

## 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. Then dropped your opponent over your shoulder to you gain control of him or her.

Two other takedowns that rely particularly on strength are the **bearhug** and the **headlock**. In the bearhug, 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

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, 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 Beijing Olympics in 2008:

<u>Wrestler</u>	<u>Country</u>	<u>Medal</u>
55kg:		
ALBIEV Islam-Beka	Russia	Gold Medal
RAHIMOV Vitaliy	Azerbaijan	Silver Medal
TENGIZBAYEV Nurbakyt	Kazakhstan	Bronze Medal
=====		
66kg		
SAHIN Ramazan	Turkey	Gold Medal
STADNIK Andriy	Ukraine	Silver Medal
KUMAR Sushil	India	Bronze Medal
=====		
84kg		
MINDORASHVILI Revazi	Georgia	Gold Medal
ABDUSALOMOV Yusup	Tajikistan	Silver Medal
DANKO Taras	Ukraine	Bronze Medal
=====		
96kg		
MURADOV Shirvani	Russian Fed.	Gold Medal
TIGIYEV Taimuraz	Kazakhstan	Silver Medal
GAZYUMOV Khetag	Azerbaijan	Bronze Medal
=====		
120kg		
TAYMAZOV Artur	Uzbekistan	Gold Medal
AKHMEDOV Bakhtiyar	Russian Fed.	Silver Medal
MUSULBES David	Slovakia	Bronze Medal



The United States had a strong team effort at the 2008 Pan American Junior Freestyle Championships in Cuenca, Ecuador, claiming five individual champions.

Winning a double title with gold medals in both the freestyle and Greco-Roman divisions were Nikko Triggas of Moraga, Calif. at 55 kg/121 lbs. and Brent Eidenschink of Detroit Lakes, Minn. at 96 kg/211.5 lbs.

Triggas defeated Jose Figueroa of Venezuela in the championship match. Eidenschink defeated Luis Roman of Mexico in the gold-medal match.

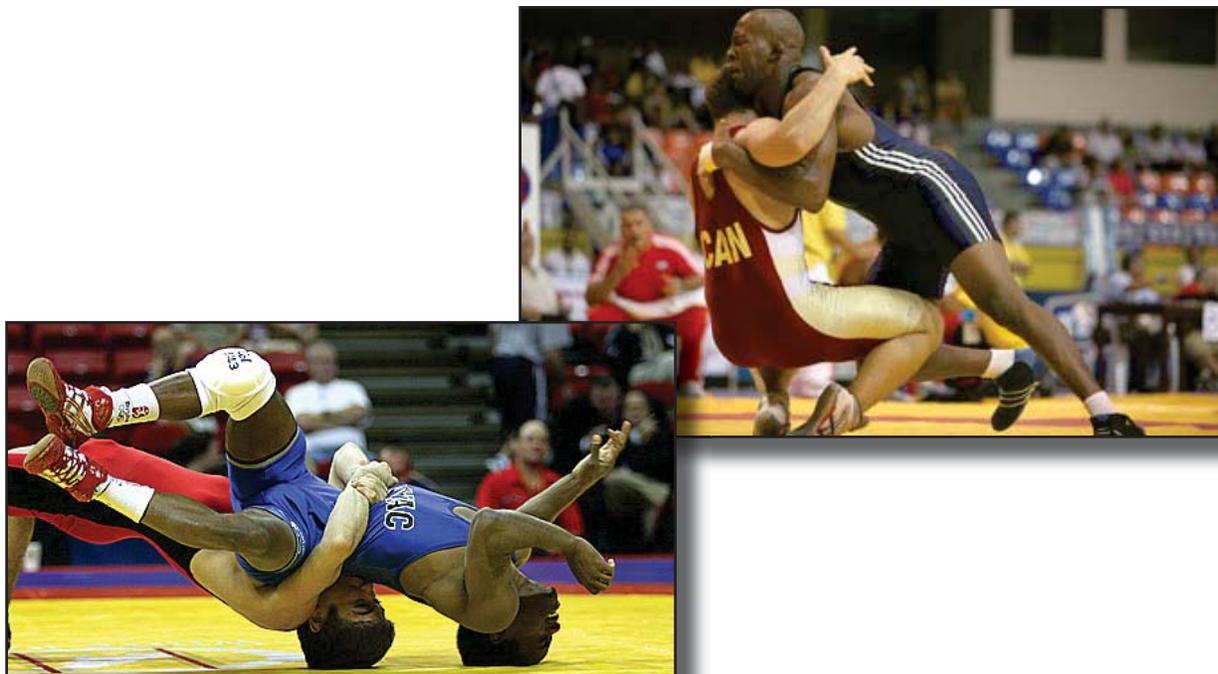
The U.S. won the team standings with 74 points, followed by Venezuela with 64 points and Canada with 45 points.

Also claiming gold medals were Michael Mangrum of Auburn, Wash. at 66 kg/145.5 lbs., Quinten Wright of Wingate, Pa. at 74 kg/163 lbs. and Kirk Smith of Boise, Idaho at 84 kg/185 lbs.

Mangrum defeated an opponent from world power Cuba in the finals, Lazaro Montez.

The U.S. added bronze medals by Desmond Moore of Easton, Pa. at 60 kg/110 lbs., Brian Owen of Spokane, Wash. at 60 kg/132 lbs. and Ben Berhow of Hayward, Minn. at 120 kg/264.5 lbs.

The team was coached by Jim Humphrey and Rob Prebish.



