BOSTON UNIVERSITY
SCHOOL OF EDUCATION

Service Paper

DEVELOPMENT OF A WRESTLING UNIT ON THE COLLEGE LEVEL

Submitted By

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CHAPTER I
INTRODUCTION

The purpose of this paper is to furnish a training unit on wrestling for team competition on the college level. The unit presented in this paper will be a small portion of the large amount of work possible in wrestling. The material included has been organized in the form of a unit, fitted to the needs and abilities of the competitive team members, on the college level, who had little or no previous experience in wrestling.

There are certain undeniable values that are developed through participation in wrestling. The presence of elements of courage, strength, endurance, speed and agility and a fine degree of coordination make it a valuable activity. In addition, there are benefits to be obtained in the development of motor ability, stimulation of the physiological functions, physical development, and psycho-neural adjustments.

Wrestling provides self-testing activities as well as the opportunity for the individual to exercise his ability to excel in the sport. It is of great value as a conditioning and training activity, as many of its basic skills have a usable counterpart in other team games. Wrestling, long recognized as one of the best combative sports, is rapidly becoming one of America's foremost athletic activities.\(^1\) Wrestling provides an outlet for the athletic ambition of boys of almost any size. The competitive classes are divided into weight divisions which at no time differ

by more than ten pounds. In recent years nearly every modern gymnasium has installed facilities for wrestling, making it possible for increasingly great numbers to share the advantages of participation.

"The wrestler is given an opportunity for a type of self expression that is denied fellows who play team games. He does not submerge his personality and merely be part of a machine which is directed by someone else. Once he enters the contest the final outcome is his own responsibility. Such competition cannot develop into a contest between two staffs of scouts and coaches who supply the intelligence to direct the strategy. In wrestling no coach can send in remedial advice at a crucial moment, and no substitute will appear when an athlete's powers begin to wane. He cannot even take time out to discuss his difficulties with his team-mates. He is in there on his own responsibility and must make his own decisions. His success depends upon his own intelligence, determination and physical powers."1

"If athletics can be helpful in the development of personality, the physical educator is overlooking his best tool if he concentrates solely on team games and neglects to include combative individual sports in his physical education program."2

The Problem

Statement of the problem. A unit is to be developed in wrestling on the college level. The drills will start with the basic fundamentals of

1 Ibid. p. 9.
2 Ibid. p. 9.
the beginning wrestler, to the more complicated skills of the competitive wrestler. In addition material will be included for advanced exercises in wrestling techniques, for those desiring work with individuals showing greater interest and ability in the field of wrestling.

**Justification of the problem.** Wrestling is an activity that can be easily adapted to provide a maximum of activity with a minimum of expense and previous preparation. Wrestling has been greatly neglected as a competitive sport on the college level. It is the purpose of this study to construct a wrestling unit which may meet the needs of the teacher or coach in a college wrestling program.
CHAPTER II

BRIEF HISTORY OF WRESTLING

Wrestling was highly developed at least three thousand years before the Christian era. This is evidenced by the numerous present-day wrestling holds that are depicted on the sculptured walls of Beni Hasan's temple near the Nile. Writings of that period lead one to believe that wrestling may have been introduced into Greece from Egypt or Asia.¹

Wrestling of various types were employed in the Greek games and the pentathlon included this sport as one of its more important events. Greek athletics, including wrestling, were introduced into Rome during the latter part of the second century B.C.²

The Teutonic people are said to have always known wrestling from a fighting standpoint, and its popularity as a sport, was evidenced by the writings of the fifteenth and sixteenth centuries. The general holds depicted those of the Greek period. The Turnverein used wrestling as one of its most popular sports.³

³ Ibid. p. 398.
WRESTLING IN ENGLAND

The peak of popularity was reached during the reign of Henry VIII when the monarch challenged and met Francis I of France in a wrestling bout. Reference to wrestling appeared frequently throughout English history and literature. Combative and body contact sport seems to have had a special fascination for the Anglo-Saxon.²

By the middle of the nineteenth century three styles of wrestling had developed. Cumberland and Westmoreland wrestling was somewhat similar to the earlier type of Loose Style wrestling. The wrestlers from Devonshire and Cornwall also had their own style. Leather jackets were worn and holds taken on them. The object of this type of wrestling was to throw the opponent to the ground so that he fell cleanly on two shoulders and a hip, or two hips and a shoulder. In Lancashire wrestling, the forerunner of modern Catch-as-Catch-Can and Free Style wrestling, a bout was terminated when one wrestler succeeded in forcing his opponent's shoulders to the mat. The contestants were expected to wrestle until one or the other pinned his opponent's shoulders to the mat.³

DEVELOPMENT OF WRESTLING IN AMERICA

American frontier literature shows that the sport was popular with agricultural and pioneer people. It was recalled that Abraham Lincoln was wrestling champion of Sangamon County, Illinois.⁴

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¹ Stone, op. cit., p. 17.
² Ibid., p. 17.
³ Ibid., p. 18.
⁴ Ibid., p. 19.
Modern American wrestling in college and universities bears little resemblance to the contests in which our forefathers engaged. All of our colleges and universities use the Catch-as-Catch-Can Style of wrestling, the regulation which is in the hands of the National Collegiate Athletic Association. Intercollegiate wrestling, being an American development, is an expression of what Americans expect of the sport.1

Every four years, when the Olympic Games are held, the intercollegiate rules are abandoned temporarily and the Olympic Rules are used. The wrestlers who are best able to make the transition from intercollegiate to the Olympic Rules are eventually selected for the Olympic Team.

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1 Ibid., p. 19.
CHAPTER III

TECHNIQUES AND PROCEDURES IN UNIT ORGANIZATION

Wrestling has long been an activity associated with being a strong competitive sport, which requires a vigorous effort by the participant. There are many methods of organizing and conducting classes in wrestling. The more formal type consists of organizing the team or group of wrestlers as a single group, demonstrating or having demonstrated the beginners stance or holds of the wrestler, and then permitting each member of the class in turn to attempt the hold with somebody of equal body weight and size, with corrections being made by the coach or assistant in charge. The advantages of this system are many, the coach is in a position to personally supervise each wrestler's efforts and offer direct instruction. Progress in a system like this is very rapid; through repetition of this kind the wrestler is automatically being trained to master holds which he will use in a competitive situation.

The benefits of a system like this lies in the opportunity of the individual to develop confidence in his ability to perform as a wrestler. For the beginners in wrestling, work is largely confined to the development of basic skills.

As in all teaching units, due allowance must be made for the pupil who progresses rapidly, beyond his contemporaries. The preparation necessary for any athletic competition, such as wrestling, requires the acquisition of much knowledge and skills, as well as getting into superb physical condition. All of this takes a great amount of time. For an athlete to develop sufficient ability to become a national champion, he must spend
usually at least three or four seasons in active competition. The novice wrestler's first competitive season should be regarded as a schooling which will aid him in achieving ultimate excellent performance, rather than an end in itself which can be reached only by winning bouts. In order to learn much about the competitive side of the sport, he should watch good wrestlers in action.¹

Close attention should be paid to the maneuvers they use to gain advantage, how they escape from difficult positions, and how they use their knowledge of tactics to win their bouts.

