

WRESTLING

PACKET # 8

INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

INTRODUCTION

Wrestling is a “basic sport” in the sense that it finally comes down to the strength and skill of one person pitted against that of another. Practically every muscle in the body is used in wrestling. Moreover, training must produce strength, speed and endurance. A participant must be in excellent physical condition.

The two most popular styles of wrestling practiced in the United States are the Greco-Roman style and Freestyle.

In the **Freestyle** form, a wrestler can use his/her hands, arms, legs and feet to overcome an opponent. This style also allows for great freedom of movement and allows both tripping and tackling.

The **Greco-Roman** style forbids the use of the legs and relies instead on arm and upper-body strength. The Olympic Games currently include both styles of competitive wrestling.



HOW WRESTLING MATCHES ARE PERFORMED

A wrestling match takes place on a mat with a circle in the center, about 28 feet in di-

ameter. At the Olympic level, a match is composed of three 3-minute periods. On the high school level, a match is comprised of three two-minute periods. College matches are made up of a two-minute period followed by two three-minute periods.

Typically, wrestlers are grouped by weight. High school wrestling has 13 weight classes, starting at 103 pounds and going up to 275 pounds. College wrestling has 10 weight classes, starting at 118 pounds. The advanced wrestler may enter any of eight different weight classes in international competition.



In the first period, wrestlers try to force their opponents onto the mat in a “takedown.” The period begins with the wrestlers facing each other in a standing position. A toss of the coin determines starting positions for the second and third periods. In the second and third periods, wrestlers can start while standing or can begin in the referee’s position, which means that the wrestler on the bottom has his or her hands and knees on the mat.

These are the three different ways matches are won:

By pinning the opponent’s shoulders flat to the mat.

By a technical fall or a 15-point lead.

By winning the most points.

A match can end in any period. Even if a wrestler has fewer points than his or her opponent, he or she can still win if he/she pins the other wrestler to the mat.

WRESTLING TECHNIQUES

When one wrestler gains control over another wrestler by bringing him/her down, a takedown has occurred and two points are scored. If a wrestler frees himself or herself from the opponent’s control and then gains control of the opponent, a reversal has taken place—worth two points.

Another two-point move is called a “predicament,” and occurs when one wrestler controls the other. The referee then decides that a near fall may occur. A near fall is worth two,

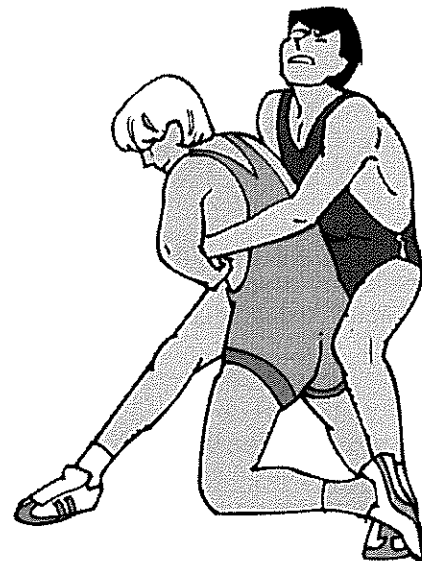
sometimes three, points. In this move, a wrestler must pin one of his or her opponent's shoulders to the mat and hold the other shoulder near the mat at an angle less than 45 degrees.

Two points are awarded if the hold is maintained less than five seconds. The move becomes a three-point award when the maneuver is held close to the mat for more than five seconds. If a wrestler can pin both of his/her opponent's shoulders to the mat for five seconds, six points are awarded.

TAKEDOWNS, ESCAPES AND REVERSALS

The takedown, escape and reversal are important basic moves that beginners should master.

A **double-leg takedown**, one of the basic takedown maneuvers, begins when you put your foot between your opponent's feet. Then take your lead knee to the mat and lock both arms around the opponent's thigh. The opponent is taken off the mat and over your shoulders, then dropped back down on the mat.



