

Wrestling to Win

Your Guide to Dominating on the Mat



By Tharin Schwinefus

<http://wrestlingforglory.blogspot.com>

<http://essentialwrestler.webs.com>

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The information contained in this guide is for informational purposes only.

I am not a professional. You should always seek the advice of a professional before acting on anything that has been published in this e-book.

This e-book will cover some material that I have posted on my blog at <http://wrestlingforglory.blogspot.com> and on my website at <http://essentialwrestler.webs.com>.

This e-book will cover some basic information about technique, conditioning, nutrition, and mental toughness as it pertains to the sport of wrestling.



About the Author

Tharin began his wrestling journey in the fifth grade. Tharin's father had been a high school wrestler and Tharin wanted to follow in his father's footsteps by also becoming a wrestler. Tharin was a four year letterman at Postville High School in northeast Iowa. Tharin attended Wartburg College in Waverly, Iowa.

Tharin's most notable accomplishments include:

- Voted Most Dedicated Wrestler during his junior year of high school
- Conference Champion his senior year of high school
- Sectional Champion his senior year of high school
- District Champion his senior year of high school (thereby qualifying for the 1986 Iowa State High School Wrestling Tournament)
- Voted Team Captain his senior year of high school
- Voted Most Valuable Wrestler his senior year of high school
- Team member of the 1984-85 Postville High School Wrestling Team that was inducted into the Postville Pirate Athletic Hall of Fame in 2010

As you can see I have never been an Olympic Champion, World Champion, NCAA Champion, or even a State Champion. But, I wrestled from fifth grade through my senior year of high school. I even wrestled a few matches at Wartburg College in Waverly, Iowa which has become a NCAA Division 3 powerhouse in collegiate wrestling.

I continue to study many aspects of wrestling from technique and conditioning to nutrition and mental toughness. This e-book can help you become a better wrestler.

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Introduction

I dated a minister's daughter for a short time period during high school. One evening I was at her house wearing a tee shirt I had gotten at a University of Iowa wrestling camp. The shirt read, "I had a summer like no other. I wrestled for Dan Gable."

My girlfriend's mother asked, "Who is Dan Gable?"

Who is Dan Gable? How could anyone not know who Dan Gable is? I understood that the members of this family didn't grow up in Iowa, but I was still surprised by the question.

After I recovered somewhat from my state of shock I meekly answered, "He's the wrestling coach at the University of Iowa."

The good reverend sensed my unease and tried to help me out. He said, "Yes, Dan Gable is the head wrestling coach at the University of Iowa. Or, in Iowa he's better known as God."

Well, I was no Dan Gable. I was never an Olympic Champion, a World Champion, a National Champion, or even a State Champion. But, I was a four year letterman on my high school wrestling team. I was a conference champion and a state qualifier my senior year of high school. I wrestled a few matches at the collegiate level.

I have maintained an interest in wrestling throughout my adulthood. I continue to study many aspects of wrestling. I am interested in the strategies and principles that make wrestlers into champions. This e-book is the result of many hours of research and study. I enjoyed writing this very much and I hope you will enjoy it and benefit from it too. I hope it will help you become the best wrestler that you can be.

Chapter 1. Technique

The most essential ingredient needed to become a dominant wrestler is great technical skill. For the most part, the wrestler who possesses the greatest technical skill will win the match. It's that simple.

I had a professor in college who gave us a tip on how to study for a test. He said quite simply, "Know everything." My advice to you for wrestling technique is the same--know everything. Learn every technique that you can and every variation that you can. You will likely never use every technique that you learn but you should still learn them all anyway. The wrestler who has more skills to choose from is likely to win the match.

The best way to learn wrestling technique is by being a member of a wrestling team and having a good coach. Your coach can teach you a lot. Your fellow wrestlers can teach you a lot as well. Pay attention! Take notes! Practice makes perfect!

You can also learn much from books and videos. If you're short on cash you can find many wrestling articles online and free wrestling videos at websites like <http://www.youtube.com>. You can also see if your local library carries any books about wrestling. If you can afford it, you can consider attending a wrestling camp during the summer.

I believe that some of the most important techniques and wrestling moves are also the simplest. You need to be able to do a good double leg, single leg, and high crotch takedown. You should also be able to do a good stand up, sit out, and hip heist (i.e. switch) from the bottom position. In addition, you should know how to ride your opponent, break him down, and how to pin him by using a good half nelson or arm bar. This will be your base to build upon.

Make sure you are doing each technique or move correctly and remember that the more you practice each technique the better you'll become at it and the easier you'll be able to effectively utilize that technique in a wrestling match.

Seven Basic Skills

Although wrestling has many moves and techniques, USA Wrestling considers the sport to have seven basic skills.

The seven basic skills are:

- Stance
- Motion
- Level Change
- Penetration
- Lifting
- Back Step
- Back Arch

Stance

While in the neutral (standing) position, some wrestlers prefer a square stance while others prefer a staggered stance. Either stance can work equally well. Make sure you have most of your weight on the balls of your feet as opposed to your heels. You should never be standing straight up and leaving yourself open to a takedown from your opponent. You should utilize a comfortable but effective stance. You need a stance that allows you to attack as well as defend.

Motion

Wrestling involves a tremendous amount of motion. You may circle your opponent. You may attack your opponent with a takedown attempt. You may snap your opponent to the mat and spin around behind him. You may sprawl to defend against a takedown. You need to learn to move fluidly and quickly. You don't want to be clumsy or sloppy. You need to execute moves explosively and crisply.

Level Change

Before a wrestler shoots a takedown, he must lower his level. This is accomplished by lowering his hips. When a wrestler sprawls to counter a takedown he is also using level change. In addition, a wrestler may lower and raise his level to force a reaction from his opponent. A wrestler needs to be able to maintain good posture while changing levels. For instance, you don't want to get overextended when shooting a takedown because you forgot to lower your level first. Always bend at the knees, not at the waist.

Penetration

Obviously, when you shoot for a takedown on your opponent, you don't merely reach for his legs or dive wildly for his legs. Instead, you make sure you are close enough to your opponent and then take a deep penetration step keeping your back straight and your head up. You lower your level and penetrate deeply being sure to keep your hips forward and beneath your shoulders while you drive through your opponent.

Lifting

A wrestler often lifts his opponent off the mat when executing a takedown. He may also lift an opponent who has performed a stand up from the bottom position. He lifts his opponent and returns him to the mat. The legs and hips are most important when lifting. For instance, when you shoot a double leg, you don't lift with your back. You get your hips squarely beneath you and then use your leg and hip strength to lift your opponent off the mat. When a wrestler has been lifted off the mat, he is in a very vulnerable position lacking support and balance.

Back Step

A back step is most often seen when a wrestler executes a throw.

Back Arch

When a wrestler attempts a throw, he often pops his hips under his opponent while arching his back.

Other Skills

Other important basic skills include setting up takedowns, pummeling, wrist control, and hand fighting.