"The first season is a period of development and of learning, and the beginner often gains more knowledge when he loses than when he is victorious. It is much more desirable to have wrestled well and lost to a superior athlete, than to have given a less skillful performance and defeated an inferior opponent." ²

The habit of systematic organization in the wrestlers' thoughts and actions should be formed as soon as possible. The first step toward such organization is to classify holds and maneuvers according to their purposes.

Standing wrestling can be classified under four general categories:

1. Holds which can be used to take an adversary to the mat when facing him.

2. Holds which enable a wrestler to get behind his opponent.

¹Ibid., pp. 51-56.

²Ibid., p. 39.
5. Holds used to bring the other wrestler to the mat after having gone behind.

4. Holds used to get free when the adversary has gone behind.¹

Mat wrestling is divided into three parts:

1. Holds and maneuvers which are used from on top to control the other wrestler and to bring him into a position where pinning holds can be applied.

2. Holds used to pin opponent.

3. Escapes—holds and maneuvers which are used from underneath for the purpose of getting free or reversing positions.²


FACILITIES, SUPPLIES AND EQUIPMENT

Intercollegiate wrestling rules.

In order for a wrestler to use his skill and knowledge to the best advantage it is necessary for him to have a thorough understanding of the rules which govern his contest. A few of the rules have been selected for the convenience of the reader. For further reference the National Colle­giate rule book\(^1\) should be consulted.

Eligibility.

"Each contestant must be an amateur as defined in the rules of the National Collegiate Athletic Association and be eligible according to the rules and regulations of the college or university which he represents." \(^2\)

Representation.

"An institution shall be represented by only one contestant in each weight class. No contestant shall be allowed to represent his institution in more than one class in each meet." \(^3\)

Size of mat.

"The area of the mat shall not be less than 24 feet by 24 feet. Supplementary mats, 5 feet in width, should extend entirely around the mat proper. The thickness of the mats shall not be less than 2 inches nor more than 4 inches." \(^4\) (Practice area should be about 45 feet by 45 feet to accommodate about thirty wrestlers.)

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2 Ibid., p. 50.

3 Ibid., p. 50.

4 Ibid., p. 51.
Costumes.

"The uniform shall consist of full length tights, an outside wrestling supporter or close fitting outside short trunks, light heelless gymnasium shoes laced by means of eyelets, and shirts, if they are required in accordance with the following provision: The home institution shall decide whether shirts are worn; they should be sleeveless. There shall be no fasteners of any sort on the shoulders; they shall be fastened down at the crotch. The Wrestling Rules Committee strongly recommends that protective headgear be used in all practice and competition. Headgear if worn shall have all rivets or metal surfaces covered with protective material. The wearing of headgear shall become mandatory beginning 1953-54 season."¹

Weight classification.

Competition shall be divided into eight classes as follows:

125 lbs.
130 lbs.
137 lbs.
147 lbs.
157 lbs.
167 lbs.
177 lbs.
Unlimited

The 115 lb. and 191 lb. classes may be officially included in the weight classification provided either or both are adopted by individual conferences. For the NCAA tournament the 115 lb. and 191 lb. classes will be included. These weights will count in the scoring of the team championship.²

¹ Ibid., pp. 51-52.
² Ibid., p. 52.
Weighing-in and designation of contestants.

1. Maximum weigh-in time five-hours before the contest.
2. Maximum length of bout, nine minutes.
3. Necessary officials, a referee and three timekeepers.
4. Blackboard, for individual and team scores.

Conduct of matches.

"All regular matches shall consist of three three-minute periods. The first period will start with both contestants standing in opposite corners of the mat. The wrestlers will come forward, shake hands with the right hand, pass each other, turn to the left at the edge of the circle and, when the referee blows his whistle, begin wrestling. A fall during this or either subsequent period terminates the match. If no fall occurs during the final period, upon termination of the match the referee shall award the contest to the wrestler with the greater amount of points."1

The fall.

The shoulder blades must be held in continuous contact with the mat for two seconds.

The near fall.

A near fall is a situation where a contestant has control of his opponent and a fall is imminent.

1. Both shoulders on the mat between one and two seconds.
2. Both shoulders are held within two inches or less of the mat for two full seconds.

1 Ibid., p. 56.
Basis of decisions when no fall occurs. To the contestant who has scored the greater number of points.

- Take down ————- 2
- Escape ————- 1
- Reversal ————- 2
- Near fall ————- 2
- Time advantage ————- 1 point each minute. 2 points maximum.

Dual meets and scoring system.

- Fall ————- 5
- Default or forfeit ————- 5
- Decision ————- 3
- Draw ————- 2

Tournament.

- First place ————- 6
- Second place ————- 4
- Third place ————- 2
- Fourth place ————- 1
- For fall at any time in tournament 1 ————- 1

Legal and Illegal holds.

"Any hold, lock or grip shall be allowed except the hammerlock above the right angle twisting hammerlock, over scissors,

front head lock, flying mare with palm up, strangle holds, full nelson, to§ holds, holds over mouth, nose or eyes, interlocking of hands or arms around legs or body, except to gain a fall, unless defensive contestant is on feet, bending or twisting fingers for punishment or to break holds used for punishment alone. It is illegal to slam an opponent to the mat. No striking, gauzing, kicking, hair pulling, butting, elbowing, strangling, or anything that endangers life or limb shall be allowed."

1 Ibid., pp. 61-65.
DELIMITATION OF UNIT.

The following wrestling holds are the fundamental skills which must be obtained for sufficient mastery of wrestling.

I. Standing Wrestling

1. Wrestlers stance.
2. Balance movements.
3. Referee's Position (standing)
4. Double leg tackle.
5. Single leg tackle.
6. Single leg pick up with trip.
7. Arm Lock and Inside crotch hold.
8. Elbow push up and go behind.
9. Head tuck and thigh hold.
10. Arm drag and go behind.
11. Arm drag with trip.
12. Under arm sneak with sit back.

II. Standing Position (behind opponent)

1. Lift.
2. Lift and crotch hold.
4. Body hold and leg trip to side.
5. Body hold and leg trip forward.
6. Trip over leg.
7. Double leg Buck.
III Counters when an opponent has advantage from behind

1. Tear hands apart.
2. Leg Pick Up.
3. Switch from standing.
4. Double wristlock from defensive position.

IV Top Position on Mat (Hands and Knees)

1. Floating exercises.
2. Referee's position on the mat.
3. Waist hold.
4. Near Arm and Head Butt.
5. Far ankle and near arm hold down.
6. Far ankle and far arm hold down.
7. Cross face with double arm lock.

V Bottom Position on Mat (Escapes)

1. Stand up.
2. Lock Near arm and Roll.
3. Reversal or switch.
4. Double wristlock on near arm.
5. Sit-out.
6. Headlock from Bottom Position.
7. Step-Over.
8. Over-Arm Lock.

