Congress. Copyright Office,1977 *The The Rough Guide to Turkey (Travel Guide eBook)* Rough Guides,2023-04-01 This practical travel guide to Turkey features detailed factual travel tips and points of interest structured lists of all iconic must see sights as well as some

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