Wrestling Moves You Must Know

In my opinion, every wrestler should know certain fundamental moves and techniques.

Takedown Set-Ups and Ties

- Collar and elbow tie
- Double elbow tie
- Underhook and overhook
- Double bicep tie
- Two-on-One or Russian tie

Takedowns

- Double leg
- Single leg
- Low single (i.e. John Smith low single)
- Duck under
- High crotch
- Ankle pick
- Arm drag
- Inside trip
- Headlock
- Body locks and lateral throws
- Metzger

Takedown Counters

- Sprawl
- Crossface
- Snap down and spin around
- Whizzer
- Front headlock
- Quarter nelson
- Shuck

Moves from the Bottom Position

- Stand up
- Hip heist
- Switch
- Sit out
- Granby roll

Moves from the Top Position

- Arm chop or arm ride
- Ankle ride
- Spiral ride
- Cross body ride

Pinning Combinations

- Half nelson
- Single arm bar and wrist tie
- Double arm bar
- Hammerlock and threading the needle
- Crossface cradle
- Head-in-the-side cradle
- Three quarter nelson to stack
- Force half nelson from cross body ride
- Turk from cross body ride
- Guillotine from cross body ride

Important Tips to Keep in Mind

- Control your opponent's hips and you control him
- Use motion and level change to set up takedowns
- Wrist and hand control is important when doing a stand up
- When riding your opponent, keep on your toes for leverage
- When pinning your opponent, remember to stay chest-on-chest
- Use chain drilling in order to learn to move seamlessly from one move to another (e.g. going from a stand up to a takedown)

Technique Personal Anecdote

When I began wrestling in fifth grade, I knew very few moves and won few matches. However, upon entering junior high, I learned many moves and techniques. I learned about proper stance. I learned how to set up takedowns. I learned takedowns, escapes, reversals, and pinning combinations. So, of course, my wrestling ability improved dramatically.

By the time I was wrestling in high school, I was beating opponents who had beaten me in earlier years. My skills had improved a lot since fifth grade and even junior high.

When I was on my college wrestling team, I learned some new ties for setting up takedowns. I learned new ways to finish a single leg.

The interesting thing is that I have learned many new techniques as a grown adult even though I am no longer a competitive wrestler. I often find myself thinking, "If I had only known this technique in high school, I could have been so much better." And, I believe it's true. Even though I was a conference champion and a state qualifier, I could have been a much better wrestler if I had known better technique.

During high school, I never understood how to use a two-on-one tie as a set-up for takedowns. I had trouble escaping at times. I didn't know how to do a spiral ride. I wonder sometimes how I was able to do as well as I did in high school.

I continue to learn more ways of setting up and finishing single leg takedowns. I know how to do a spiral ride now. I know how to do a proper stand up now. I know how to do a Granby roll now.

As I mentioned earlier, read [books](#) and [articles](#). Watch videos at <http://www.youtube.com> and <http://www.themat.com>. Or, buy [videos](#) from websites. Utilize your public library. Ask your coach and teammates for help. Attend wrestling camps, clinics, and seminars.

The importance of good technique cannot be overstated!

Chapter 2. Conditioning

In the section on technique I stated, "For the most part, the wrestler who possesses the greatest technical skill will win the match. It's that simple." Well, it's not *quite* that simple. If both wrestlers have equal skill level then the match will probably be won by the wrestler who is in the bet condition. The great wrestling legend Karl Gotch said, "Conditioning is the greatest hold." In other words, no matter how great one's technique is, he can still be beaten if he's not in great condition.

But, how does a wrestler get into great condition? Well, it's helpful to remember that wrestling is primarily an anaerobic sport. Anaerobic simply means "without air" or "without oxygen." Wrestling a match is very different from performing an aerobic activity like running a marathon. Wrestling requires strength, power, agility, and stamina. Simply stated, running five miles every day is not going to get you into the best wrestling condition. That's not to say you won't use your aerobic system at all. But, a wrestling match is nothing like a marathon.

Dr. William Wong had this to say about wrestling: "Olympic Freestyle wrestling is the best example of an anaerobic sport. Freestyle wrestlers are the best conditioned athletes in all of sport both aerobically and anaerobically, as the demands of their skill are so great. Conditioning for anaerobic ability involves near endless repetition of exercise drills involving one burst of energy after another. Athletes wind up breathless, nauseous, dizzy and the number of precious energy producing centers of the cells known as mitochondria just build and build. This increases both the stores of potential energy as well as the actual furnaces to burn that energy in the cells. The result is longer, stronger more controlled and able bursts of skill performance."

I am not a strength and conditioning coach, a fitness guru, or a scientist. I will provide a list of resources later on. Once again, you need to read articles and books to educate yourself. And, <http://www.youtube.com> has many videos related to strength and conditioning as well.

Aerobic Versus Anaerobic

Aerobic means "with oxygen." Anaerobic means "without oxygen." Therefore, aerobic exercise and anaerobic exercise are quite different in nature. For instance, when a person runs a marathon he is performing primarily aerobic exercise. On the other hand, when an athlete lifts a heavy weight or runs wind sprints he is performing anaerobic exercise.

Anaerobic exercise relies on energy sources other than oxygen. Therefore, lactic acid can build up in muscles causing muscle fatigue and sometimes a burning sensation. If you've ever drilled wrestling takedowns quickly one after the other, then you know what muscle fatigue from lactic acid build up feels like.

Anaerobic exercise is done at a high intensity for a short period of time. Imagine a wrestler shooting a takedown in a quick burst of energy. After getting the takedown, he may use another quick burst of energy to break his opponent down. Finally, he may use another quick burst of energy to turn his opponent with a pinning combination. As you can see, wrestling is very much an anaerobic sport. A match may last six or seven minutes, but it is composed of many short bursts of energy. This is very different from running at a steady state for long periods of time which require oxygen for energy.

Anaerobic exercise promotes strength, speed, and power. With the right training, your body will become better at handling lactic acid. Therefore, you won't fatigue as quickly during a match.

Make sure you are training for a wrestling match and not a marathon. Some trainers and coaches advocate "aerobic base training" in the off season while others do not. Do some research on search engines regarding aerobic base training. Read the following example.

[Dr. Fred Hatfield](#) was put in charge of boxer Evander Holyfield's physical conditioning prior to Holyfield's fight with Buster Douglas in 1990. Dr. Hatfield used no roadwork (long, slow distance running) to train Holyfield. I realize boxing and wrestling are two different sports. However, both sports use explosive bursts of speed and energy.

Three Energy Systems

There are three major systems available for the production of energy in an athlete's body.

The Three Energy Systems:

- The ATP-PC System
- The Glycolytic or Lactic Acid System
- The Oxidative or Aerobic System

The ATP-PC System supplies energy for up to 10 seconds. Imagine a sprinter performing the 100 meter dash. Imagine a football lineman exploding from his stance when the ball is snapped. Imagine a track and field athlete performing the shot put.