VI Pinning Combinations

2. Inside crotch and double arm lock.
3. Half Nelson and body hold.
VI  Pinning Combinations (continued)

4. Three quarter Nelson.
5. Three quarter Nelson and leg lock.
6. Reverse half Nelson.
7. Cradle.
8. Reverse Cradle.

VII  Advanced Wrestling holds and Pinning Combinations

1. Sitback.
2. Body Scissors Stretcher.
3. Double Arm Hold and Scissors.
4. Leg Hold and Grapevine.
5. Key Lock.
7. Half Nelson with Figure Four.
8. Double Leg Grapevine.
9. Arm lock and Head Scissors.
10. Figure Four Head Scissors.
11. Arm Scissors with Double Wristlock.
13. Short Arm Scissors.
INCIDENTAL AND INDIRECT LEARNING PRODUCTS

After years of watching, participating and coaching wrestling, the following characteristics are established or strengthened:

1. The ability to estimate correctly the physical prowess of an opponent.

2. An appreciation of the temporary authority of an official and due respect for the decisions he is called upon to make in the line of his duty.

3. Appreciation of physical health values derived from participation in wrestling.

4. A cognizance of the importance of making quick and correct decisions.

5. The development of patience and self control by the process of analyzing mistakes for the attainment of skill.

6. An appreciation of the relationship between the spectator and the participant at an athletic contest.

7. Development of the desire to improve one's performance despite lack of outside competition.

8. Ability to judge quality of performance in wrestling.

9. An understanding of the fundamentals of body mechanics.

10. An appreciation of the degree of difficulty in performing various techniques and holds in wrestling.

11. A realization that repeated practice might well be applied to acquiring expertness in any learning situation.
12. The ability to respond efficiently to a variety of situations, through practice in wrestling.

13. The development of an attitude of fair play and sportsmanship.
TEACHER REFERENCES:


VISUAL AIDS:

*Wrestling Fundamentals and Techniques.*

(5 parts) Michigan University, 1952.

Aubert Lavastida, production supervisor.

Collaborators: Clifford P. Keen and Robert Betzig.

Part One, Takedowns and counters.

Twelve minutes, Price $40.00. Rent $2.25.

Part Two, Escapes and reversals.

Twelve minutes, Price $40.00. Rent $2.25.

Part Three, Rides and pin holds.

Twenty-five minutes, Price $80.00. Rent $4.25.
CHAPTER IV
UNIT ORGANIZATION

When the wrestling squad is called out at the beginning of the season, the wrestling coach should consider all members out for the team. There should be no actual wrestling for the first three to four weeks. During this period the coach should demonstrate, followed by participation, how to acquire a comfortable and effective stance, how to set up holds from the standing position by pushing, pulling and feinting an opponent out of position, how to maintain balance and throw your opponent off balance when in a riding position; how to assume and maintain a good base when in the bottom position on the mat; how to stand up from bottom position and escape. All these fundamental skills and more may be included at the start of the season.

After a wrestler has warmed-up properly, the time should be devoted to instruction and practice against passive resistance in the execution of holds in wrestling. Each hold demonstrated should be drilled upon several times until it is thoroughly understood and executed with accurate precision. The wrestlers should be paired according to weight; have one become the aggressor to execute the aggressive movements, and the second man becomes the defensive wrestler and tries to block offensive man's movements on the mat. Upon completion of the demonstration and drilling period, competition should be encouraged by having intra-squad wrestling matches. The coach should be in a position where he can point out individual mistakes to the men. Strict discipline should be demanded
during the season. The wrestlers should report promptly for practice; men should not be permitted to come in late. The coach should know what he is going to present to his wrestlers each day. The program must be worked out so that every man is kept busy on the mat. The coach must be able to instill confidence in the beginner and guard against over-confidence of the experienced wrestler.
SUGGESTED LESSON PLAN

PRACTICE PERIOD (1½-2 hrs.)

A. Warm-up drills (15-30 minutes)

1. Running 1-2 miles daily.
2. Rope climbing (20') 1-5.
5. Pull-ups (chinning bar) 5-10.
   a. Front pivoting on head 5-10.
   b. Rear pivoting on head 5-10.
7. Floating and balancing exercises.
   a. Sit-outs.
   b. Turn-ins.
   c. Stand-ups.
   d. Circle on bottom position.
   e. Movement, from side to side.
   f. Spinning around from top position.
   g. Side rolls.
   h. Switches (reversals).
8. Referee's position standing.
   a. Pushing exercises.
   b. Tugging exercises.

B. Review of old holds (50-60 minutes).

C. Wrestling matches (30-45 minutes).
LESSON 1
1. Discussion of general rules and history of wrestling.
2. Demonstration of stance. (IA)
3. Walking forward using wrestler's stance. (IB)
4. Stalking opponent sideways.
5. Stalking opponent in circle.
6. Reverse movements.
7. Referee's position standing. (ID)

LESSON 2
1. Review stance and balance movements.
2. Single leg tackle. (IF)
3. Double leg tackle. (IC)
4. Practice takedowns.

LESSON 3
1. Review old holds.
2. Introduce lift and crotch from rear position. (IIB)
3. Demonstrate body hold and heel block takedown from rear position. (IIC)
4. Practice taking partner down with a minute time limit.

LESSON 4
1. Review old holds.
2. Introduce top position on mat. (IV)
3. Practice floating exercises on top position. (IVA)

Notes:
Numbers enclosed in parenthesis are coded numbers which refer to the unit breakdown. P. 35.
LESSON 4 (continued)

4. Demonstrate waist hold. (IVC)
5. Practice holding partner while he tries to escape.

LESSON 5

1. Review old holds.
2. Introduce single leg pick-up with leg trip. (IE)
3. Demonstrate half nelson and crotch pinning combination. (VIA)
4. Holds performed against passive resistance.

LESSON 6

1. Review old holds by the numerical order suggested in unit.

LESSON 7

1. Review old holds.
2. From bottom position on the mat introduce standup. (VA)
3. Introduce locking near arm and rolling opponent. (VB)
4. Practice escapes from bottom position on mat.

LESSON 8

1. Review old holds.
2. Introduce inside crotch and double arm lock pinning combination. (VIB)
3. Practice takedowns competitively on feet.

LESSON 9

1. Review old holds.
2. From bottom position on mat introduce switch (reversal). (VG)
LESSON 9 (continued)

3. Practice shifting from one hold to another using combinations.

LESSON 10

1. Review old holds.
2. Drill in switching and reswitching.
3. Introduce double wristlock on near arm. (VD)
4. Demonstrate arm scissors with double wristlock pinning combination. (VII K)
5. Practice pinning opponent from top position.

LESSON 11

1. Review old holds.
2. Introduce arm drag and go-behind from standing position. (IJ)
3. Arm drag with leg trip. (IK)
4. Half nelson and body hold pinning combination. (VIA)
5. Practice taking opponent down to mat.

