

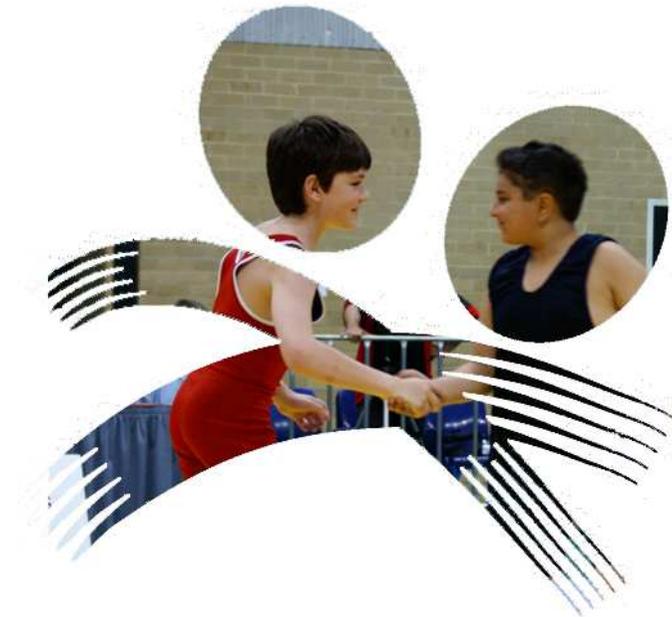


## Australian Wrestling Union YOUTH SPORT POLICY

The AWU believes that young wrestlers have the following rights:

1. The right to participate in sport
2. The right to qualified adult leadership
3. The right to play as a child, not as an adult
4. The right to participate at a level commensurate with each child's maturity and ability
5. The right to participate in safe and healthy environments
6. The right to proper preparation for participation in sport
7. The right to share in the leadership and decision-making of their sport
8. The right to an equal opportunity for success
9. The right to be treated with dignity
10. The right to have fun in sport

This project is proudly supported by the Australian Government's *Living in Harmony* initiative, which aims to promote community harmony. For more information, visit [www.harmony.gov.au](http://www.harmony.gov.au)



# GRAPPLERS WRESTLING

## BLUE LEVEL LOGBOOK

**FUN FRIENDSHIP FITNESS**



NAME:

## What Next??

**Congratulations** on finishing the Grapplers Level 2 Program. Your coach will now be able to sign your certificate and you can display it proudly.

By the end of the program you should be able to perform the basic wrestling moves, developed a new range of moves and competed in a wrestling match. You should also have an understanding of good nutritional habits to provide your body with the fuel needed for wrestling and other sports.

The next stage in the Grapplers program is the Black Level 3 program for advanced wrestlers.



Level 3 builds on the skills you have learnt and introduces you to some more difficult moves.

You will also learn more about wrestling competitions and how to prepare yourself.

There is also information on drugs in sport and a range of other issues to help you to continue to develop as a wrestler.

Your coach will send your details to the AWU Grappler's team and we will send you your Black level 3 booklet, an endorsement for your AWU licence book.

*An A4 version of your certificate suitable for framing is available from the AWU. Contact us on 1300 654838 or [admin@wrestling.com.au](mailto:admin@wrestling.com.au)*

## Welcome to the Blue Level Grapplers Wrestling Program.

The Blue level of the Grapplers Program is the second step in the AWU Youth Wrestling Program. In this level, you will build on the basic skills you learnt during the Red level to develop more advanced wrestling techniques.

The Red level skills; stance, movement and takedowns will still be an important part of your training. With practise, you will fine tune these skills until you can perform them automatically. Many of the new skills you will learn during the Blue and Black levels will require you to have mastered the Red level skills.

As you develop skills in wrestling techniques, you will be ready to put them into practise against other wrestlers. The Blue level Grapplers program will help you prepare for a match, learn about the different styles of wrestling and give you some tips to improve your performance.

Wrestling is a sport that requires a high level of fitness, flexibility and strength. As you continue to develop these skills you will need to provide your body with the right fuel to perform at its best. In this booklet, the Grapplers Program will provide you with some information on healthy eating.

When you have completed Level 2 of the Grapplers Program, your coach will sign your certificate at the end of the booklet and you'll be ready to start your BLACK Level 3 program.

Enjoy your wrestling!!!

### *The AWU Grapplers Team*

This booklet would not have been possible without the assistance of many people. The AWU would like to thank the Department of Immigration and Multicultural Affairs, the Australian Sports Commission's Business Support Centre and Junior Sport Units, the wrestlers of the 2005 National School-age Championships, Shawn Willis and his wrestlers at Wildcat Wrestling, Dave Mc Kay from the Canadian Amateur Wrestling Association and the members of the AWU Junior Sport Development Committee.

## A message for parents

Safety, physical and character development are important aspects of wrestling.