The **high-crotch takedown** depends on quick reactions and strength. If an opponent grabs your neck, a counter-move is to take hold of the opponent's elbow. The elbow is pushed toward the opponent's body, then pulled out as you drop to your knee and place a free arm between your opponent's legs. Lock your hands around your opponent's leg. Then drive up to your feet with the single leg locked and trip your opponent to score a take down.

Two other takedowns that rely particularly on strength are the **bear hug** and the **headlock**. In the bear hug, you grab the torso of the opponent, throwing the opponent to the side or pushing him/her backward so that the opponent falls.

The headlock requires you to wrap an arm around the opponent's head and force the opponent down or throw him/her to the side.

The **inside-leg stand-up** is a basic escape maneuver. This move allows the wrestler on the bottom to get free and try to gain control.

The **short-sit-out** is an escape move that allows the wrestler on the bottom to get his/her legs into a sitting position. Escapes can sometimes be difficult to accomplish, especially if the wrestlers are evenly matched in size/strength.

The **side roll and switch** are two reversals that are especially good for beginning wrestlers to master. The reversals start from the bottom position and depend on strength and quick reactions in order for the bottom wrestler to get on top.

PSYCHOLOGICAL FACTORS

Psychological factors are all-important in wrestling. All other things being equal, a wrestler has a better chance of success if he/she has a strong will to win. Confidence in one's ability is as important in wrestling as is the ability itself. So is concentration and the ability to focus exclusively on one's performance and one's opponent. Remember, however, that confidence is not some magic ingredient that will help you win matches. Confidence is gained by hard work and the development of wrestling skills.

Wrestling also demands year-round practice. In this respect it is not a sport for everyone. Certainly, it's not a "weekend" sport like golf. A young wrestler must work on building strength through resistance and aerobic training, proper nutrition and rest.



EQUIPMENT AND CLOTHING

Wrestling requires only a minimum amount of equipment. Wrestlers traditionally wear an outfit called a singlet—a one-piece garment with shorts and a sleeveless top. Shoes are lightweight, ankle-high and without heels. In recent years, protective headgear covering the ears has become a standard requirement.

WRESTLING NOTES AND NEWS (Information taken from a variety of sources including ESPN, NCAA, Wikipedia and newspapers)

Wrestling exists in two versions in North American popular culture: as a legitimate sport and as a form of entertainment. As a sport, wrestling does not have the popularity of football or basketball. But as a form of entertainment, as witnessed in associations such as the World Wrestling Federation, it fills arenas, magazines and TV screens.

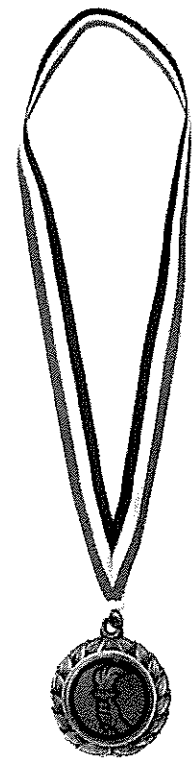
Wrestling is also an Olympic sport, where Freestyle and Greco-Roman are the only permissible styles. Both Greco-Roman and Freestyle wrestling are divided into 10 weight classes (for the Olympic Games), ranging from 48 kg. to 130 kg.

Recent Olympic rule changes have increased the spectator enjoyment of wrestling. In 1989, matches became one-period, 5-minutes contests. This change decreased the importance of endurance and increased the importance of speed and skill.

The greatest American heavyweight freestyle Olympic wrestler is Bruce Baumgartner, who has been in Olympic competition in 1984, 1988, 1992 and 1996. He holds four gold medals and one silver medal.

