

# Beginning Wrestling



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It's like playing chess with your body - moves and countermoves that outwit and overpower your opponent. Once you learn the basic rules of school-style wrestling, and the strategies for winning matches, you're on your way to being a champion. Find out the right equipment to buy, especially shoes and headgear. Then practice starting positions, following the instructions and photographs of each stance. Add the essential attacking and defensive strategies, including inside step series, level changes, takedowns, and countermoves. Learn to move and feint to create proper angles of attack, and control your opponent at will. A master plan shows how to set and reach weekly, monthly, & season-long goals. Sidebars feature famous people who got their start in wrestling. \* In full colour throughout: over 100 step-by-step colour photographs show every move and every grip. \*Hardback published May 2002; ISBN 0-8069-4625-3

作者介绍:

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