Internationally, the rules of wrestling are designed to promote the challenge of the sport in which competitors succeed more by out manoeuvring and out thinking their opponent than by physical fitness, endurance and agility. International rules prohibit and penalise competitors for actions that are intended to cause injury. Matches are supervised by referees and other officials to ensure compliance with the rules and sportsman like behaviour.

The Australian Wrestling Union also has policies and rules to ensure wrestling provides your child with a safe, challenging and fair sport. All Club Coaches accredited by the AWU to deliver the *Grapplers* program adhere to these policies and programs. Additionally the Coaches are accredited in the Australian Sports Commission's National Coaching Accreditation Scheme, have received training in principles of injury prevention and first aid and comply with State and Territory Child Protection Legislation.

During training your *Grappler* will be taken through a staged development program to achieve skills and the physical fitness necessary to successfully compete. Your *Grappler's Coach* will supervise skill development in the safety of the wrestling mat and provide guidance on exercises that can be accomplished between sessions under your general supervision. It is important for safety that your *Grappler* follows the Coach's program and does not attempt to imitate moves seen on TV.

Training and opportunities are available for you to become involved in the sport of wrestling.

More information on these policies and programs is available from your Club, on the website [www.wrestling.com.au](http://www.wrestling.com.au) or by contacting the AWU on 1300 654838:

## Olympic Wrestling Styles:

There are two distinct Olympic wrestling disciplines for men - Freestyle and Greco-Roman - each with their own special rules and moves.

Womens' wrestling is very similar to Freestyle. At Olympic and World Championship level wrestlers specialise in either Greco or Freestyle.

The basic skills however are the same, and most wrestlers train and compete in both styles before choosing to concentrate on one particular discipline.

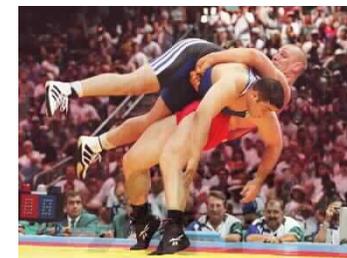
To an inexperienced observer the styles may appear the same; however there are subtle but important differences.



A Dabir (IRI)/T Brands (USA)

**Freestyle wrestling**- Wrestlers are allowed to attack their opponent's legs, trip them or hold the opponent below the waist. They are allowed to use their legs to execute moves. Freestyle wrestling matches are fast and exciting to watch.

**Greco-Roman wrestling** -Wrestlers are not allowed to hold their opponent below the waist, trip or attack the other wrestler's legs or use of their legs to execute a move. Greco-Roman wrestlers have a lot of upper body strength and use a lot of throws to defeat their opponent. Greco matches often feature spectacular throws.



A Kareline (RUS)/Blatnick (TUN)



Photos courtesy of FILA

**Women's Wrestling** - Women's wrestling first became an Olympic sport in the 2004 Athens Olympic Games. Based on freestyle wrestling, wrestlers are allowed to use their legs to attack their opponent. Certain double key moves like the double nelson are not allowed.

## 14 Tips for Good wrestling

1. Always respect your opponents, referees and officials.
2. Step onto the mat with self-confidence.
3. Focus on the match ahead.
4. Most important thing to remember is your stance and position.
5. Be fast, clever and smart in your actions.
6. Always use motion and set-up to create opportunity.
7. Attack first or counter attack - but always be on the attack.
8. Don't hesitate - commit 100% to a move.
9. Always be in motion - never stand still or be a stationary target.
10. One shot may not be enough, be ready with your next move.
11. Be ready to defend.
12. Watch your own mat position - know where you are and where the danger zones are. Remember your way out when in danger zones.
13. Show good sportsmanship after the match whether you won or lost your bout
14. Take something positive away from every match



*Wrestlers at the 2005 School age National Championships*

## Pin Fall

A pin fall occurs when the opponent's shoulder blades are simultaneously placed on the mat. A successful pin will win a wrestling match.

Control your opponent's arm at the elbow and around the head



Position your body perpendicular to your opponent's body

Distribute your weight evenly between your feet and hips

Adjust your position to pin the opponent

If your opponent bridges away: adjust weight onto his chest (ie Chest to chest) and pull up on far shoulder



If your opponent bridges in: pull up on near shoulder and adjust weight onto his chest (ie chest to chest) with your head down to the mat

An effective pinning grip could also involve locking the hands together around the opponents head and arm

Note: a head lock is illegal if the opponent's arm is not in the lock.

### Team Game: Pin the King

Pin the King reinforces the pinning technique. Choose two teams of equal size and weight. Each team secretly chooses a "king" with all other players acting as "pawns". The objective is to pin the opposing king before your king is pinned. Pawns are eliminated as they are pinned and the players are restricted to moving on their hands and knees

## Wrestling Matches

Part of the fun and enjoyment of wrestling comes from matching yourself against other wrestlers. As you develop your wrestling technique and improve your fitness and flexibility, you will be ready for your first wrestling match. This may be at your club as part of training or at a wrestling tournament.

