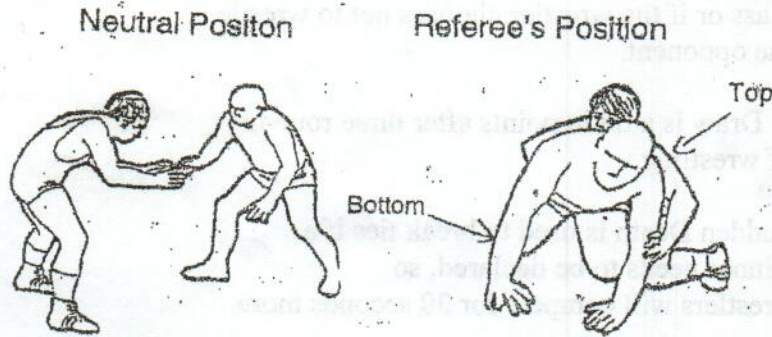


Topic:
Wrestling Study Guide

Name: _____
Class: _____ P.E.
Period: _____
Date: _____

What is a WRESTLING?

Wrestling is an ancient martial art that uses grappling type techniques such as clinch Fighting, throws and takedowns, joint locks, pins and other grappling holds. A wrestling bout is a physical competition between two competitors who attempt to gain and maintain control. All Matches begin with the wrestlers on their feet, facing each other in the NEUTRAL POSITION. The Neutral Position is when one wrestler's foot is on the blue line and the other wrestler's foot is on the red line. In the second period a coin is tossed to determine which wrestler gets choice. The wrestler can choose top or bottom in the REFEREE'S POSITION, or defer the choice to the opponent and gain choice in the third period.



What are the WEIGHT CLASSES?

18 Weight Classes for Junior High:

70 and under	100	135
75	105	145
80	110	155
85	115	165
90	120	175
95	125	176-235

Wrestlers compete in their own weight class. If you are 73 pounds, you would go up in a weight class not down.

What are the 4 qualities of a successful Wrestler?

SPEED, STRENGTH, STAMINA & SMARTS

What is a MATCH?

A match is a competition between two people wrestling each other for 3 one minute rounds.

What is a MEET/Tournament?

A meet is a competition between two teams, while a tournament is between two or more teams.

SUMMARY _____
