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Wrestling - A Beginners Guide

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The History of Wrestling

Almost everyone has his or her own memories of watching wrestling on television. Viewing this sport can be gruesome especially for those who couldn't bear the thought and the sight of people being tossed around like furniture. Well, wrestling can be that and more so anyone who doesn't have a tough stomach should think twice before watching wrestling.

People who don't have a tough stomach for the throwing and the bumping of burly and big people inside the ring still watch wrestling because of the excitement characterized by the sport. While watching human beings being tossed around like salad, one wonders about how wrestling became a manifestation of man's innate animalism.

History will show that the wrestling we regularly witness on television now is even less violent than the original wrestling hundreds, even thousands, of years ago. Wrestling was earlier used to train military personnel so the muscle development is understandable.

Depending on the point of view of a person, he can either thank or curse the Greeks for making wrestling popular. As an event in the

Olympics, wrestling was a much more violent and heart stopping sport. Blame it on man's penchant for what hurts but wrestling became a familiar sport all over the world including Japan, which popularized their own brand of wrestling as well as China and even the Arab world.

The Greeks and the French were the first to develop a love for wrestling but the sport ultimately reached the modern world and became popular in the Western countries. The traditional wrestling used to be characterized by two burly opponents, each wanting to defeat the other by pinning the opponent on the floor. New styles in wrestling allowed the wrestlers to grab their opponents and use their legs to pin down the opponents.

The wrestling style identified with the Greeks and Romans prohibited the use of legs to pin down opponents. However, this was allowed in the freestyle wrestling type.

While people identify wrestling with modern civilization, there is proof that wrestling was popular even in the ancient ages with the discovery of drawings depicting wrestling in some French caves. It may be the brutality of wrestling that made it a popular sport among the Greeks,

Romans, French, and later on among the royal houses of Japan, China and the United States.

While wrestling didn't originate in America, the popularity of wrestling on live televised shows can be attributed to them. American country fairs thrived on wrestling as a means of entertaining their guests. Even the military that used wrestling as a training method for their personnel also participated in wrestling shows.

True to form, it was New York City that hosted the very first wrestling competition on a national scale way back in 1888. The Olympic Game of the modern world also saw the first wrestling competition in Missouri way back in 1904. Since then, wrestling became a favorite hobby, pastime and sport of every American.

While wrestling shows look like a free-for-all competition where the burly musclemen can use their body parts to pin down their opponents, wrestling is actually governed by rules depending on the version being followed. Wrestlers can either choose between the proper or upright type of wrestling or the ground form of wrestling.

Proper type of wrestling aims to throw the enemy on the ground and

three such successful efforts to throw the opponent on the ground means a win for the successful wrestler. The ground type of wrestling is actually a free-for-all wrestling where the winner is the wrestler who can bear the most tumbles. In this type, the wrestler who raises his hands first admits defeat.

To prove that it is really a game governed by rules, wrestlers aren't allowed to bite their opponents but they are allowed to trip them. Unlike boxing where weight is a major factor in the matching, wrestling doesn't distinguish. And lo! Wrestling was originally held in a muddy arena, and not in the clean boxing ring that we see on television today.

To be an ideal wrestler, one has to be big and strong and fast. He must also be able to bear the fall and the weight of his opponent. Furthermore, a future wrestler must be fearless.

Defining Different Wrestling Styles

Why go for the Different Wrestling Styles

A person who is big and burly, strong and fearless can be an ideal

wrestler. A person who possesses these characteristics and is interested in the sport can be a good wrestler. However, some people who respond to the above characteristics would rather sit down and enjoy a wrestling match from their televisions.

Wrestling is definitely a contact sport that requires the use of almost all body parts. The people who fight in the ring have not only developed physique but they should also have strength and flexibility to allow them to bear the bodily impact of wrestling.

The art of wrestling originated from the Greek Olympics so it is understandable that the Olympic wrestling used the Greco-Roman style. However, later Olympic events used the freestyle and the Greco-Roman style alternatively.

The Greco-Roman wrestling style allows wrestlers to attack the opponent only in body parts from the waist up. Freestyle doesn't allow biting but it allows tripping.

Wrestling is a sport that requires the use of bodily muscles and so it isn't for lame ducks. A wrestler must be physically strong and mentally alert if he wants to throw his enemy and keep himself from

being thrown across the arena. Blood, sweat and tears go hand in hand in wrestling although not literally.

This sport is very demanding and it requires commitment and dedication from its players. It isn't something that a person decides to do and gives up the next day. It is actually a passion and people who wrestle do it because they love the sport.

There are different wrestling styles aside from the Greco-Roman and the freestyle and these are the Judo, Folk and Sombo. American students that practice wrestling use the folk style. Four of the five wrestling styles are used in international competitions while folk style remains a favorite among student wrestlers.

Judo may have been identified with Karate but it is really an Oriental wrestling style. The folk style being practiced by students is more or less similar to the freestyle

Wrestling has been a popular sport due to the exposure it gets on television. However, wrestling is a sport that is also played by high school and college students.

Thank You For Reading
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