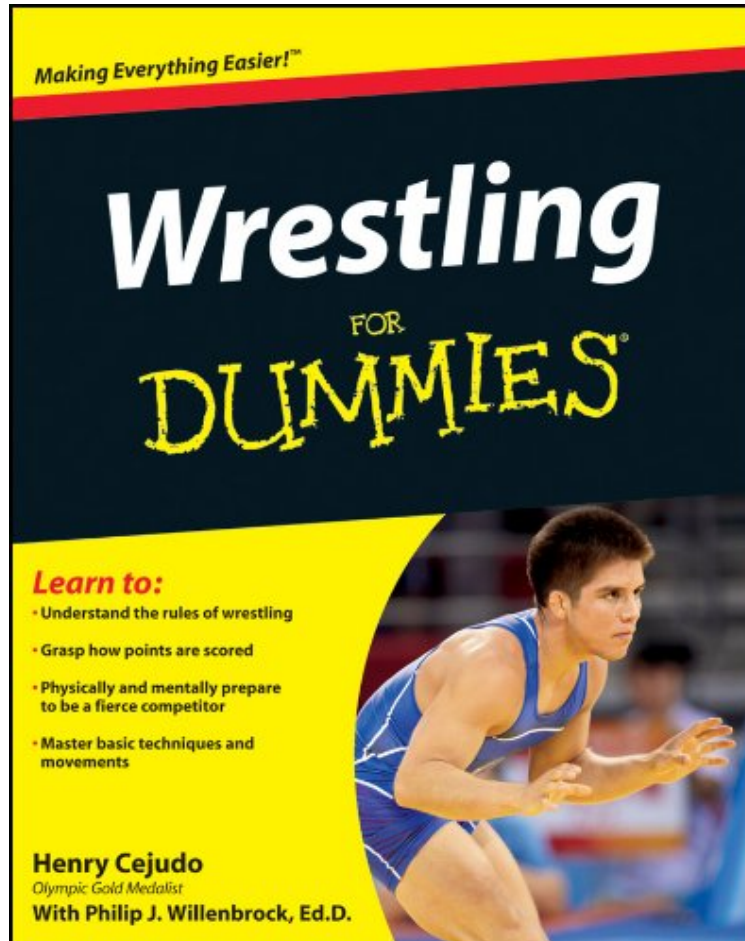


Wrestling For Dummies

Von Henry Cejudo

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Von Henry Cejudo : Wrestling For Dummies before purchasing it in order to gage whether or not it would be worth my time, and all praised Wrestling For Dummies:

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Thorough to the pojnt of boring which is a good thingVon MWNEverything you need to know about the foundations of wrestling. Rules, gear, diet, preparatory training everything. If you want to start wrestling and deed awritten reference: this is woth considering. if you are generally interested in MA and you anrt a source on wrestling, the this is your book. When I say thorough to the point of boring which is a good thing, then i mean that the author is that acurate.

KurzbeschreibungThe 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 pointsmaking 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.

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BuchrckseitePin down the sport of wrestlingIn 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 matOpen 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 practiceLearn 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