The Glycolytic System supplies energy from approximately 10 seconds to about 1 to 2 minutes. Imagine running 800 meters.

The Oxidative System supplies energy approximately after 2 minutes of continuous exercise. A marathon runner will get about 98% of his energy from the Oxidative System. As I mentioned earlier, a wrestling match is nothing like a marathon.

Many sports use all three energy systems.

What about wrestling? According to Dr. Fred Hatfield, a wrestler gets 40% of his energy from the ATP-PC System, 50% from the Glycolytic System, and 10% from the Oxidative system. As you can see, wrestling relies heavily on the ATP-PC System and the Glycolytic System.

The ATP-PC System provides energy from adenosine triphosphate and phosphocreatine. The Glycolytic System provides energy from the breakdown of glucose. A by-product of this energy system is lactic acid. The Oxidative System demands the continuous use of oxygen for the oxidation of glycogen or fatty acids. If the science involved interests you, then do a search on [Google](#) concerning the three energy systems and you can learn more.

GPP - General Physical Preparedness

GPP is short for General Physical Preparedness. GPP provides basic all-around conditioning in areas such as endurance, strength, speed, agility, coordination, and flexibility. GPP is concerned with the general physical abilities that one needs to perform in a particular sport. GPP often involves using compound exercises that work multiple muscle groups. GPP can be weighted or non-weighted.

Weighted GPP Examples:

- Sled Dragging
- Sandbag Lifting
- Sledgehammer Swinging
- Medicine Ball Throws
- Tire Flipping

Non-Weighted GPP Examples:

- Jumping Jacks
- Mountain Climbers
- Burpees
- Push Ups
- Pull Ups

According to [Matt Wiggins](#), the use of GPP will increase your **work capacity**. With greater work capacity, one can do a greater volume of conditioning. Having greater work capacity is like having a bigger "gas tank." If you have great work capacity, then you won't gas out toward the end of a wrestling match.

A wrestler will absolutely benefit from improved work capacity. He will be prepared for intense work and will be able to recover more quickly. For instance, if you are wrestling three matches in one day at a tournament then work capacity and recovery are extremely important.

A wrestler must be prepared to wrestle hard for six to seven minutes. Improving work capacity allows a wrestler to train harder and more often. Remember to build a bigger "gas tank."

SPP - Specific Physical Preparedness

SPP is short for specific physical preparedness. SPP is concerned with the specific physical skills needed for a particular sport. SPP involves focusing on sport-specific abilities. Essentially, one becomes a better wrestler by wrestling. However, SPP can also involve addressing one's weak points. For instance, a wrestler may have certain muscles that require more work or certain abilities that need extra attention.

Sport-specific training is a concept you may have heard about. The concept is rather simple to understand. For instance, if a boxer punches the heavy bag, that is sport-specific training. Similarly, if you want to be a good wrestler, then you need to wrestle. For instance, you don't improve your wrestling skills by playing soccer. In addition, your conditioning program should be specific to that sport. Essentially, the idea is that training which mimics your chosen sport closely will help you improve in that sport. For example, doing barbell lunges somewhat mimics the movement involved in shooting a takedown. If running is a component of your conditioning, you can make it more sport-specific by having the work-to-rest ratios mimic those typically involved in a wrestling match.

However, some conditioning experts argue that sport-specific training exercises don't exist. In other words, engaging in one's chosen sport **is** the sport-specific training. Some trainers believe the important point to consider is whether or not the strength you gain from training will transfer to the movements in your sport. For instance, deadlifts may not exactly mimic any particular wrestling movement but they will certainly make one's back and legs stronger, which will transfer to usable wrestling strength. So, don't get too concerned about sport-specific training unless you have some weaknesses that need to be addressed. Wrestling practice **is** your sport-specific training.

Remember that each sport is unique and requires a different strength and conditioning plan. Of course, one of the best ways to develop good wrestling conditioning is to simply engage in hard, live wrestling. Although many training elements are important, the best way to prepare for wrestling is to get on the mat and wrestle.

Weight Training

Wrestling requires strength, power, endurance, and quickness. An excellent way to acquire these attributes is by following a weight training program. Remember that you are not training to look good at the beach. You are training to become a better wrestler. Therefore, it is important to consider the "prime movers" that you should be focusing on. Prime movers are the specific muscle groups you will be using when wrestling. For instance, a wrestler uses his leg and back muscles a great deal.

Some Potential Weight Training Exercises For A Wrestler:

- Dumbbell Bench Presses
- Shoulder Presses
- Bent Over Rows
- Back Extensions
- Squats
- Deadlifts
- Lunges
- Dumbbell Curls
- Wrist Curls

As a wrestler, you want to be strong. However, you want to be able to apply that strength over and over again. Being able to repeatedly apply strength for extended periods of time is called strength endurance. Strength endurance is what you need in a grueling wrestling match.

According to [Matt Wiggins](#):

Strength Endurance = Heavy Weights + Short Rest + Volume

Therefore, in order to build strength endurance you will need to do many sets of low reps using heavy weights with short rest periods between each set. Decreasing the rest periods between sets can be done gradually by decreasing the rest period by 5 to 10 seconds each workout. You might begin with 60 second rest periods and reduce it as much as you can over the course of time.

You can do strength endurance training two or three times per week. If you follow this protocol, you will be stronger on the mat for much longer and you will rarely "gas." However, you don't want to train for strength endurance year round. Educate yourself about strength endurance and cycling different types of workouts by reading books and articles on weight training.

A wrestler may want to learn about periodization. Periodization involves breaking up your training into cycles. For instance, in the off season a wrestler may want to focus on building strength. During the pre season, a wrestler may switch his focus to increasing power and explosiveness. Finally, toward the end of the season he may begin doing circuit training. Circuit training involves going from one exercise directly to the next with no rest between exercises. A circuit may be composed of several exercises and a wrestler may go through the circuit 2 or 3 times with a short rest between each circuit.

Strength Training May Involve:

- 5-8 reps, 4-5 sets, 3 x / week
- 75 - 90% 1RM (1 rep max)
- 2 -3 minutes recovery between sets

Power Training May Involve:

- 1-5 reps, 2-5 sets, 1-3 x / week
- Using only 30% of 1RM, lifting the weight as fast as possible
- 3 - 5 minutes recovery between sets
- Focus on lowering the weight slowly and exploding it up

Circuit Training May Involve:

- 10-12 reps, 3 x / week
- 60 - 75 % 1RM
- No rest between exercises, 30 seconds rest between circuits

You may want perform a search on [Google](#) regarding 3x3 and 5x5 weight lifting programs. These can be very effective programs for building strength and power. You may want to read *Power to the People* by Pavel Tsatsouline. Pavel knows a lot about strength. Also, check out <http://www.dragondoor.com>, which is loaded with weight training articles.

Strongman Training

Strongman training often involves lifting awkward objects like sandbags, kegs, barrels, sledgehammers, tires, rocks, logs, and even anvils. Strongman training is beneficial for wrestlers because it builds functional strength and grip strength that will help you to become a better conditioned wrestler. Strongman training is also beneficial because it is very challenging and breaks up the monotony of always using barbells and dumbbells.