LESSON 12

1. Review old holds.
2. Introduce elbow push-up and go behind. (IH)
3. Practice arm drag shifting from one arm to another. (IJ)
4. Practice competitively on feet using all holds covered.

LESSON 13

1. Review old holds.
2. Introduce three quarter nelson pinning combination. (VID)
3. Practice takedowns (one minute time limit)
LESSON 14

1. Review old holds.

2. Introduce key lock pinning combination. (VIIE)

3. From top position on mat introduce pulling of near arm with head butt. (IVD)

4. Practice holding down opponent using holds covered.

LESSON 15

1. Review old holds.

2. Introduce arm lock and inside crotch from standing position. (IG)

3. Demonstrate head tuck and thigh hold from standing position. (II)

4. Practice faking a side roll and shifting to a switch. (VB) (VC)

LESSON 16

1. Review old holds.

2. From the standing position behind opponent demonstrate body hold and leg trip to the side. (IID)

3. Body hold and leg trip forward. (IIE)

4. Body hold and trip over leg. (IIP)

5. Practice bringing opponent to mat from rear.

LESSON 17

1. Review old holds.

2. Introduce cradle and reverse cradle. (VIG,H)
LESSON 18

1. Review old holds.
2. Introduce under arm sneak with sit-back from standing position. (IK)
3. Practice competitively takedowns.

LESSON 19

1. Review old holds.
2. From standing position behind opponent introduce trip over leg. (IIF)
3. Demonstrate double leg hold with shoulder buck. (IIG)
4. Practice takedowns (one minute time limit).

LESSON 20

1. Review old holds.
2. Introduce figure four and half nelson pinning combination. (VIIG)
3. Practice at mixing up escape techniques.

LESSON 21

1. Review old holds.
2. From the bottom position review sit-out and introduce over-arm lock. (VE.H.)
3. Introduce body scissors stretcher. (VIIB)
4. Practice switching and re-switching. (VC)

LESSON 22

1. Review old holds.
2. Introduce standing switch. (IN)
LESSON 22 (continued)

3. Demonstrate counters when opponent has advantage from behind; tear hands apart, leg pick up, double wristlock from defensive position. (IIIH,I,J,K)

LESSON 23

1. Review old holds.
2. Practice breaking down opponent from top position.
   a. Far ankle and near arm hold down. (IVE)
   b. Far ankle and far arm hold down. (IVF)

LESSON 24

1. Review old holds.
2. Practice switching and counter switching. (VC)
3. Practice blocks from bottom position on mat.
4. Introduce three quarter nelson and leg lock pinning combination. (VIE)

LESSON 25

1. Review old holds.
2. Demonstrate headlock from bottom position on mat. (VF)
3. Introduce step-over from bottom position on mat. (VG)
4. Practice spreading hands and standing to escape.

LESSON 26

1. Review old holds.
2. Introduce double leg grapevine with double wristlock pinning combination. (VII)
3. Practice escaping from defensive position on the mat.
LESSON 27

1. Review old holds.
2. Introduce short arm scissors. (VIIM)
3. Introduce blocks and breaks for scissors and grapevines. (VIIH,M)
4. Practice breaking opponent down from the top position on the mat.

LESSON 28

1. Review old holds.
2. Practice taking opponent down to mat using different holds.
3. Demonstrate and practice arm lock and head scissors pinning combination. (VII,I)
4. Practice takedowns (one minute time limit).

LESSON 29

1. Review old holds.
2. Demonstrate figure four head scissors pinning combination. (VIIJ)
3. Drill on escapes against full resistance, (allow forty-five seconds for escape).

LESSON 30

1. Review old holds.
2. Demonstrate application of side body scissors. (VIIF)
3. Permit men to practice on their own what they want.
LESSON 31

1. Review old holds.
2. Demonstrate the application of the guillotine pinning combination. (VIIN)
3. Practice going for a quick pin.
4. Review all pinning combinations.

LESSON 32

1. Review old holds.
2. Review double arm hold and scissors. (VIIC)
3. Practice bridging when opponent is pinning you.
4. Practice countering takedowns.

LESSON 33

1. Review old holds.
2. Demonstrate leg hold and grapevine pinning combination. (VIID)
3. Practice faking one hold and going into another one.
4. Wrestle competitively for a quick fall.

LESSON 34

1. Review old holds, against passive resistance.
2. Drill on escapes from underneath.
3. Drill on takedowns (one minute time limit).

LESSON 35

1. Review old holds against passive resistance.
2. Practice pinning combinations with partner offering a little resistance.
LESSON 35 (continued)

3. Practice counter switching opponent.

4. Wrestle competitively using various holds to take opponent down to the mat. (One minute time limit should be allowed for the takedown).
BREAKDOWN OF WRESTLING HOLDS IN SEQUENCE

I Standing Position

A Stance

1. Face opponent squarely.
2. Spread feet sufficiently, for a well braced position.
3. Weight distributed evenly on front of feet.
4. Hips and knees well bent, back flat and head up.
5. Arms bent, with elbows held close to side with hands extended.
6. One arm kept low to protect foot that is in advance.
7. Keep low enough to be able to touch mat with finger tips.
8. When moving from side to side, use short steps and keep your feet apart.
9. Avoid crossing legs.
10. Face opponent, never turn your back to opponent.

B Balance Movements

1. Walking forward using wrestler's stance.
2. Stalking opponent sideward.
3. Stalking opponent in circle.
4. Reverse movements.
5. Correct bodily balance should be maintained throughout exercises.

C Double Leg Tackle

1. Maneuver opponent upward and drop to your knees.
C  **Double Leg Tackle (continued)**

2. Keep back flat.
3. Head should be kept to outside of opponent's body.
4. Lock arms and place opponent to opposite side of your head.
5. Drive your shoulders into opponent forcing him to mat.
6. Keep your legs well spread and knees under you.
7. When opponent is flattened on the mat you can attempt your pinning combination.

\**Block**

Keep low with elbows close to your sides.

When opponent attempts to tackle, jump back as far as possible, drop to mat on both knees, keep weight forward and arms out in front in order to counter opponent's moves.

D  **Referee's Position (Standing)**

1. Right hand on opponent's neck.
2. Forehead resting on opponent's left shoulder.
3. Left arm having hold of opponent's right arm just above elbow.
4. Proper weight balance should be maintained.
5. Feet away from opponent's reach.
6. Weight bearing on opponent at all times.

E  **Single leg pick up with trip**

1. After attempting tackle opponent usually steps back with one foot, leaving the other leg exposed.
E Single leg pick up with trip (continued)

2. Pick up his exposed leg and lift it as high as your hip.

3. Now move forward and trip his free leg, by stepping inside of his leg and pushing forward.

4. When body strikes the mat, release the leg and work for your pinning combination.

Block

1. Keep legs straight. Keep free leg in opponent's crotch. Do not permit him to trip you. If he bends over, place left hand on his neck, pulling him forward, grasp him at the crotch at the same time with right hand and pull him ahead. He will be forced to release leg in fear of falling.

