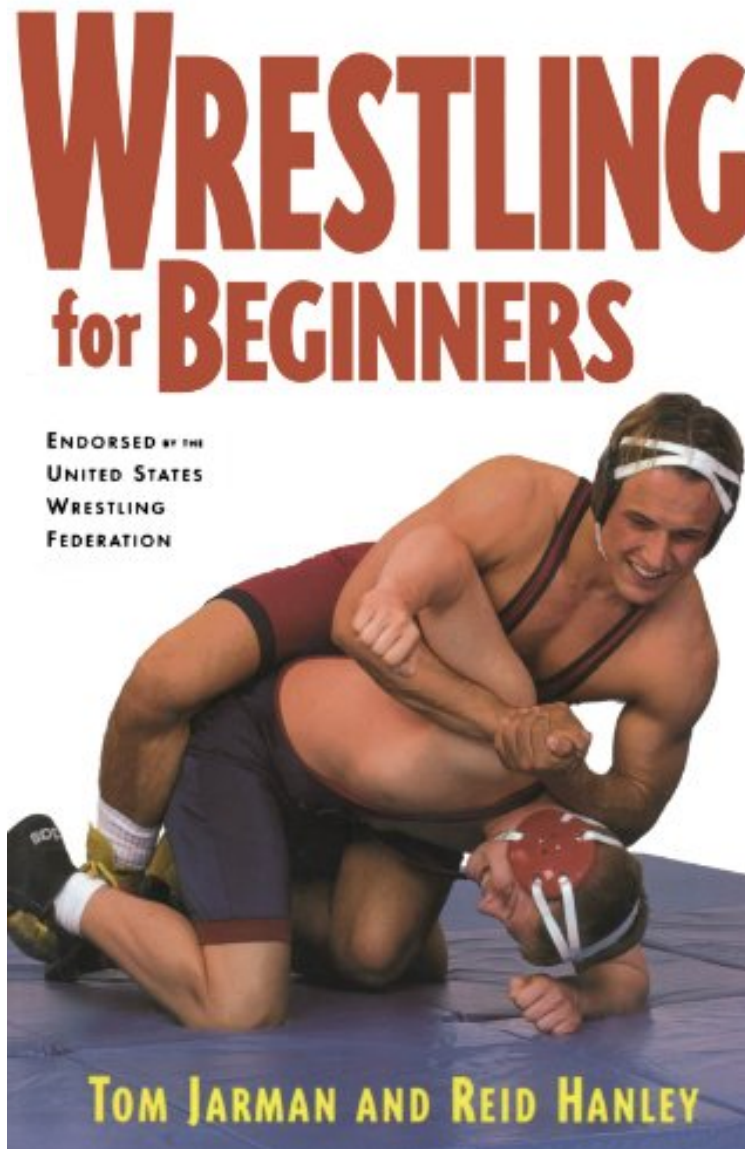


[Download] Wrestling For Beginners

Wrestling For Beginners

Von Tom Jarman, Reid Hanley
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Von Tom Jarman, Reid Hanley : Wrestling For Beginners before purchasing it in order to gage whether or not it would be worth my time, and all praised Wrestling For Beginners:

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. A solid introduction/overview of wrestling skillsVon Ein KundeThis book delivers what it promises in the title. It is written for someone who plans to participate in wrestling but has no background in it. Emphasis is placed on basic skills.The