You can get a feel for the international flavor of wrestling with this abbreviated listing of freestyle medalists from the London Olympics in 2012:

<u>Wrestler</u>	<u>Country</u>	<u>Medal</u>
55kg:		
Rovsh Bayramov	Azerbaijan	Gold Medal
Reihanp Soryan	Ireland	Silver Medal
66kg		
Hyeonwoo Kim	Korea	Gold Medal
Tamas Lorincz	Hungary	Silver Medal
84kg		
Alan Khugaev	Russia	Gold Medal
Karam Ebrahim	Egypt	Silver Medal
96kg		
Ghasem Rezaei	Ireland.	Gold Medal
Rustam Totrov	Russia	Silver Medal
120kg		
Mi Lopez Nunez	Cuba	Gold Medal
Heiki Nabi	Estonia	Silver Medal



Pan American Championships

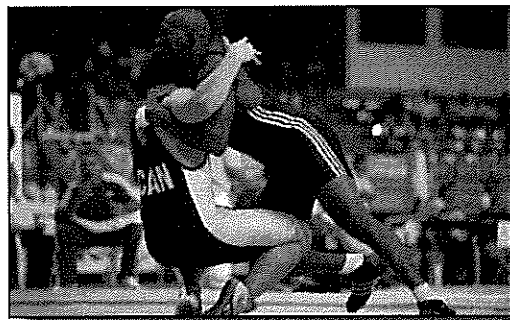
Tervel Dlagnev from Columbus, Ohio captured a gold medal at 120 kg/264.5 lbs., the top U.S. performance at the 2010 Pan American Freestyle Championships.

Dlagnev, a 2009 World bronze medalist, won both of his matches, and did not allow a single point. In the gold-medal finals, he handily defeated Jesse Ruiz of Mexico, 7-0, 5-0.

The USA placed third in the team race with 50 points. Cuba, led by six individual champions, finished with 60 points. Canada was second with 57 points, and although they had no champions, finished with a medalist in all seven weight classes.

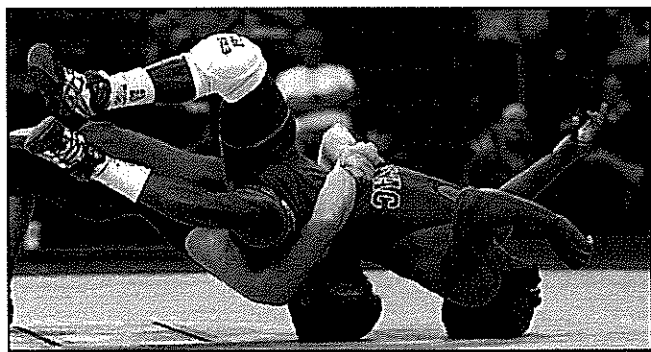
The United States won the overall team title, combining the three Olympic styles. Cuba was second and Mexico was third. The USA won team titles in Greco-Roman and women's freestyle.

Obe Blanc (Stillwater, Okla.) won a silver medal at 55 kg/121 lbs. He won his first two matches to qualify for the finals, where he was defeated by Frank Chamizo of Cuba, 2-0, 1-2, 0-3. Blanc won his first U.S. Open national title last weekend in Cleveland.



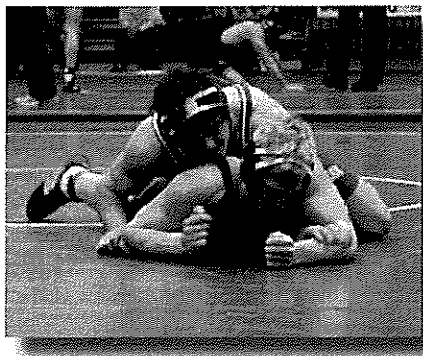
“Obe could have won. He put himself in a position to win the finals, but didn't finish the match,” said Bono.

Winning bronze medals were Coleman Scott (Stillwater, Okla.) at 60 kg/132 lbs., Trent Paulson (Ames, Iowa) at 74 kg/163 lbs. and J.D. Bergman (Columbus, Ohio) at 96 kg/211.5 lbs. All three lost their matches against Cuban opponents.



Scott pinned Luis Portillo of El Salvador in his final match, and Bergman stopped Marcos Santos of Puerto Rico to earn his bronze medal. Paulson did not have an opponent in the bronze medal round, after dropping his semi-final to veteran Ivan Fundora of Cuba.