F Single leg tackle

1. Referee's position.

2. Pull opponent forward toward you.

3. Drop quickly to both knees.

4. Pull his head downward directly in front of his right knee.

5. Grasp his ankle and pull him to the side in which you have the ankle.

6. Retain hold on his neck and work into a pinning combination.

G Elbow Push up and Go behind

1. Pull opponent's head with your right hand down towards
G Elbow Push up and Go behind (continued)

your right side.

2. Force your head against opponent to force his head down.

3. Shift your left hand above the inside of opponent's elbow forcing arm up with a snap.

4. Duck head under arm pit.

5. Then maneuver behind your opponent.

6. Leg trip may be used to bring opponent to mat.

H Arm Lock with Inside Crotch Hold

1. From referee's position, step into your opponent with left foot, turning your body toward the right.

2. Keep hold of left elbow and duck head under opponent's left arm.

3. Slip your left arm into crotch.

4. Pull opponent so that his weight will be centered across your back.

5. To bring opponent to mat, pull downward at his elbow.

6. Drop to your right knee in placing him on the mat.

7. Keep crotch hold and work for a pin.

Block

Keep low, and push against his hip, keeping your weight and legs as far back as possible.

J Arm Drag and Go Behind

1. From referee's position, grasp opponent's left wrist with your right hand.
J Arm Drag and Go Behind (continued)

2. Pull opponent's hand off your neck.
3. Grasp his upper arm as high as possible with your left hand.
4. As you reach for upper arm, step in with your left foot.
5. As you strike mat, pull opponent toward you and downward.
6. Release hold on wrist and work for pin.

Block

When opponent pulls you forward, step behind opponent with your left leg. You should be parallel with opponent, pick up his leg at the knee and throw your weight against his body.

K Head Tuck with Thigh Hold

1. Referee's position standing.
2. Hold opponent's head tightly.
3. Drop to mat on right knee pulling head down to mat as far as possible.
4. Grasp opponent's right thigh with left hand.
5. Start forcing up thigh towards head.
6. Change hold to a front head lock.
7. Try to work opponent with cradle position using same arm.
\( \sqrt{L} \) Arm Drag with Leg Trip

1. From open or free position, grasp opponent's left wrist with your right hand.

2. Grasp his upper arm as high as possible with your left hand.

3. Pull opponent's arm with both of your arms down towards the mat.

4. Drop to you buttocks placing left foot in front of his right foot.

5. Drag opponent to mat past you on the left side.

6. Swing over on top of opponent.

M Under Arm Sneak with Sit Back

1. From referee's position standing.

2. Maneuver opponent's right arm over the back of your head.

3. Hold on to wrist.

4. Place your right arm under opponent's crotch.

5. Sit back on buttocks, twisting towards the left.

6. Swing over on top of opponent.

N Standing Switch (Reversal)

1. From referee's position pull opponent's hand from neck grasping wrist.

2. Step in with your left foot and reach over his left arm and into his crotch with your left hand.
Standing Switch (Reversal) (continued)

3. Sit down, putting all your weight onto his left arm at the shoulder.
4. Opponent will fall directly on his face if he maintains grip.

Block

Step back with your left foot to keep your thigh out of reach. This is an excellent counter for a tackle.

Standing Position (behind opponent)

A Lift

1. Lift opponent from mat.
2. Turn him sideways.
3. Drop to right knee and place him to the mat.
4. Fall with opponent to retain hold.

B Lift and Crotch hold

1. Retain waist hold with one arm.
2. Then place free hand onto crotch.
3. Lift opponent and turn upper part of his body toward the side on which you have the waist hold.
4. Place opponent to mat and work for pin.

Block

Keep low and run forward when opponent gets behind you. Attempt should be made to tear his hands apart in order that you may turn and face opponent.
C **Body Hold and Heel Block**

1. Lock your hands on his right side.
2. Step in with both feet, blocking both of opponent's heels.
3. Sit back, pulling your opponent with you.
4. As you hit the mat, throw him violently to your right and get into a position of advantage.
5. When advantage is secured, you may work into your pinning combination.

**Block**

Sit out to the side with a leg grapevine; as you fall try to land in a sitting position.

D **Body Hold and Leg Trip Forward**

1. Lock your hands around opponent's waist.
2. Force him forward and down.
3. Trip right leg by stepping across his ankle from the outside with your right foot.
4. Force him forward onto the mat.

E **Body Hold and Leg Trip to the side**

1. Lock your hands around opponent's waist.
2. Force opponent to the right side.
3. Place instep of your right foot on his right ankle.
4. Opponent's foot should be pushed toward the left.
5. Pull him to the right, kicking the foot simultaneously bringing him to the mat.
F  **Trip over Leg**

1. Waist hold with hand locked on your opponent's right side.
2. Place left foot back and to the right of your opponent's right foot.
3. Drop to mat on your right knee and pull him over your left leg.
4. Opponent will fall on his back or on his side.
5. Running hold should be used right away if possible.

**Block**

Moving forward will prevent a man from using this trip, and trying to tear opponent's hands apart.

G  **Double Leg and Buck**

1. Release waist hold.
2. Drop to your ankles and grab opponent at the knees or ankles.
3. Drive forward, striking him in the rear with your shoulder.
4. Hold his legs and he will fall forward.
5. From position of advantage you can work into pinning combination.

III  **Counters When An Opponent has Advantage from Behind**

A  **Tear Hands Apart**

1. Tear at opponent's hands.
2. Run forward as fast as you can.
3. Keep feet well spread.
A Tear Hands Apart (continued)

5. Pull hard to the side as low as possible.
6. Release hand, twisting violently and turn toward his other hand, which you still hold.
7. Face opponent and be prepared for a tackle.

B Leg Pick Up

1. When opponent has leg out to the side
2. Reach down and pick up leg.
3. Put left arm through crotch.
4. Lock leg with your right arm.
5. Stop suddenly, lift leg into the air forcing him to release grip.

C Switch from Standing

1. Step forward with your right foot.
2. Reach over his left arm with your left arm and take hold of his crotch.
3. Put your weight on his left shoulder and drop to the mat.
4. Push your weight hand into his shoulder and swing your hips away from him.
5. Swing over on the top position with the advantage.

D Double Wristlock from Defensive Position

1. Fake to tear off hands.
2. Hesitate and apply double wristlock.
3. If double wristlock is applied to his left arm, fall forward to the mat on your right side.
D Double Wristlock from Defensive Position (continued)

4. Grapevine leg as you fall to prevent him from throwing body across.

5. When opponent is brought to mat you may release double wristlock and work for a better position of advantage.

IV Top Position Mat (Hands and Knees)

A Floating Exercises

1. From referee's down position, top man supports his weight using sternum as center point on bottom man's back.

2. Bottom man moves around swiftly, using various methods in trying to throw the top man off balance.

3. The top man tries to maintain good balance so that he can switch from side to side as opponent tries to throw him off balance.

