

## Wrestling – the Sport



Wrestling is one of the oldest forms of sport known to man. Wrestling was known among the ancient civilisations of Japan, China, India, Babylon, Persia, Egypt and others. Wrestling was established as a combative sport in ancient Greece and Rome and has been a part of the Olympic Games since 708 BC

There are two main forms of wrestling – Greco-Roman wrestling, where you may not attack your opponent's legs or use your legs to attack the other wrestler and Free-style where these moves are allowed.

A match consists of three 2 minute bouts for seniors and three 1.5 minute bouts for younger wrestlers. The wrestler who wins two out of three bouts wins the match.

Wrestlers are matched according to size and for younger wrestlers size and age. This means you will be facing an opponent of a similar age and weight.

They use a variety of moves to try and pin their opponent. A pin will automatically win the bout.

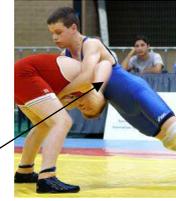


They are also awarded points for each successful move or reversal. You can win by technical superiority (more than 6 point lead) or on points at the end of the match.

## Skills for Defence

These techniques are used when another wrestler attacks you and you need to defend yourself and prevent the other wrestler from gaining points. The main defensive moves in wrestling are sprawling and bridging.

### Sprawling



Whenever your legs are attacked, throw your feet back and put your hips into your opponent

Use your weight to help keep their head under control and make it difficult for your opponent to regain the advantage

### Bridging

Bridging may help prevent you from getting pinned during a match. Your neck exercises will help you to develop good bridging skills

A well executed bridge can "reverse" your opponent's move and gain an advantage



Arch your body and distribute the weight on your feet and head to keep your shoulders off the mat

## Skills for Offence

### Ground Work

The Half-nelson and the Cross Face Cradle are examples of offensive skills used from the ground. The aim of these moves is to get your opponent into a position so you can score points or achieve a back pin. You can score with variations of these moves when your opponent comes to all fours and tries to regain their base or footing.

#### Cross Face Cradle

Control the head with a cross face sweep - keep pressure on the side of the head

Put your chest on your opponent's back and apply pressure



Use your legs to drive forward

Plant your hand behind the knee with fingers forward



Lock near your opponent's head

Drive your opponent towards your hand behind the knee



Place knee against your opponent's back and roll onto your side, bringing your opponent with you

Hook your opponent's leg to stop them kicking out

A match takes part on a wrestling mat. A match starts and finishes with the wrestlers shaking hands.

The yellow Active Zone: All action should take place in this 7 metre circle

The blue Out of Bounds Zone -If a wrestler steps out here, they will lose a point and the referee will restart the action in the centre



The red Passivity Zone: If the wrestlers put a foot here. The referee will call 'zone' and you must move back into the centre

Centre Circle; Wrestling starts in this 1 metre central circle. The referee also restarts the action from here.

Whether wrestlers are competing in the Olympic Games or simply for recreation it is important they compete in a fair and friendly manner. Wrestling is about out- manoeuvring and out- thinking your opponent not brute strength. International rules prohibit and penalise competitors for actions that are intended to cause injury

## Grapplers Red Level

Skill	Achieved
<b>Preparation for training:</b> Take part in a wrestling warm-up Be able to demonstrate Tumbling Neck stretches	
<b>Wrestling basics</b> Be able to demonstrate: Proper wrestling stance How to change level Motion Tie-up Position of control	
<b>Take downs</b> Be able to demonstrate: a) Single leg takedown b) Double leg takedown c) High Crotch takedown	
<b>Ground work</b> Be able to demonstrate: a) Par Terre ( Referee's position) b) Clinch position (Referee's position) c) Breakdown d) Half nelson e) Cross face cradle	

## 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 the 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 principals of injury prevention and first aid and comply with State and Territory Child Protection Legislation.

During training your *Grapppler* will be taken through a staged development program to achieve skills and the physical fitness necessary to successfully compete. Your *Grapppler'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 *Grapppler* 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:

## Combat Games

Combat games are used to help you learn the basic wrestling skills in a fun and interesting manner. Sometimes they will help you develop a new skill, at other times combat games may simulate "live wrestling" to help you put your skills into practise.

"*Fox-tails*" is a game that helps you practise your wrestling stance and improve your movements



**Set-up:** Wrestlers work in pairs facing each other with a towel hanging about 10-15cm out of back of shorts

**Play:** Each wrestler attempts to pull the other wrestler's "tail" off

**Scoring:** 1 pt for each "tail" pulled off

## Preparing to Wrestle Hydration



Hydration, making sure you have plenty of fluid is another important part of your preparation for sport.

Drinking plenty of cool water, before, during and after wrestling will help your body be better prepared for a tough training session.

In hot weather or when you exercise, your body needs to be able to cool itself down to prevent heat illnesses. Sweating is one way the body can reduce its temperature. Drinking plenty of water will help you sweat effectively, cool your body temperature and assist in preventing dehydration.

Watch out for the warning signs of dehydration which include headache, dizziness, fatigue, irritability, vomiting, nausea and muscle cramps.

### Fluid Replacement

45 mins before training	250-500 ml of water
During training	250 ml of water every 15 minutes
After training	Water should be consumed regularly to replace fluid loss

ALWAYS BRING PLENTY OF WATER TO WRESTLING

## Welcome to the Grapplers Wrestling Program.

Wrestling is one of the oldest sports and is an excellent way to have fun whilst taking part in sport. The Grapplers program has been developed to ensure all young athletes are able to enjoy their sport.

During the program you will improve your fitness level, gain flexibility and strength and learn wrestling skills that are essential for all wrestlers.

Level 1 of the Grapplers Program is the first step in the AWU Youth Wrestling Program. You will learn the basics of wrestling – how to stand, how to move and some simple but effective takedowns. In Level 2 and 3 of the Grapplers Program, you will build on these skills to develop more advanced wrestling techniques.

For athletes to perform well, they not only need to practise their technique, they need to follow a healthy lifestyle. The Grapplers program helps you adopt a healthy approach to sport, so you can get all the benefits of exercise.

When you have completed Level 1 of the Grapplers Program, your coach will sign your certificate at the end of the booklet and you'll be ready to start your BLUE Level 2 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 Wildcats Wrestling and the members of the AWU Junior Sport Development Committee.



THIS IS TO CERTIFY THAT

.....  
Has successfully completed the Grapplers

**RED LEVEL**

program and is ready to progress to Grapplers level 2.

Coach's Signature:

Date

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)