I grew up on a farm in the Midwest. I had to do chores almost every day while growing up on our farm. I lifted and carried many bales of hay and straw over the years. I carried many pails of corn and water as well. I also pushed wheelbarrows, dug fence postholes, pounded metal fence posts into the ground, swung sledgehammers, moved heavy bags of feed and lime, and carried rocks and chunks of wood.

I never thought of these chores as an athletic workout, but to some extent that's exactly what they were. I was building strength and endurance by doing these chores and didn't realize it. My forearms grew bigger and my grip strength grew as well. I worked my muscles in unique ways building functional strength that I may not have been able to acquire through traditional conditioning methods like lifting weights.

As a wrestler, you know the importance of functional strength and grip strength. Functional strength is strength that you can use on the wrestling mat. Functional strength is not just being able to lift a certain amount of weight. Functional strength is strength that will transfer to your chosen athletic endeavors. Being able to bench press 300 pounds will not necessarily make you a better wrestler. However, if you can clean and press heavy sandbags or swing a sledgehammer hundreds of times you will most likely be building strength applicable to wrestling. Grip strength is of paramount importance for the hand fighting that takes place during a wrestling match.

Objects you might be able to utilize in your strongman training:

1. Sandbags
2. Sledgehammers
3. Tires
4. Rocks and Atlas Stones
5. Logs and chunks of wood
6. Sleds
7. Wheelbarrows
8. Kegs
9. Barrels
10. Anvils

In order to utilize these implements effectively you will want to read some books and articles about strongman training methods. *Dinosaur Training* is an excellent book by [Brooks Kubik](#). He discusses grip strength in depth, which is essential to a wrestler. [Zach Even-Esh](#) also believes in strongman training methods and is a former wrestler himself. He has a book entitled *The Ultimate Underground Training Manual* that you may want to look into. In addition, Matt Wiggins knows much about strongman training. He has a book about sandbag training entitled *Single and Doubles: How the Ordinary Become Extraordinary*.

I am not implying that lifting weights is useless for a wrestler. Traditional weight training can be extremely beneficial for a wrestler. Bench presses, squats, deadlifts, and other basic weight training exercises can be very effective. However, you should consider adding a few strongman exercises to your conditioning workouts. For example, you could mimic my pail carrying by grabbing a heavy dumbbell in each hand and performing a strongman exercise known as the farmer's walk. Just be sure to read about how to perform the farmer's walk correctly. Adding this one exercise alone to your workout will produce considerable benefits.

Strongman training can greatly enhance your wrestling conditioning. Educate yourself about strongman training methods and apply them to your conditioning workouts and you will most likely have an advantage over your opponents on the mat.

Kettlebells, Clubbells, and Indian Clubs

Kettlebells originated in Russia. They look a bit like a cannonball with a handle attached. You can do many of the same exercises with a kettlebell that you can do with a dumbbell. However, many trainers believe that kettlebells are a superior conditioning tool. Some trainers believe that kettlebells develop extreme all around fitness.

According to Pavel Tsatsouline, "Voropayev (1983) observed two groups of college students over a period of a few years. A standard battery of the armed forces PT tests was used: pullups, a standing broad jump, a 100m sprint, and a 1k run. The control group followed the typical university physical training program which was military oriented and emphasized the above exercises. The experimental group just lifted kettlebells. In spite of the lack of practice on the tested drills, the KB group showed better scores in every one of them!

Pavel Tsatsouline also comments on a study done by Vinogradov and Lukyanov (1986) and states, "They learned that a combination of high-rep kettlebell snatches and clean and jerks improved many motor abilities simultaneously. They measured strength by the three powerlifts and grip strength and it all went up. They measured strength-endurance with pull-ups and dips; it went up. They measured runs at various distances, sprints, vertical jumps, you name it. They all improved."

You can do many interesting exercises with kettlebells including swings, windmills, snatches, clean and jerks, presses, and deadlifts. As always, you should educate yourself before you include kettlebell training into your conditioning routine.

Pavel Tsatsouline has a great DVD called *Enter the Kettlebell*. In addition, Zach Evan-Esh, [Mike Mahler](#), and [Marty Gallagher](#) are also advocates of kettlebell training. You can find other books, articles, and videos about kettlebell training online as well.

Clubbells were designed by [Scott Sonnon](#), a former USA National Sambo Coach. Sambo is a form of grappling originating in Russia. Sonnon states, "The development of Clubbells was a just a result of my intention of utilizing exercises and methods of SPP for combat sports, in particular grappling." Remember that SPP refers to specific physical preparedness. Sonnon also states, "Simultaneous to the intention of thwarting submission hold attempts through superior physical conditioning, I held another agenda. I intended to cultivate EXPLOSIVE throws in SAMBO, which in addition to being the 2nd style of international submission fighting, was also the 3rd style of international wrestling and 2nd style of international jacket grappling.

Throwing or taking an opponent to the ground requires a special combination of three characteristics:

1. kinesthetic sensitivity to balance and tension,
2. specialized skills and tactics,
3. and most importantly - physical attributes.

I say that physical attributes are most important, because at elite levels, superior GPP conditioning becomes the measuring stick of success. Furthermore, SPP is the EDGE over the competition. SPP is the gap between GPP and Physical, Mental and Emotional Skills: a gap that's too large in most sports training."

Clubbells look like club or bat and come in different sizes. The unique thing about Clubbells is the ability to train your muscles from a wide variety of angles. Clubbells are great for building superior grip strength and dynamic flexibility.

Indian Clubs refer to one kind of the various clubs that have been used for conditioning for centuries. Indian Clubs get their name from the country of India. According to Scott Sonnon, "Sim D. Kehoe brought 'Indian Clubs' to USA from Britain. Sonnon also states, "Club Swinging can be traced to the to strongman competitions in Ancient Persia. They created a definitive edge in strength and endurance training. During these times, the weight-lifter, wrestler or fighter was called a Pahlavan, or club swinging strongman." You can still find Indian Clubs to buy to supplement your conditioning program. Just be sure to educate yourself first before using them for conditioning.

Bodyweight Training and Plyometrics

Bodyweight training is just what it sounds like. You use the weight of your own body for resistance. Some trainers believe that bodyweight training is superior to weight training. I believe bodyweight training is simply another important tool in your conditioning program.

Some Basic Bodyweight Exercises:

- Jumping Jacks
- Burpees
- Squat Thrusts
- Push Ups
- Pull Ups
- Dips
- Medicine Ball Throws
- Sit Ups
- Crunches
- Leg Raises
- Hanging Leg Raises

A couple of books you may want to check out are *Combat Conditioning* by Matt Furey and *The Naked Warrior* by Pavel Tsatsouline.