4. No wrestling holds are used; it is mainly a balancing movement exercise.

B Referee's Position (Kneeling Position)

1. Kneel to left or right side of opponent who is down on all fours.

2. Right or left arm grasping over back and loosely about waist of opponent.

3. Left or right hand grasping at elbow of opponent's left or right arm.

4. Near knee must not be touching the near leg of opponent.
B Referee's Position (Kneeling Position) (continued)

5. Outside leg should be set firmly to maintain good balance.

6. Top man should keep back and away from opponent's hands, to prevent his grasping of a near leg.

7. Correct bodily balance should be maintained at all times.

C Waist Hold

1. From referee's position break opponent down.

2. Wrap your right hand around waist tightly.

3. Left hand may be used to break down his left arm.

4. Keep well behind opponent.

5. Drive your shoulder into his back, flattening him out.

6. Offensive man may proceed to work for a fall.

Block

Sit out may be used or a roll may be attempted providing the offensive man's weight is forward and the waist hold is on tightly.

D Near Arm and Head Butt

1. From referee's position, grasp opponent's left wrist with your right hand.

2. Place top of your head against the back of your opponent's left arm above the elbow.

3. Pull back on his wrist and force opponent forward with your head.

4. Flatten opponent out and work into a chicken wing.
D Near Arm and Head Butt (continued)

5. Maneuver your body to opposite side and work for a pinning combination.

E Far Ankle and Near Arm Hold Down

1. From referee's position grasp opponent's right ankle with right arm.
2. Pull opponent's foot across his left ankle.
3. Keep firm grasp on his left elbow with your left hand.
4. Pull opponent's left arm toward him.
5. Force opponent to mat, onto left side, by pulling up on right ankle.

Block

Straighten leg as opponent grasps your ankle or use free leg to kick your ankle free from his hold.

F Far Ankle and Far Arm

1. Grasp opponent's far ankle and far arm simultaneously.
2. Pull arm and ankle toward you.
3. Force opponent's body to side by using your chest, to force him away.
4. Keep weight on opponent at all times.

G Cross face with Far Ankle

1. Grasp opponent's forearm with your left arm using a cross face.
2. Grasp opponent's right ankle with your right hand.
G Cross face with Far Ankle (continued)

3. Drive opponent to mat by pulling opponent's arms and right ankle toward you.
4. Use your shoulder and chest to force opponent to mat.
5. Work for pinning combination when position of advantage is assumed.

Block

The same block may be used as we had in the Far ankle and Far arm. Brace your free leg on mat and turn toward your opponent. Grasp his left arm with your free arm and twist violently with opponent.

V Bottom Position on Mat (escapes)

A Stand Up

1. Grasp opponent's right hand.
2. Pull opponent's hand apart to right as far as possible.
3. Step your right foot forward.
4. Twist violently towards left.
5. Face opponent.
6. Keep low in order to prevent tackle.

Block

If a stand up is secured by opponent, release one of your hands from waist lock, and lift him by reaching through his crotch and placing him to mat.

B Lock Near Arm and Roll

1. From referee's position lock opponent's right elbow with
B Lock Near Arm and Roll (continued)

your right arm.

2. Step right knee forward, turn head to left, and start roll by rolling down over your right shoulder.

3. As opponent's back hits mat, step over him with right foot.

4. Keep your feet spread and your weight distributed evenly.

5. Work for pin by keeping weight on opponent at all times.

Block

Try to pry locked arm upward, step ahead, and brace yourself with leg to prevent roll.

\c Reversal (Switch)

1. From referee's position free your right hand.

2. Remove opponent's left hand with your right hand.

3. Complete sit out by having left leg come through straight in front with a twisting motion toward your right.

4. Your right leg is kicked toward the extreme right.

5. Bring your right arm over opponent's right arm and place it under his inside thigh.

6. Apply pressure to his arm and shoulder until opponent is flattened out on mat.

7. Swing around quickly and gain position of advantage.

Block

Crowd your opponent and pull in on waist hold, throw your body across his to counter switch and assume position of advantage.
D **Double Wristlock on Near Arm**

1. From referee's position grasp opponent's right wrist with your left hand.

2. Reach over with your right arm and grasp his right arm above the elbow.

3. When opponent's arm is locked, fall on to your left shoulder.

4. Fall into a wrestler's bridge and support your weight on your head and left foot.

5. Apply pressure to double wristlock by keeping it tight at the shoulder and forcing upward.

6. Keep body at a right angle.

7. Force opponent down by putting pressure on upper body by using your shoulders to maneuver him into a pin.

**Block**

When opponent starts double wristlock, grasp your crotch with arm, apparently has locked. Drop body flat on to the mat, which will make him unable to carry out his maneuver. Take an inside crotch hold with your left arm and lift, forcing him to release the Double Wristlock.

\[\text{\textbf{E Sit Out}}\]

1. From referee's position, raise your right knee and spring forward with both legs.

2. Weight should be evenly distributed when you hit the mat.

3. Pressure should be applied to opponent by resting your neck on his shoulder.
E  **Sit Out (continued)**
4. Keep your right foot in place and drop right knee to mat.
5. Turn quickly towards your right and turn into opponent.

**Block**
Grasp opponent's leg or ankle before he attempts sit out.

F  **Headlock from Bottom Position**
1. Reach around opponent's head with your left arm and grasp your own left wrist with your right hand.
2. Pivot to the right and move your left leg through.
3. Drive his head to the mat.
4. Weight of your chest shoulders should be concentrated on opponent's head.
5. Twist his body to maneuver him on to his shoulders.

**Block**
Keep head in close to shoulders and keep low.

G  **Step Over**
1. When opponent's weight is forward and low, grasp right arm with your right arm.
2. Raise your body with the support from your left leg and arm.
3. Take right leg and throw it clear over his back and hook his right leg.
4. Pull his locked right arm into opponent.
5. Force him down onto his right side.
6. Work into a pin when advantage is secured.
**Over Arm Lock (Whizzer)**

1. From referee's position, keep your head and shoulders as high as possible.
2. Lock opponent's left arm by reaching back and over his arm with your right arm.
3. A great deal of pressure is needed to execute this hold correctly.
4. Step forward with left leg and force opponent downward on his locked arm.
5. Drive opponent onto his right side.
6. Pull opponent's left arm toward you as you continue to force him downward.
7. Work for a pin when advantage is secured.

**Block**

Grasp opponent's left arm with your right arm. Pull his left arm toward you and throw him over onto his back for a fall.

**VI Pinning Combinations**

**A Half Nelson and Crotch**

1. Slide left arm beneath his left arm pit.
2. Placing left hand upon top of his head
3. Maneuver right arm into opponent's crotch.
4. Push down on left arm as you force opponent onto his shoulders.
5. Roll opponent to back.
6. Apply half Nelson and crotch tightly.
**B Inside Crotch and Double Arm Lock**

1. Force opponent down to his left side.
2. Take on inside crotch with your left arm.
3. Reach under with right arm and grasp his left arm firmly.
4. Opponent's right arm should be held closely under your arm.
5. Force right side of head against right shoulder.
6. Keep weight on opponent at all times.
7. Opponent will find escaping very difficult from this position.