### Weight Divisions

Wrestlers are placed into age and weight divisions to ensure a fair match up of wrestlers. Depending on the number of wrestlers in a division, some competitions will have slightly different weight divisions, but these will be advertised prior to the competition. Your coach will help you find the best division for you.

The most commonly used weight divisions are:

FILA Schoolage and Cadet Weight Divisions	
14-15 Male	29-32, 35, 38, 42, 47, 53, 59, 66, 73, 85 kg
Female (Cadets)	28-30, 32, 34, 37, 40, 44, 48, 52, 57, 62 kg
16-17 Male	39-42, 46, 50, 54, 58, 63, 69, 76, 85, 100 kg
Female	36-38, 40, 43, 46, 49, 52, 56, 60, 65, 70 kg

### Before the competition

- Your coach will work with you to ensure you are ready to compete
- Make sure you have all your wrestling gear ready - you will need a pair of wrestling boots, a red and a blue wrestling singlet and a white handkerchief. Some wrestlers will also use protective headgear and wear a mouth guard.
- Follow a well balanced nutritional diet before the competition to ensure you make weight and have plenty of energy to wrestle. Don't forget to drink lots of water!

### Weigh in

Prior to the competition wrestlers will weigh in to check they are in the correct division. Weigh-in times are advertised with the competition details and usually wrestlers have 30 minutes to make weight.

After the draw (known as pairing) is complete, the match list is circulated. The match list will tell you when you are wrestling, who you are wrestling and what colour singlet you will need to wear for the match.

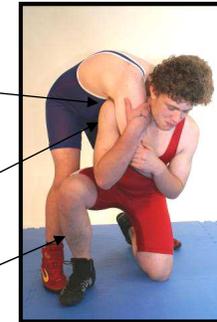
## Skills –Take downs and throws

### Shoulder throw

When you first learn throws they will be done from a kneeling position. As you become more experienced you will progress to a standing position.

The other wrestler is draped over your body

Place your shoulder into the other wrestler's arm pit. Pull in tight.



Lean into the direction of throw (45° to the left)

Knee is bent at 90°

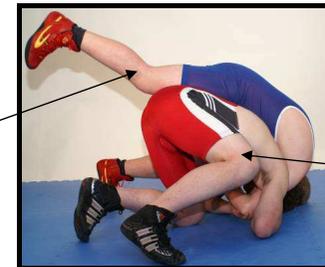
Hold arm firmly

Rotate your head to the floor



Throw the other wrestler in a downwards movement as you rotate

Rotate your right knee towards the ground



Follow through and complete the throw ending with a tripod



# Skills - ground work

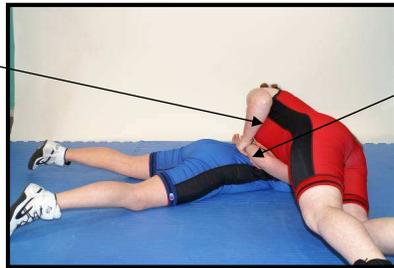
## Thread the needle

Keep pressure on the other wrestler by placing your chest in the middle of their back and keeping up off your knees



Grip the other wrestler's wrist firmly.

Rotate your body so your chest is in the middle of their back. Keep the pressure on.



Reach up and grab the other wrestler's wrist and move it into the small of their back.

When the other wrestler posts their arm, reach forward and scoop up their arm



Keep hold of the wrist with your left hand

Move your body so your hips (and weight) are over their head



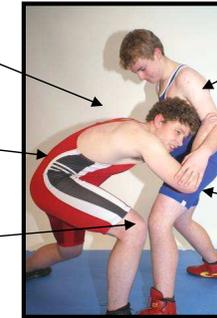
Bring your hands firmly together in a monkey grip

The needle is threaded! Now....

# Take downs and throws

## Outside Single takedown

Use motion to create the set up and opportunity



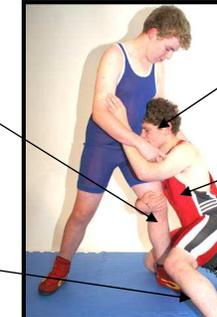
Head drives into side of other wrestler's ribs

Good stance

Drop your level

Inside control

Right arm grabs around outside of leg and circles calf

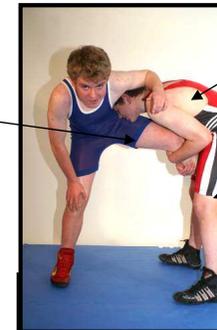


Maintain pressure with head on ribs

Bring trailing leg around and stand up

Your foot moves to the outside of the other wrestler's foot

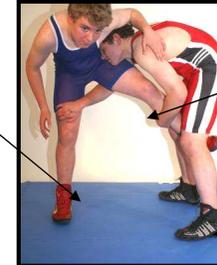
Knee held firmly against chest. Head upright and close to hip



Stand square to other wrestler

Lift the leg and pinch firmly between your legs

Arm across to other knee. Pinch leg on knee



Push your head firmly into their side

Twist shoulder into buttocks and drive

Tighten your grip on their leg