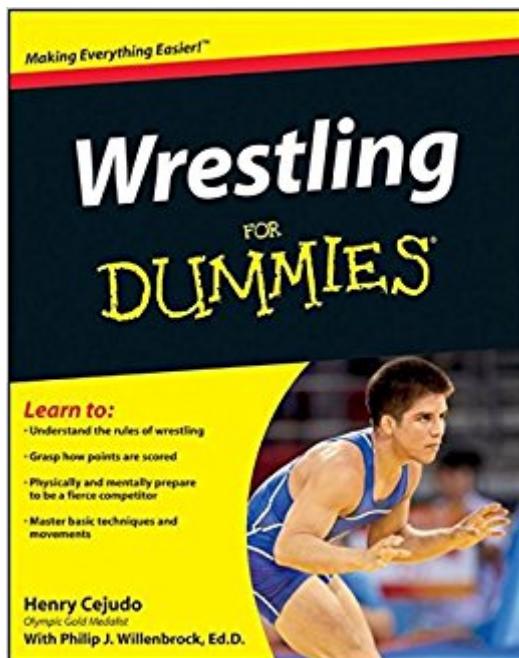


The book was found

Wrestling For Dummies



Synopsis

The fast and easy way to pin down the sport of wrestling Wrestling is a fast-paced sport with many technicalities, rules, and ways to score points—making it difficult for spectators to follow the score and understand whistles and restarts. In *Wrestling For Dummies*, author and 2008 Olympic Gold medalist Henry Cejudo explains the scoring system and unique rules of wrestling to new competitors, confused parents, and fans of this ancient and captivating sport. *Wrestling For Dummies* also explains the rich history of the sport and covers the six styles of competitive wrestling and their distinction from the modern entertainment-based "pro wrestling." Covers Greco-Roman and freestyle wrestling Plain-English explanations of wrestling rules Details the history of wrestling Whether you're just getting started as a wrestler or enjoy it as a spectator sport, *Wrestling For Dummies* makes this sport accessible and easy to understand.

Book Information

Paperback: 384 pages

Publisher: For Dummies; 1 edition (April 24, 2012)

Language: English

ISBN-10: 1118117972

ISBN-13: 978-1118117972

Product Dimensions: 7.4 x 0.8 x 9.3 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 35 customer reviews

Best Sellers Rank: #227,208 in Books (See Top 100 in Books) #96 in Books > Sports & Outdoors > Individual Sports > Wrestling

Customer Reviews

Pin down the sport of wrestling In this plain-English guide, author and 2008 Olympic Gold Medalist Henry Cejudo explains the different movements of wrestling with step-by-step explanations and ways to score; making this ancient and captivating sport accessible to beginning and advanced competitors, coaches, confused parents, and fans. *Wrestling 101*; get an overview of the sport, from the different styles of wrestling to the equipment you need before you hit the mat Know the score; find out what happens during a match, what the referee does, and how you can score points Bust a move; discover expert secrets to do escapes, reversals, takedowns, and pinning combinations like a pro Behind the scenes; grasp the physical and mental preparation needed to be a successful wrestler, both on and off the mat Open the book and

find: Age and weight categories Wrestling styles, rules, and scoring Step-by-step photographs that illustrate the moves and techniques Ways to keep healthy, safe, and in shape The ins and outs of competition Tips on wrestling in the right mindset Advice for coaches and parents Drills you can incorporate into your practice Learn to: Understand the rules of wrestling Grasp how points are scored Physically and mentally prepare to be a fierce competitor Master basic techniques and movements

Henry Cejudo won a gold medal in freestyle wrestling at the 2008 Beijing Olympics. In so doing, he became the youngest American ^{ever} at the age of 20 ^{to ever} win a gold medal in wrestling.

Great book! Got it for my 10 year old who started wrestling this year. It has definitely helped along with the hands on practice of course. He is able to apply what he has read in practice and in the tournaments.

Was hoping for more free style stuff, but a good book. Condition was new

good basic resource for those who really know nothing about this peculiar sport.

Great book. My son started to wrestle and I wanted something that covered the basics well to help him.

The book is filled with a ton of information. It's actually a little overwhelming. I am a mother of two boys and I know nothing about this sport ;) this book was helpful. Although, I won't be refereeing matches anytime soon it is helpful :)

great!

My 9 yo grandson loved this book to give him more insight into the sport that he loves but is just a beginner in.

Just wish the author made a workout plan, but it does have its golden nuggets.

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