## NCAA Tournament



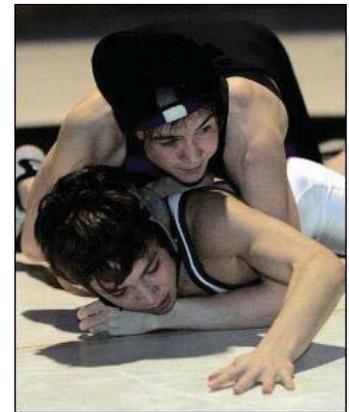
In 2007 Minnesota survived a late push from Iowa State on the final day of competition, holding on to claim the 2007 NCAA Division I Wrestling Championship by a margin of 9.5 points. Missouri rounded out the top three.

The top-ranked University of Minnesota wrestling team won its third NCAA Championship since 2001. The Golden Gophers clinched the team race following back-to-back losses by Iowa State wrestlers in the 184- and 197-pound title matches. In the final bout of

the tournament, heavyweight Cole Konrad concluded his stellar collegiate career with a pin of Penn State's Aaron Anspach in the finals. Konrad became the fourth two-time national champion in school history. Minnesota finished with 98.0 points, while Iowa State finished second with 88.5.

## High Schooler Makes News

Girls are finding their way onto the wrestling mat. Some high schools are permitting girls to compete. In the photo to the right, 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.

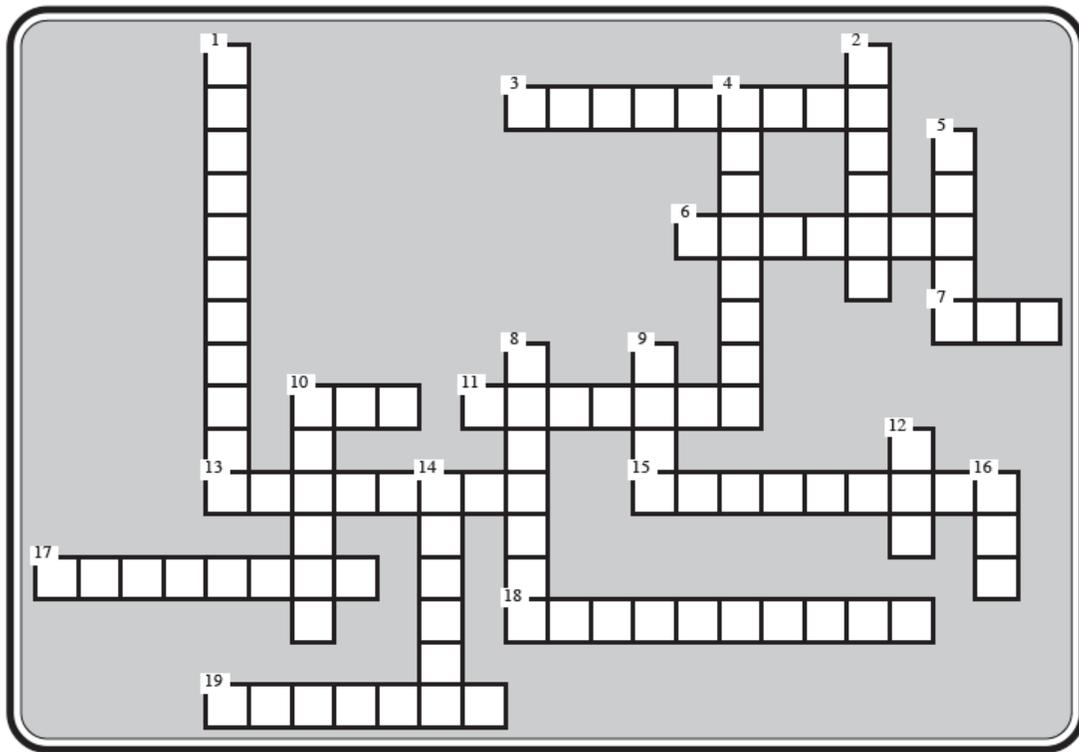
Visit these web sites to keep up to date on what is happening in the world of wrestling:

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





Name: \_\_\_\_\_ Date: \_\_\_\_\_



**Across:**

3. One form of wrestling
6. Grabbing an opponent's torso
7. Points awarded if hold is maintained less than five seconds
10. Points awarded if hold is maintained over five seconds
11. Points lead needed to win a match
13. The number of weight classes in high school wrestling
15. One way to win a match is to pin these to the mat
17. Grabbing an opponent's head
18. A form of wrestling
19. One-piece garment worn by wrestlers

**Down:**

1. What happens when one wrestler controls the other
2. This is how wrestlers are grouped
4. Maneuver to get opponent on the mat
5. The number of weight classes in international wrestling
8. Takes precedence over points
9. These are not used in Greco-Roman wrestling
10. A reversal maneuver
12. The number of weight classes in college wrestling
14. Purpose of an inside-leg standup
16. A short \_\_\_\_\_ out is done to escape

Name: \_\_\_\_\_ Date: \_\_\_\_\_



Use the clues below to discover words in the above puzzle. Circle the words.

1. One-piece garment worn by wrestlers
2. A short \_\_\_\_\_ out is done to escape
3. Takes precedence over points
4. One way to win a match is to pin these to the mat
5. Points lead needed to win a match
6. A reversal maneuver
7. Points awarded if hold is maintained over five seconds
8. The number of weight classes in college wrestling
9. The number of weight classes in high school wrestling
10. The number of weight classes in international wrestling
11. Purpose of an inside-leg standup
12. Points awarded if hold is maintained less than five seconds
13. What happens when one wrestler controls the other
14. Grabbing an opponent's torso
15. Grabbing an opponent's head
16. A form of wrestling
17. One form of wrestling
18. Maneuver to get opponent on the mat
19. These are not used in Greco-Roman wrestling
20. This is how wrestlers are grouped