Notes to accompany DVD

FUNdamentals of Freestyle Wrestling
(British Wrestling Association White Award)

The Basics
This DVD provides a snapshot of exercises. Wrestlers should be encouraged to continue to develop these same basic exercises at a more advanced level as they progress. The same applies to wrestling techniques. Athletes should be encouraged to further their development along the lines of the awards contained in the FILA Masters Degree.

Acrobatic Exercises
Gymnastic/Acrobat exercises form the basis of a wrestler’s physical training. Their purpose is to develop such qualities as strength, balance, speed, co-ordination and flexibility. Whilst this DVD only deals with a few basic exercises, athletes are encouraged to continue to learn new and advanced gymnastic/acrobatic exercises to progress their development in the areas already referred to. These exercises will compliment their wrestling skills.

• Forward Roll
• Backward Roll
• Backward Roll to straight arms
• Dive Roll
• Dive Roll over partner
• Cartwheel

Strength Exercises
Strength is very important in a wrestler’s make-up as they must have the ability to overcome outer resistance or oppose it at the expense of muscular efforts.

• Squats with leg hold
• Body lock overturns
• Press-ups
• Arm wrestling
• Sit-ups

Exercises to develop speed and co-ordination
Speed in wrestling is the ability to perform actions in the shortest time possible.

• Legs throw back on command
• Legs throw back on the move on command
• Who can step behind opponents back fastest
• Run around opponent
Exercises to develop flexibility
Flexibility is defined by the mobility of joints, elasticity of ligaments, muscles and by the wrestler’s general physical condition.

- Alternate arms linked behind the back
- Arch and bridge from lying position
- Legs wide apart, body to the left, right and forward
- Alternate bringing legs behind the head
- Seated, straight legs outstretched, touching toes

Stance and Grips
Early on, wrestlers should be taught to distinguish between high, medium and low stances.

- High
- Medium
- Low

In the ground position (par terre) the wrestler touches the mat with either 3 or 4 points of contact.

- Ground position (par terre)

Distance is the space between the wrestlers in the bout. It can be close, medium or open

- Close
- Medium
- Open

Ways of gripping with hands/arms in wrestling. Young wrestlers should be taught hand/arm grips that are common in freestyle wrestling

- Hook
- Lock
- Wrist Grip by one hand
- Cross Hand
- Elbow Grip by one hand
- Elbow Grip two hands

Holds in freestyle wrestling
Attacking holds in freestyle wrestling is the action that makes it possible to hold some part of the opponent’s body in order to disrupt their activity and the application of counter techniques.

- Double arm lock
- Head and shoulder hold from above
- Single leg grip with both hands

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Ways to break the balance of opponents

• Forward
• Backward
• To the left
• To the right

Special Exercises
The Bridge should be mastered from the start as it is included in bouts at all stages of the sport.

• Head support on the mat on bent arms, circular moves forward and backward, to the left and to the right
• Head support on the mat without support of arms, circular moves forward and backward, to the left and to the right
• Turns over on the bridge with body lock

Defence against leg attacks
All wrestlers need to learn the defence against leg attacks to perfection. If they don't they have no chance of becoming a good wrestler.

• Kick back legs on command
• Kick back legs on an arm gesture

A few fundamental holds
Standing position
• Duck under
• Single leg to double leg attack

Ground Position
• Double arm hold from side
• Arm bar