book begins with a brief discussion of wrestling benefits and a bit of history. Then the discussion moves to the seven core skills (stance, level changing, lifting, etc). Each skill is covered in some detail with several excellent photographs for each major point. The rest of the book is devoted to a representative sample of basic takedowns, escapes, pins, etc. The book does not cover the sport's organizing bodies, associations, rules, coaching strategies, etc in any depth. Nor does it cover any advanced skills. I did not perceive either of these things to be a lack. The book's material was well organized and well presented. There were plenty of clear and helpful photographs accompanying the text. Overall, I was very pleased and would recommend it to others. 0 von 0 Kunden fanden die folgende Rezension hilfreich. Solid resource for beginning wrestlers Von Ein Kunde Too often, wrestling coaches and wrestling books fail to build a solid foundation for wrestlers. The athletes wind up not reaching their potential. This book avoids that problem. It teaches the athlete all the basics, without distracting him with advanced topics he is not ready to learn. I would recommend this book to anyone who wants to start wrestling, and to many people who have already been into wrestling for a while. 0 von 0 Kunden fanden die folgende Rezension hilfreich. Excellent Source for First or Second Year Wrestlers... Von T. Chan This is an excellent book for first or second year wrestlers. It's well-illustrated and descriptive in a simple manner. I'd recommend it highly to anyone whose just starting out, or to a parent of a youth or beginning wrestler.

Kurzbeschreibung At any level of wrestling competition, the basic fundamentals are essential to success in the sport. Wrestling for Beginners gives novice wrestlers those techniques that serve as the foundation for all wrestling instruction--conditioning, maneuvers, holds, takedowns, counters, strategy, and pinning combinations. This readable and effective manual includes hundreds of stop-action photographs emphasizing proper body positions, grips, postures, and movements. There are tips on diet and nutrition, building endurance, increasing flexibility and balance, as well as specific points for mastering each of the seven basic wrestling skills. Special appendixes include a listing of United States Wrestling Federation weight divisions and scoring procedures and a glossary of terms. Tom Jarman, former head wrestling coach at Northwestern University, previously coached at Taylor University for 13 years, where his teams won seven conference championships and posted a 128-22 dual meet record. A two-time AII-American champion, Jarman has coached ten national place winners and one national champion. Reid Hanley is a sports writer and the author of Who's Who in Track and Field. He is winner of the 1978 Illinois Press Association award for sports writers and the 1980 Illinois Wrestling Coaches and Officials Association Newsmen of the Year honor. Kurzbeschreibung At any level of wrestling competition, the basic fundamentals are essential to success in the sport. Wrestling for Beginners gives novice wrestlers those techniques that serve as the foundation for all wrestling instruction--conditioning, maneuvers, holds, takedowns, counters, strategy, and pinning combinations. This readable and effective manual includes hundreds of stop-action photographs emphasizing proper body positions, grips, postures, and movements. There are tips on diet and nutrition, building endurance, increasing flexibility and balance, as well as specific points for mastering each of the seven basic wrestling skills. Special appendixes include a listing of United States Wrestling Federation weight divisions and scoring procedures and a glossary of terms. Tom Jarman, former head wrestling coach at Northwestern University, previously coached at Taylor University for 13 years, where his teams won seven conference championships and posted a 128-22 dual meet record. A two-time AII-American champion, Jarman has coached ten national place winners and one national champion. Reid Hanley is a sports writer and the author of Who's Who in Track and Field. He is winner of the 1978 Illinois Press Association award for sports writers and the 1980 Illinois Wrestling Coaches and Officials Association Newsmen of the Year honor. Synopsis At any level of wrestling competition, the basic fundamentals are essential to success in the sport. "Wrestling for Beginners" gives novice wrestlers those techniques that serve as the foundation for all wrestling instruction - conditioning, maneuvers, holds, takedowns, counters, strategy, and pinning combinations. This readable and effective manual includes hundreds of stop-action photographs emphasizing proper body positions, grips, postures, and movements. There are tips on diet and nutrition, building endurance, increasing flexibility and balance, as well as specific points for mastering each of the seven basic wrestling skills. Special appendixes include a listing of United States Wrestling Federation weight divisions and scoring procedures and a glossary of terms. Tom Jarman, former head wrestling coach at Northwestern University, previously coached at Taylor University for 13 years, where his teams won seven conference championships and posted a 128-22 dual meet record. A two-time AII-American champion, Jarman has coached ten national place winners and one national champion. Reid Hanley is a sports writer and the author of "Who's Who in Track and Field". He is winner of the 1978 Illinois Press Association award for sports writers and the 1980 Illinois Wrestling Coaches and Officials Association Newsmen of the Year honor.