Plyometrics are fairly simple to understand. If you jump from the floor onto a box, you are performing a plyometric exercise. Similarly, if you perform hand-clap push ups or broad jumps you are performing plyometric movements as well. According to Dr. Fred Hatfield, plyometrics may involve explosive hopping, jumping and skipping. Dr. Hatfield states, "plyometrics are a way of improving starting strength and explosive strength." A favorite plyometric exercise of many wrestlers is box jumps.

If you are interested in the science behind plyometric exercises and ways that you can fit them into your conditioning program, then do a search on [Google](#) and learn more.

Cardiovascular Training

Some trainers believe that long distance running for a wrestler is a waste of time because wrestling is primarily an anaerobic sport. Remember anaerobic means "without oxygen." Therefore, they favor a variety of sprint workouts and interval training instead.

Mark Ginther states:

"There is however, a small but growing group of innovative trainers and coaches (Ian King of Australia; Charlie Francis of Canada) that oppose this model, believing that over emphasis on aerobic training negatively affects speed and power, and ultimately detrains the athlete.

Ian King, in his book *Winning and Losing: Lessons from 15 Years of Physically Preparing the Elite Athlete*, sites the example of Australian rugby players, who spend much more time on aerobic conditioning than their European counterparts, and although 'fitter' according to given tests, display inferior speed and power on the field. He goes on to describe experiments with various rugby, basketball and Olympic skiing teams in which he dropped his athletes' aerobic conditioning, but suffered no losses in aerobic capacity or performance on the field."

On the other hand, some trainers believe that LSD (long, slow distance) cardiovascular training is beneficial. Some trainers claim that aerobic base training can help a wrestler gain an even higher level of anaerobic conditioning. They believe that aerobic conditioning lays the groundwork for anaerobic conditioning. In addition, some trainers claim that aerobic training is good for recovery and the removal of waste products from one's body.

As you can see, cardiovascular training for wrestling is complicated. Use [Google](#) to search for articles about aerobic base training, cardiovascular training for wrestling, and HIIT. A combination of longer runs and sprint workouts over the course of your wrestling season may work the best. But, as I have mentioned before, training for wrestling is not as the same as training for a marathon.

Some kinds of cardiovascular training to consider:

- LSD (long, slow distance)
- HIIT (High Intensity Interval Training) and Tabatas
- Sprints and Hill Sprints

Zach Evan-Esh states:

Regarding a cardio cycle, the first thing I would like to say is I am not a believer in long distance running. IF you want longevity in this sport, running 5 - 6 miles a few times a week as many MMA fighters do will hammer your knees. I prefer doing high intensity anaerobic type cardio most of the time. One form of this training is called High Octane Cardio (HOC). As far as cycling training, whether it is with the strength or cardio, I emphasize listening to your body! If you start feeling wiped out and burnt out, back off your training for a week or so, and pay closer attention to nutrition and rest which can completely change the energy levels you have on a daily basis.

Here are some examples of cardio we do:

- running the 1/4 mile repeatedly at high intensity with a work / rest time ratio of 1:1 - sometimes the rest ratio is lower
- HOC example: set up a kettlebell at one end of a basketball court, perform an explosive KB exercise for 3 - 10 reps, then jog, skip, gallop to the other side, perform a bodyweight exercise for 10 - 20 reps (push ups, squats, squat jumps, split squat jumps, etc.) - you repeat this moving back & forth, each time try doing a different exercise at the end of the court. If you have 2 kettlebells place one at each end of the court. Do this for time, anywhere from 6 minutes to 20 minutes. What we are doing here is training at high intensity, then moderate intensity, which simulates the way a fight or match will go.
- Sand bag carries while walking up stadium stairs
- HOC variation - my athletes perform a heavy exercise for low to moderate reps, then will engage in high speed drilling or some live action. For example they will both perform a set of pull ups for max repetitions and then will drill takedowns for 1 minute at high intensity - these takedowns will ALWAYS involve the lifting of the partner to still involve a power - strength aspect.

Dr Fred Hatfield states:

"All movement involves all three pathways of muscle energetics: ATP/CP, Glycolytic and Aerobic. Clearly, a continuum exists in the world of human movement wherein one takes on more importance than the other two. However, even while you're asleep you are BREATHING! That means some oxidative activity (i.e., aerobic processes) are taking place. If there were no aerobic work being done, there would be no need to breathe.

Beyond that basal level, there are only four reasons for ever doing aerobic work: 1) you need it for your heart and circulatory system (your doctor prescribed it), 2) you are engaged in a sport wherein Max VO₂ uptake is critical, 3) you LIKE it, and 4) your job requires it (rare outside sports or some specialized branch of the military).

[Charels Poliquin](#) does not speak very highly of aerobics either.

Matt Wiggins even offers a program called *Working Class Cardio* that doesn't involve any running at all. But, he also advocates running.

[Mike Fry](#), of Grapplers Gym, wrote an interesting series on the internet entitled *Cardiovascular Training For Wrestlers*.

Mike states:

"When the whistle blows and the match begins it's too late to wonder if your cardiovascular training is going to carry you through to the end. Wrestling is a high intensity sport. Thus, conditioning for wrestling calls for high intensity training. In addition, wrestling not only requires high intensity power output but an ability to sustain this output for up to 6 minutes. Cardiovascular conditioning is one of the most important aspects of a wrestler's training but many times we see wrestlers during the season running for miles only to find themselves tired after the first minute of a match. Many wrestlers ask why this is; the answer is simple, they are training the wrong energy system."

So, what's a wrestler to do? Some longer running in the off season and then switching to interval training or sprints when the season begins might be a good idea. Educate yourself by reading articles and books. Use [Google](#) to search for information about HIIT.

Periodization

Periodization simply means breaking your training into cycles or phases where you focus on certain training goals. You might simply break your training into three phases of pre-season, in-season, and off-season.

Some trainers refer to the overall training cycle (whether it be a year or 12 weeks) to a macrocycle. Then each macrocycle is divided into smaller units called mesocycles. For instance, a macrocycle may entail an entire year. The year may be divided up into three mesocycles in which the wrestler focuses on training different elements such as power, strength, or strength endurance.

Often, a macrocycle begins with a high volume of more general activities and gradually move towards a decrease in volume and an increase in intensity with more specific drills and exercises. For instance, a wrestler may have a cycle in which he focuses on lifting weights for 8 to 10 reps per set and does some long distance running. Then he may switch to a cycle in which he focuses on strength and lifts weights for 4 to 6 reps per sets and does sprinting as well as longer runs. Finally, he may switch to a cycle in which he does circuit training with weights and does only sprint workouts with no long distance running.

When an athlete focuses on only certain elements of training before moving onto a new element in the next phase of training, it is referred to as linear periodization. Conjugate or concurrent periodization attempts to focus on developing multiple skills and attributes at the same time. Other types of periodization include undulating and reverse linear periodization.

Periodization may sound complicated. But, the main thing to remember is that the goal of periodization is to enable to peak at the end of the wrestling season.

By breaking up your training season into different phases, you can focus on a few training goals instead of everything at once. Do a search for periodization on [Google](#) to learn more about this concept.