**Block**

Block opponent's arm when he reaches for your far arm. Buck with opponent keeping him in back and unable to go for your arms.

**C Half Nelson and Body Hold**

1. Remove your left arm from opponent's waist and grab right arm.
2. Reach under body with your right arm and place it on your left side.
3. Pull his left arm in toward you.
4. Force him over with your shoulders.
5. Pass your right arm under opponent's right arm on top of his head.
6. Keep your left arm across his back and around his body, and force him onto his back.
7. Apply pressure on hold and maintain correct body balance.
C Half Nelson and Body Hold (continued)

Block:

If half Nelson is applied, lock his arm high above the elbow with your arm and apply an arm roll.

D Three Quarter Nelson

1. Reach under opponent's body and lock your hands.
2. Your left elbow will be under opponent's abdomen.
3. Force opponent onto his back by pulling him toward you by the neck.
4. Throw your left elbow hard against opponent's body.
5. Hold tightly to hold when his back touches the mat.
6. Maintain a firm base from which to move from.
7. Place left arm across his shoulder to prevent him from lifting his shoulders and rolling.

Block

When opponent tries for Three Quarter Nelson, throw your shoulders back and come to a sitting position. Tear his hands apart or attempt to stand up on opponent.

E Three Quarter Nelson and Leg Lock

1. Apply three quarter Nelson.
2. Drop your left knee on the left side of his right leg.
3. Pull his head toward his legs.
4. Force his right knee up against the left side of his face.
5. Pull on opponent's neck and force him onto his shoulders.
Three Quarter Nelson and Leg Lock (continued)

Block

Prevent him from starting three quarter Nelson, by establishing a firm base and tearing his hands apart. Prevent your leg from being locked by straightening it out.

Reverse Half Nelson

1. From referee's position, reach under and grasp opponent's left elbow with your right hand.
2. Force him on back by pulling his left arm and lifting his near leg with your left hand.
3. Pull his left arm in under your armpit.
4. Reach over his body and brace your left hand on mat.
5. Force your right hand under his right armpit.
6. Apply your body weight on opponent at all times.

Block

Try to pass your left arm under the right side of his body and attempt to roll away quickly.

Cradle

1. Break opponent down same way as the Reverse Half Nelson.
2. Reach through crotch and around his leg at the knee with your left arm.
3. Lock your hands together.
4. Raise his buttocks from the mat.
5. Continue to maneuver him into position until he is
**G. Cradle** (continued)

pinned.

**H. Reverse Cradle**

1. Grasp opponent's far ankle and far arm simultaneously.
2. Pull arm and ankle toward you.
3. Force opponent down onto his stomach.
4. Place your left hand on opponent's head and your right hand on opponent's right thigh.
5. Place head in middle of opponent's body and pull on his head and right thigh while applying pressure with your head at the mid-section of opponent's body.
6. When opponent is folded up, lock hands and maneuver him on his back.
7. Lock his right leg with your right leg.

**Block**

Best way to block cradle, never give the opponent opportunity to start it, keep a strong base in the referee's position and tear apart all attempts made of half Nelson's, etc.

**VII. Advanced Wrestling Holds and Pinning Combinations**

**A. Sitback**

1. This type of hold is used when opponent is pushing you around mat.
2. From standing referee's hold retain hold on opponent's left elbow with your right hand.
3. Place your left hand deep around his body under his arm.
4. From this position you wait until he drives you hard.
A Sitback (continued)

5. Place your right foot between his feet.

6. Move forward and sit down quickly striking mat on your right side.

7. Throw opponent over on his back to your right.

8. Pull in on his elbow and attempt to turn him on his back.

Block

When you sense a sitback back up and force yourself; he cannot perform the sitback unless you are pushing against him.

B Body Scissors Stretcher

1. From referee's position take a bar Nelson on opponent.

2. Swing your left leg over your opponent's back and force it under his body between his knee and arm.


4. When wrists are secured, step in with right foot in the same manner executed by the left leg.

5. Shove leg in crotch and break opponent down by pushing back with your feet and pull opponent's arms.

6. Once opponent is flat you may proceed to work for a fall using a half Nelson.

Block

When opponent attempts to bring his foot into your leg, drive elbow back and block his leg.

C Double Arm Hold and Scissors

1. From referee's hold flatten your opponent on mat.

2. Reach between opponent's elbows and grasp each of his
C  **Double Arm Hold and Scissors (continued)**

arms.

3. Pull his arms toward you, keeping your body weight on him at all times.

4. Apply a scissors to his legs.

5. When opponent has become exhausted, release scissors, and go for a half Nelson and crotch.

**Block**

Do not permit opponent to flatten you. If he succeeds, keep on one side, and keep legs well spread to prevent him from using the scissors.

D  **Leg Hold and Grapevine**

1. From referee's position on top, grapevine one of your opponent's legs.

2. Move on his back so that your body is at right angles to his, and your weight is across his hips.

3. Your left arm is inserted under his right armpit.

4. Grasp his right ankle with your right hand.

5. Drive your right knee into his hips.

6. Reach for left arm with your left hand.

7. Step inside your opponent's left leg with your left foot.

8. Lock your leg over his ankle.

9. Swing your right leg across body of opponent when he becomes flat.

10. Release grapevine and go for Half Nelson and crotch when opponent is flattened out.
D Leg Hold and Grapevine (continued)

Block
Do not permit opponent to get leg through to start grapevine; use elbows to block such a maneuver.

E Key Lock

1. Force your opponent to the mat.
2. Maneuver your left hand under his left arm.
3. Take a firm grip on opponent's arm and pull it behind his back.
4. Place your right knee behind his head.
5. Grasp his left wrist with your right arm.
6. Pull his wrist past you, and grasp your left arm at the elbow, with your right hand.
7. Your left hand then grasps your right arm just below the shoulder.
8. Force his wrist to the mat by increasing the pressure by turning outward.
9. Keep your weight on his shoulders and maneuver back to the mat.

Block
Keep your elbows close to your body, and grapevine opponent's legs if he succeeds in getting hold of one of your arms.

F Side Body Scissors

1. From top position, take a far half Nelson on opponent.
2. Place your right leg to block move by opponent's right knee.
F Side Body Scissors (continued)

3. Spread your legs and lock them tightly around opponent's body.

4. Grasp left arm of opponent with your left hand and move it under your right arm.

5. Push opponent's chin downward and away with your left hand.

6. Reach under opponent's head and grasp his chin, with your right hand.

7. Keep all your weight on opponent and apply pressure by straightening your legs.

Block

To block the hold you must prevent his legs from coming through by using your hands to tear his legs apart and preventing him from getting everything started.