NCAA Tournament



The Penn State Nittany Lions won the 2011 NCAA Wrestling national championship in Philadelphia's Wells Fargo Center. It is the school's first title since 1953 and the first east coast school to win the crown since that year as well.

Penn State head coach Cael Sanderson, the 2011 Big Ten Coach of the Year, earned his first collegiate national team title as a coach as the Nittany Lions won the team competition with 107.5 points. Cornell took second place with 93.5 and Iowa was third with 86.5.

Penn State ended the 2011 National Championships with a superb 29-10 overall record.

Highlights:

Penn State's Quentin Wright claimed the individual national crown at 184. Wright beat Hunter Collins of Michigan 10-2, No. 1 seed Travis Rutt of Wisconsin 4-3, No. 5 seed Tony Dallago of Illinois 8-5 and No. 2 seed Kevin Steinhaus of Minnesota 4-3.

Frank Perrelli of Cornell lifted Trent Sprenkle of North Dakota State University off the mat, and won 4-3, during the 125 pound first round bout.

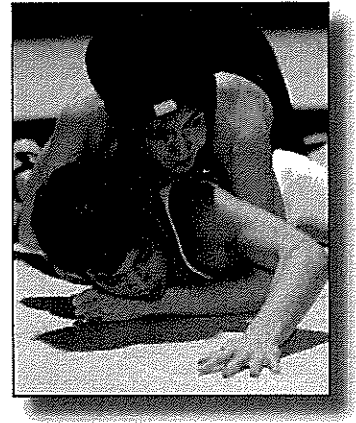
Red-shirt freshman David Taylor, a first time All-American for Penn State, took on Arizona State's Bubba Jenkins in the championship bout at 157. Jenkins pinned Taylor at the 4:14 mark, ending Taylor's unbeaten season.

Arizona State's Anthony Robles hopped off the mat at the NCAA wrestling tournament after a perfect season. Robles, born with one leg, beat Iowa's Matt McDonough to claim the 125-pound NCAA Division I individual wrestling title. Robles' three-day performance earned him the Outstanding Wrestler award.

For Robles, it was the finish to a 36-0 senior season and a journey begun when he took up wrestling as a high school freshman in Mesa, Arizona. "I wrestle because I love wrestling," he said. "But it inspires me when I get kids, even adults, who write me on Facebook or send me letters in the mail saying that I've inspired them, and they look up to me, and they're motivated to do things that other people wouldn't have thought possible."

High Schooler Makes News

Girls are finding their way onto the wrestling mat. Some high schools are permitting girls to compete. In the photo on the next page, Anchorage Skyview's Michaela Hutchison, top, works against Colony's Aaron Boss in the championship round of the 103-pound weight class at the state wrestling championships in Anchorage, Alaska, February. 4, 2006. Hutchison won the match to become the first female in the nation to win a prep state wrestling title against boys