Conditioning Personal Anecdote

The summer after my junior year I decided to go to another wrestling camp with a fellow teammate. We went to the University of Iowa to attend a week long technique camp.

I got to see Dan Gable, Mark Johnson, Barry Davis, Greg Randall, and other great wrestlers.

One evening, Dan Gable gave us a very inspiring speech. He also gave some other short talks as well. In one talk I think he said that some times a wrestler has to change things if they aren't working even that means getting up to run at 5:00 in the morning. I wasn't so crazy about that idea.

He also said that a really dedicated wrestler will always get his workouts in. If a wrestler doesn't have a chance to lift weights until midnight then he will lift weights at midnight. He will fit that workout in no matter what it takes.

Mark Johnson (who went on to become the head wrestling coach at the University of Illinois) gave us some weight training guidelines.

I didn't do much running that summer before my senior year. I lifted weights. I actually used an old manual my father had lying around. The manual was written by a guy named Bob Hoffman. Bob Hoffman started the York Barbell Company and played a big role in the world of weightlifting. He was the founder of *Strength & Health Magazine*. So, I usually went through a set of ten exercises, doing one set of ten reps for each. I used to do the clean and jerk a lot for the fun of it. I tried to incorporate some of what Mark Johnson taught us but I really knew very little about weight training.

I also had a subscription to a magazine called *Sports Fitness* (which later became *Men's Fitness*). The first issue of *Sports Fitness* had football player Lyle Alzado on the cover. My parents gave me the subscription as a gift. I learned about the difference between weightlifting and bodybuilding. I wish I'd known then what I know now. I wish I'd known about strongman training and interval training.

Chapter 3. Nutrition

I knew very little about nutrition or weight loss when I began my high school wrestling career. I didn't know about the importance of proper nutrition and proper hydration. I had no idea about the number of calories in certain foods. I didn't know a deep fried fish square on a bun had more calories than a hamburger because I thought that fish was healthy. I had no clue about the different roles that the various nutrients played in one's body.

Wrestling is a sport that involves competitors being in different weight classes. Therefore, some wrestlers find it beneficial to diet thinking they will have a competitive advantage in a lower weight class. This is not always the case but this notion seems to persist. Regardless of whether or not a wrestler decides to cut weight or not he should still practice proper nutrition to ensure that he performs at top level.

A few simple things to keep in mind:

- One pound is equal to approximately 3,500 calories
- If you consume 500 fewer calories per day then you will lose one pound per week (500 calories per day x 7 days = 3,500 calories per week equating to one pound)
- One gram of carbohydrate has four calories
- One gram of protein has four calories
- One gram of fat has nine calories
- Your body's preferred source of fuel is carbohydrates like bread, cereals, rice, potatoes, and pasta
- Adequate fiber can help you feel full when dieting
- Remember to drink plenty of water to stay hydrated

A simple formula regarding weight loss and weight maintenance:

- Take your body weight x 10 to find the number of calories to eat per day to lose weight (e.g. a wrestler weighing 150 lbs. would need to consume 1,500 calories per day to lose weight)
- Take your body weight x 15 to find the number of calories to maintain your weight (e.g. if a wrestler cuts down to 120 lbs. he could then eat approximately 1,800 calories per day and still maintain that weight)

As you can see, fat contains more than twice the number of calories per gram than carbohydrate or protein. So, if you want to lose weight then cutting down on fats will help. Fat is not all bad. Fat helps in the production of hormones like testosterone and does many other good things in the body so do not eliminate it entirely.

When I wrestled in high school, I ate a lot of fruit, potatoes, plain unsweetened oatmeal, plain unbuttered bread and toast, vegetables, milk, yogurt, and lean meat.

Your body's muscles need adequate glycogen for energy. Your brain's primary source of fuel is glucose. In other words, you need to consume adequate carbohydrates to have energy and to be mentally focused.

When I was cutting weight in high school I would become very weak and had trouble concentrating. I now know this is because I had little glycogen or glucose, which my body was in vital need of.

Keep in mind that your pre competition meal should be light and carbohydrate based as well.

Low calorie diets can lead to muscle loss. You cannot be as strong and powerful if you are losing muscle mass. Some researchers also believe that very low calorie diets can cause one's metabolism to drop because the body senses a famine situation and goes into "starvation mode." Therefore, if you choose to lose weight to be more competitive do not go on a drastic low calorie diet.

Whether you diet or not, be sure to get these six key nutrients:

- Carbohydrates
- Fat
- Protein
- Vitamins
- Minerals
- Water

If you eat a wide variety of foods, you should be able to meet your nutritional requirements. Educate yourself about proper nutrition.

Nutrition Personal Anecdote

Wrestlers cut weight. They don't reduce weight. They don't lose weight. Wrestlers sure as heck don't diet! Wrestlers cut weight.

I'm not sure where the term "cutting weight" originated. A wrestler wouldn't say, "I need to lose ten pounds." He'd say, "I need to cut ten pounds."

I had a certain image of what "cutting weight" was when I began the sport of wrestling. It seemed to usually involve guys wearing many layers of clothing so they would sweat a lot. And, it seemed to involve eating less or not eating at all. I knew that some times wrestlers at tournaments would have to run in the hall to sweat off some weight because they showed up over their weight class limit.

I only weighed about 100 lbs. when I was a freshman in high school. So, making weight for the 98 pound class was no problem at all. I think there was one evening before a meet where I was a little worried that I might be over my weight so I decided to skip dinner. I thought skipping dinner was going to kill me. What made me think I would be able to cut 12 lbs. the next season?

I weighed about 110 lbs. when my sophomore wrestling season began. I guess I thought it would be easy to cut weight. I just thought I'd wear a lot of layers of clothing in practice and simply stop eating. Not very smart, huh?

After a few days of not eating and of limiting my water intake I was totally exhausted. I was hungry and thirsty. I was weak. I was getting thrown around by guys in practice that I should have been throwing around. I was like a rag doll.

I went to a local motel to use the hot tub and sauna a few times. I put a blanket over myself and a space heater once and burned a hole in the blanket.

When my coach handed me the uniform for the 98 pound wrestler I thought, "Why are you giving me this uniform, coach? I'll never make weight." But, I did make weight some how.

After making weight the first time, my mother took me to The Grill for breakfast. I ordered two eggs, sausage, and toast. I also ordered two bakery rolls and two large orange juices. The waitress didn't bat an eye. She was used to wrestlers coming in and eating after weigh-in. I'm not sure what my mother was thinking. I ate every bit of it.

During my junior season I continued to cut weight by starving. I would look forward to a can of diet pop after practice each night. I became a little more aware of calories. I would eat carrots or green beans some times.

I usually tried to actually get a few pounds below my weight class the night before a meet or tournament so that I could eat and drink something. Then I would play the "ounces game". For example, if I was two pounds under my competition weight then I knew I could eat and drink two pounds of food/liquid. I usually lost a pound overnight so actually I could probably consume three pounds of food/liquid in that scenario.