G Half Nelson with Figure Four

1. Break your opponent down, and pull him toward your right.

2. Swing your left leg across his body.

3. Lock your left foot with your right knee.

4. Then lock your right leg behind opponent's right knee.

5. Force opponent onto his stomach.

6. Obtain Half Nelson with your right arm, turning opponent's shoulders toward the mat.

7. Or roll over toward your left side and use both hands to pin opponent.

Block

Same type of block should be used as in body scissors, grapevine, etc.
**Double Leg Grapevine**

1. Break opponent down on to his back.
2. Move in quickly and release any leg hold and grapevine both of opposite legs.
3. Straighten your legs and spread them to the side as far as possible.
4. Lock your opponent's head and arm, and pull in toward you tightly.
5. Maneuver opponent on mat until you have both shoulders on the mat.

**Block**

Keep shoulders off mat by supporting yourself with free elbow. Try to break grapevine by straightening one of your legs. When you manage to free one leg, turn over on your stomach.

**Arm Lock and Head Scissors**

1. Break down opponent so that he is flat on the mat.
2. Maneuver yourself around to his right side, with your chest resting on his shoulder blades.
3. Reach under opponent and grasp his right arm with your right hand.
4. Pull his arm back, and move your left hand to the same side and hold his arm with both hands.
5. Put your weight on opponent's left shoulders with your right shoulder and move around to the front.
6. Your right leg should come close to opponent's left side.
I Arm Lock and Head Scissors (continued)

7. Your left leg should be near his right arm.
8. Pull up on opponent's right arm, drop down to your right side.
9. As you turn opponent scissors his head, and pull his arm out and under your chest.
10. Lift up on his head and maneuver yourself to a right angle and work for a pin.

Block
Do not permit opponent to flatten you out.

J Figure Four Head Scissors
1. From top position in the referee's hold, pick up opponent's right arm.
2. Send your right leg over his head.
3. Throw yourself over opponent's body; as his head rises look your right foot behind your left leg.
4. Tighten the figure four and pull his arm outward.
5. Secure the fall by maneuvering opponent's shoulders to the mat.

Block
Grasp opponent's leg when he attempts to bring it over your head; lift it up in the air and turn into him.

K Arm Scissors with Double Wristlock
1. From referee's position grasp opponent's right wrist with your left hand.
K  Arm Scissors with Double Wristlock (continued)

2. Reach over with your right arm and grasp his right arm above the elbow.

3. When opponent's arm is locked, fall on to your left shoulder.

4. Apply pressure to double wristlock by keeping it tight at the shoulders and forcing upward.

5. Force opponent down by putting pressure on upper body by using your shoulders to maneuver him onto his shoulders.

6. Scissors opponent's free arm as high as possible.

7. Apply pressure until opponent has been pinned.

Block

Use same block as used in Double Wristlock and Near Arm.

L  Double Grapevine and Double Wristlock

1. Carry out same procedures in applying double wristlock.

2. It is very important to make sure opponent's arm is well back.

3. When wristlock is applied, move in quickly and grapevine both of opponent's legs from the inside.

4. Have your weight evenly distributed over opponent's.

5. Apply pressure until pin is secured.

M  Short Arm Scissors

1. Break opponent down on his stomach.

2. Move around in front of opponent and place your knees in front of opponent's head.

3. Reach under and pull his left arm back.
M Short Arm Scissors (continued)

4. Step over opponent's left arm with your right leg as he is being moved over, and grasp his left arm behind your right leg.

5. Maneuver your right leg over, brace yourself with your left hand and sit back.

6. Hook your left leg under opponent's body.

7. Force your right leg toward the mat, and lift up on your arm.

8. Maneuver opponent around the mat until a pin is secured.

Block

Do not permit opponent to pull your arms back, when he is in a position of advantage.

N Guillotine

1. From referee's position on top grapevine opponent's left leg.

2. Grasp opponent's right wrist with your right hand and pull it towards you.

3. Reach under opponent's right arm with your left arm.

4. With both your arms pull opponent's right arm upward over your head and hold it.

5. Pull backwards dropping to your seat, and applying figure four on opponent's left leg.

6. Grasp opponent's head with both your arms and pull it toward him.

7. Force his shoulders down with your figure four scissors,
N Guillotine (continued)

applying pressure with your left leg.

8. Apply pressure until opponent is pinned.

Block

Do not permit opponent to get legs through to start grape-vine or figure four; use your elbows to block such a maneuver.
CHAPTER V

COMMON INJURIES AND INFECTIONS

The greatest factor in preventing injuries in wrestling is good physical condition. In nearly every sport the causes of avoidable injury can be traced to the following sources:

1. Inadequate or poorly administered equipment.
2. Excessive exercise when not in good condition or when nearly exhausted.
3. Ignorance of the rules and of the safety techniques of the particular sport.
4. Unsportsmanlike attitude or conduct on the part of the contestants, coaches, officials, or even spectators.¹

CAULIFLOWER EARS

Caused by a hard blow, rubbing or rolling which separates the skin from the cartilage of the ear. The separation causes an inside bleeding between the cartilage and skin. If not promptly and properly treated, the blood will clot and finally change into solid tissue. This may cause the ear to become warped and wrinkled to resemble cauliflower. This condition can be prevented by wearing of a protective helmet during a workout.²

IMPETIGO AND BOILS

Absolute cleanliness of the mat and wrestlers will prevent such an infection. Any member who is afflicted, should not be permitted to wrestle until authorized by medical authorities. If the wrestling area has been

exposed, the mat cover should be washed and the mats sprayed with a strong antiseptic. The wrestling equipment of the infected wrestler should also be washed in a strong antiseptic solution.¹

**MAT BURNS**

The wrestlers frequently burn their knees, elbows, or shoulders while wrestling. These burns can be prevented by the use of knee and elbow pads during workouts.

**SPRAINS, DISLOCATIONS AND BROKEN BONES**

For any serious sprain, dislocation or broken bone, a doctor should be called immediately. A coach should not experiment with elementary first aid, when medical attention is available. Serious injury may be caused by unnecessarily moving an injured man, trying to reduce what one believes to be a dislocated joint, or otherwise attempting to administer aid when there is a question concerning the nature of the injury.²

**PULLED RIBS**

Caused when a wrestler attempts to twist away from opponent, when in a tight hold or grip. Pulled ribs and torn ligaments are usually due to an improper warming-up period by the wrestler.³

**SPRAINED SHOULDER**

An acromio-clavicular dislocation is caused by a fall on the point of the shoulder or on the back when sufficient force is applied. It is

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²Ibid., p. 14
recognized by abnormal elevation of the outer end of the collarbone. The injured man is sometimes unable to raise his arm. In many cases of sprained shoulders the wrestler has to refrain from wrestling for the rest of the season. The wrestler should be referred to the school physician as soon as possible.¹

ATHLETE'S FOOT

Athlete's foot is identified by an itching and scaling between toes and, in many cases, by cracks between the toes. As the disease progresses, the amount of dead tissue increases and small watery blisters appear. Treat athlete's foot by washing and drying the feet thoroughly.²

¹Thid., p. 328.

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