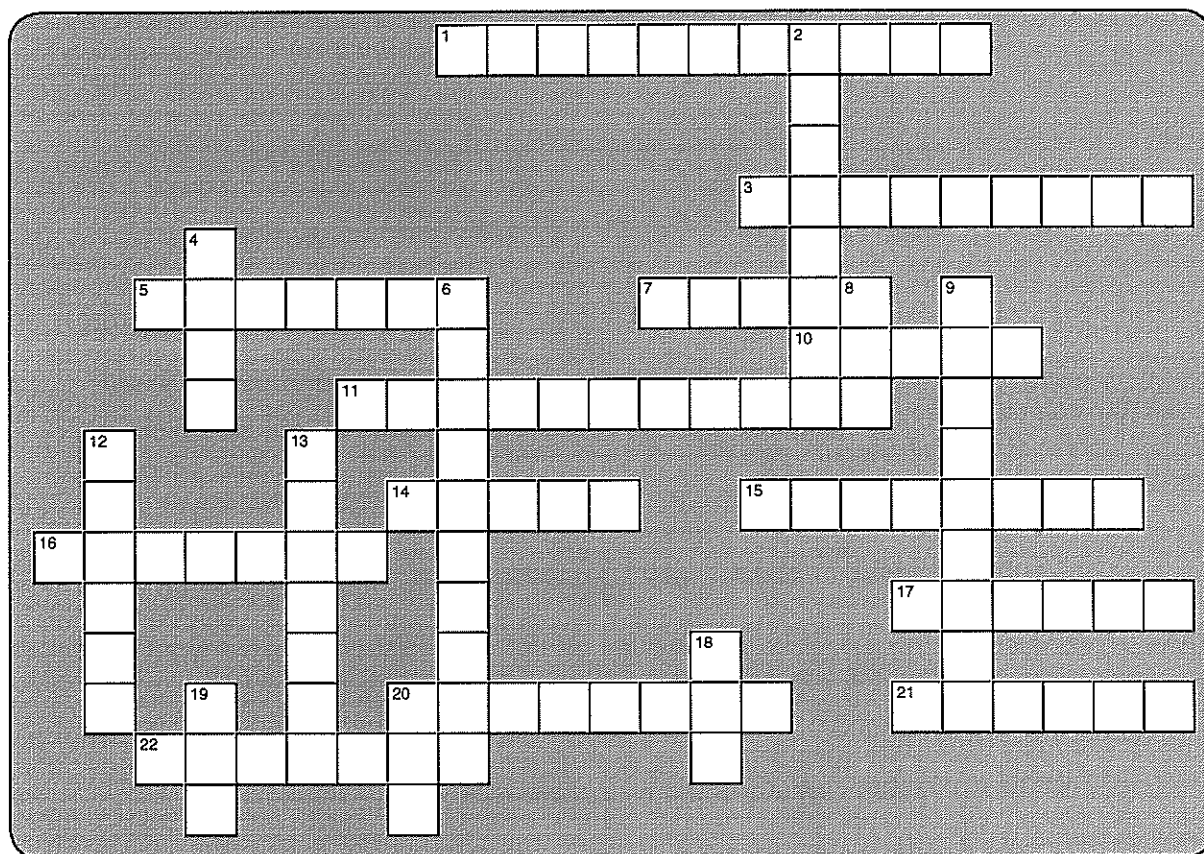


Wrestling is an exciting sport both for participants and spectators. You'll find top-notch competition on both high school and college levels. Make it a point to see a wrestling meet this year.

Visit these web sites to keep up to date on what is happening in the world of wrestling:

<http://www.ncwa.net/>

Name: _____ Date: _____

**Across:**

1. Most consider him the greatest American heavyweight freestyle wrestler
3. One form of wrestling
5. Grabbing an opponent's torso
7. Changes in these increased spectator enjoyment
10. The number of weight classes in international wrestling
11. What happens when one wrestler controls the other
14. One of the W's in WWF
15. Wrapping an arm around an opponent's head
16. Takes precedence over points
17. This is how wrestlers are grouped
20. Maneuver to get opponent on the mat
21. Purpose of an inside-leg standup
22. Point lead needed to win a match

Down:

2. The number of weight classes in high school wrestling
4. These are not used in Greco-Roman wrestling
6. A form of wrestling
8. A short _____ out is done to escape
9. One way to win a match is to pin these to the mat
12. A reversal maneuver
13. One-piece garment worn by wrestlers
18. Points awarded if hold is maintained less than five seconds
19. Points awarded if hold is maintained over five seconds with both shoulders to the mat
20. The number of weight classes in college wrestling

Name: _____ Date: _____



Find these words in the above puzzle. Circle the words.

- | | | |
|-----------|---------------|-------------|
| Wrestling | Obe | Focus |
| Freestyle | Opponent | NCAA |
| Mat | Escapes | Practice |
| Takedown | Reversal | Singlet |
| Wrestler | Headlock | Headgear |
| Pinning | Bearhug | Olympic |
| Referee | Switch | Baumgartner |
| Hutchison | Concentration | Predicament |