The night before a meet I wouldn't have been concerned about calories. I would have only been concerned about the actual weight of the food itself. So, I might drink 16 oz. of water, 16 oz. of pop, two 2 oz. candy bars, an 8 oz. container of yogurt, and 4 oz. of meat for a total of 48 oz. - 3 lbs.

I liked starving for a few days just so I could enjoy eating and drinking the night before a meet or tournament. It wasn't a great system but at least I never had to go to bed thirsty like I had often done the year before.

During my senior season I finally figured out how to cut weight in a smarter way. I know I said that wrestlers don't diet, but I guess that's what I did. I started off at 1500 calories a day and then cut back a little more as time went on. I never went a single day without drinking or eating. I was able to eat more and more toward the end of the season and kept feeling stronger and stronger as the season was

nearing its end. I became conference, sectional, and district champion that season and having a smart diet instead of starving had a lot to do with that.

I had two main books that were sort of my bibles. One of these books I believe was published by some magazine like Good Housekeeping. It must have been a special gift or something with a subscription. I found it on a shelf in our home's office. The other book was a tiny calorie-counter book like one would find at the checkouts in a supermarket or discount store.

Both of these books had sample diets and calorie listings for many foods. The books also suggested that when a person got to his target weight that he could eat a certain number of maintenance calories each day and still remain at that weight. I learned that a pound was equal to approximately 3,500 calories. That's why if one cuts 500 calories a day from his diet he can lose a pound per week - $500 \text{ calories} \times 7 \text{ days} = 3,500 \text{ calories}$ or one pound.

Wrestlers back in my day - the 1980's - were crazy and foolish when it came to cutting weight. They would starve. They would sweat under many layers of clothing. They would spit in cups. They would sit in hot tubs and saunas. I once saw a wrestler stand on his head a few minutes before weigh-in because he'd heard that would make a person weigh less. What a bunch of garbage. Cutting weight became a real morale buster at times. During my senior year, one of my fellow seniors got kicked off of the team because he tried to rig the scale. I wasn't really mad or disappointed in him. Even though it's something I would never have done myself, I did understand how hard cutting weight could be physically and mentally.

When a person drastically cuts calories - starves - his body has no fuel. Therefore, the body will begin to use its own muscle tissue as fuel. The glycogen stores in one's muscles that provide energy are quickly depleted. The brain works best when supplied with glucose (blood sugar) and doesn't work so well when it's deprived of glucose. The body thinks that a famine is occurring during starvation. Therefore, when the body is fed again it wants to hold on to the nutrition it's getting. The body's metabolism slows down when starvation occurs.

When the body is given food again the metabolism is still slow and a person will end up gaining weight and then some. And, it won't be muscular weight either. Starvation is just a bad deal all around.

Of course, if a wrestler skips a few meals here and there he isn't going to go into famine mode. That depends on how many days he goes without eating and on how low his body fat percentage falls and other factors. [Google](#) "starvation response" or "famine mode" and read up on it. There are plenty of articles. You might also be interested in reading about the Minnesota Starvation Study.

A bigger threat related to a wrestler's well being is probably the dehydration many wrestlers resort to for cutting weight. Dehydration can be very dangerous and even fatal. Some deaths of wrestlers have been connected at least partly to dehydration. Losing water weight can be a dangerous strategy.

Chapter 4. Mental Toughness

During my 8th grade wrestling season, my team had a dual meet with the Sumner Aces. After the coaches paired us up, I found out I would be wrestling a guy named Tracy. One of my teammates had been beaten by Tracy the previous season and thought it was funny that I had to wrestle Tracy while he had a much easier match. But, I didn't mind. I was actually happy to have the challenge. Tracy was very muscular even as an 8th grader and was a very good wrestler. Tracy would become a conference champion in high school.

Before my match started, I drilled several imaginary double leg takedowns on a warm up mat nearby. I remained focused on getting a takedown. I wasn't nervous and I believed I could beat Tracy.

When the whistle blew to start my match, I immediately stepped in and shot for a double leg takedown and scored two points. My momentum just continued to build from that and I dominated the match. My teammate wasn't laughing now. My coach was very happy and impressed. "You wrestled a hell of a good match," he said after the meet.

The next day in homeroom, the school principal walked into our classroom. He asked to speak to me. We stepped off to the side and he said, "You wrestled really well last night. I want to thank you for representing your team and our school so well."

I believe there are a few reasons that I was able to beat Tracy. Yes, I had good wrestling skills. But, it was more than that. My win can also be attributed to mental toughness. I viewed wrestling Tracy as a challenge and an opportunity to see how I would fare against a talented opponent. I believe that drilling imaginary double leg takedowns before my match kept me focused on the task at hand. When I stepped on the mat I was able to execute the move I had just been drilling. I wasn't nervous and I believed I could win the match. I didn't care that my opponent was muscular, talented, and had defeated a fellow teammate. I believed I had the skills to defeat him. And, I did.

How can a wrestler get motivated for a match? How can a wrestler stay focused?

Here are some tips for developing mental toughness:

- Using positive self-suggestions before a match can be helpful (e.g. I know I can beat this guy).
- Having a pre match routine that you follow can be helpful (e.g. warming up in a certain way before each match).
- Visualize the moves you want to execute in the match. Visualize beating your opponent and having your arm raised in victory.
- Set goals each season and even for each practice to stay motivated.
- Let any losses be a learning experience and motivation to work even harder to achieve success.
- Sometimes it helps to focus on the “means” and not the end result. For example, instead of focusing on the big picture of winning, you can instead focus on getting several takedowns and scoring many back points and then winning the match will simply take care of itself.

In his book, *Psycho-Cybernetics*, Maxwell Maltz states, "Our brain and nervous system cannot tell the difference between a 'real' experience, and one which is *vividly imagined*." So, spend some time mentally rehearsing an upcoming match in your mind. Imagine the moves you will do. Imagine feeling strong and powerful. Imagine your arm being raised in victory. In addition, you can spend some time visualizing matches you have won in the past.

Wrestling matches are often won by the wrestler with the best technique. Sometimes matches are won by the wrestler in the best condition. However, you should never underestimate the importance of mental toughness.

A wrestler needs to be highly motivated. A wrestler needs to be focused. A motivated and focused wrestler who believes he will win the match will always be a formidable opponent.

Mental Toughness Personal Anecdote

A wrestler from North Fayette High School pinned me in a wrestling match the week before the conference tournament. Being pinned is about the worst thing that can happen to a wrestler. I knew I would probably meet him again a week later at the conference tournament. I also knew that I could beat him.

I wrestled at 112 pounds in the Upper Iowa Conference Wrestling Tournament in 1986. I was seeded second behind the wrestler from North Fayette because he had pinned me a week earlier.

I should never have been pinned. I was not in the right frame of mind that night. I didn't really even want to be at the meet that night. I had been dieting that season like usual and was not feeling as strong as I should have. I was not in proper condition and had been tiring in matches at times. I had been giving up mentally toward the end of matches and sometimes even before the match started. I was not always ready to wrestle a hard six minutes.

I received a bye during the first round at the tournament. During the second round, I met a wrestler I had beaten earlier in the season. Nonetheless, I was nervous before the match. I had to beat that guy so I could meet the guy from North Fayette in the finals. His teammates were all nearby hoping to see me get beaten. But, I wrestled a focused match and won by a technical fall. I went ahead of my opponent by 15 points and the referee ended the match. Now, I just had to beat my nemesis in the finals.

My mother had driven me to the high school that day to get on the bus. On the way to the school, I told her I knew that I could beat that guy. It didn't matter that he had pinned me in our previous meeting. I believed absolutely that I had the talent and determination to beat him.

I was looking at the bracket sheets hanging on the wall and overheard a couple of guys from the school of my nemesis talking. They were talking about how the 112 pound title was as good as won

because their wrestler had pinned me a week earlier. I thought to myself, "We'll just see about that."

I went into the finals feeling relaxed and confident. This time around, I wanted to be there wrestling. I was feeling strong. I had worked hard in practice that week.. I had nourished my body. Above all, I had an absolute desire to win that match.

After the whistle blew to start the match, I scored the first takedown. When the second period started, I was feeling tired. But, I thought to myself, "No, you can't give up this time. You can't quit this time." I shot in and scored a takedown again. I scored even more points in the third period. I even had my opponent on his back at one point. I dominated the match and became the 112 pound conference champion.

What lessons did I learn?

1. You must want to be there. I know it's simple, but you really need to whole heartedly want to be competing. You cannot afford to have an off night or to wrestle half heartedly.
2. You must truly desire to win the competition. Again, this seems like a no brainer, but it's true. You must have a consuming passion to win. You cannot just hope for the best, or worse, not care one way or the other about the outcome. Never let yourself give up.
3. You must be in top wrestling condition.
4. You must be well nourished.
5. You must believe with all of your heart that you can win against any competitor.

Even losses can teach you lessons and help you to become a successful wrestler.

Conclusion

My father was a wrestler. I was a wrestler. Now, my oldest nephew is a wrestler. My nephew began wrestling when he was in kindergarten. He's a sophomore now and has already had many years of experience wrestling. He's wrestling well so far. I guess wrestling is in our family's blood.

I continue to learn about wrestling even though I haven't been in a competition for many years. Thanks to the internet and websites like <http://www.themat.com> and <http://www.youtube.com>, I continue to learn new moves and techniques. I often find myself thinking, "I wish I'd known that in high school."

I also continue to learn about conditioning, nutrition, and mental toughness. There is a vast amount of information on the internet. I regret that I didn't know more about periodization and strongman training. I wish I would have understood that wrestling is primarily an anaerobic sport. My conditioning could have been so much more effective.

But, many of you have the resources available to you to become very talented and well conditioned wrestlers. I hope you take advantage of all the information that is available.

I hope that you enjoyed reading this e-book. I enjoyed writing it. I hope have gained some knowledge that will help you to become the most successful wrestler that you can be.

If you want more information, then be sure to look me up at my blog at <http://wrestlingforglory.blogspot.com> and at my website at <http://essentialwrestler.webs.com>.

Thanks again for reading *Wrestling to Win!*

Tharin Schweinfus

Resources

Books

Winning Wrestling Moves by Mark Mysnyk, Barry Davis, Brooks Simpson

The Wrestling Drill Book by Bill Welker

Wrestling Tough by Mike Chapman

There are many other good wrestling books and videos available at <http://www.amazon.com>.

Websites

<http://wrestlingforglory.blogspot.com> - my humble little blog with stories and information about all aspects of wrestling

<http://essentialwrestler.webs.com> - my wrestling website

<http://www.youtube.com> - type in Dan Gable, Tom Brands, John Smith, Cael Sanderson, wrestling technique, single leg takedown, etc.

<http://ezinearticles.com> - type in wrestling or wrestling workout and see what comes up

<http://www.dangable.com> - Dan Gable needs no introduction

<http://www.themat.com> - the official website of U.S.A. Wrestling

<http://www.win-magazine.com> - WIN Magazine

<http://www.championshipproductions.com> - sells instructional wrestling videos

<http://www.flowrestling.org> - good information

<http://www.wrestlingsbest.com> - many free videos and other cool stuff

<http://www.sectiononewrestling.com> - click on articles

<http://foundationwrestling.com> - Nick Purler on wrestling and strategy

<http://granbysystemwrestlingvideos.com> - good information

<http://combatgrappler.com> - get into great wrestling condition

<http://www.grapplersgym.com> - learn how to get into great condition

<http://www.defrancostraining.com> - strength and conditioning

<http://www.dieselcrew.com> - strength and conditioning

<http://www.dragondoor.com> - many articles about strength and conditioning

<http://www.mikemahler.com> - strength and conditioning

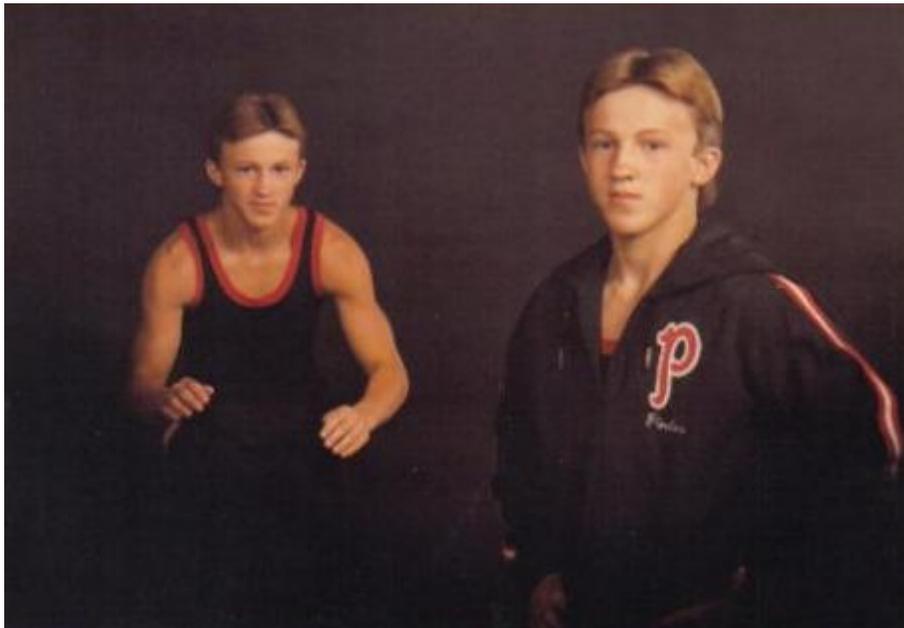
<http://www.workingclassfitness.com> - Matt Wiggins has free articles and economical products that can get you into great condition

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Wrestling to Win

Your Guide to Dominating on the Mat



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