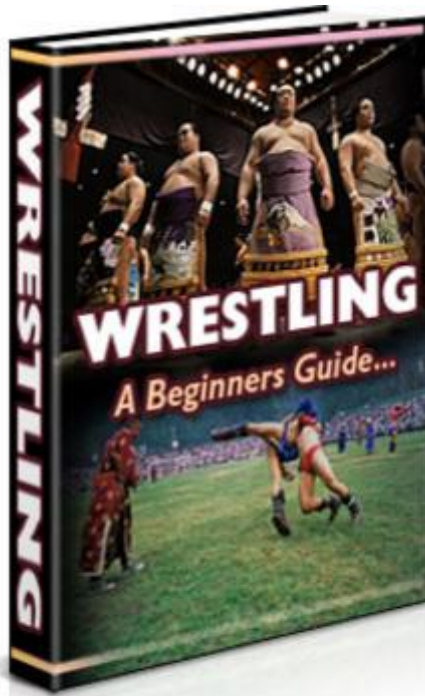


Wrestling - A Beginners Guide



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Have you ever found yourself flipping through the TV channels and run across one of those sites where it looks like a scantily clad fellow with muscles out the wahzoo appears to be tumbling head over heels toward your lap? Or, maybe it wasnt an accident and you are the partner of one of those folks who frequently slap down their credit card for the WWE Pay Per View programming. Maybe you are the lucky parent of a pre-teen or teenager who has just announced that he/she is trying out for the school wrestling team. Whatever your motivation, if you can relate to any of those scenarios wrestling definitely has a place in your life. Now, you can fight it or you can roll with the punches (no pun intended) and learn to sort out the difference between a takedown and an escape. And no, we arent talking about a bank heist! All you need is a little education, and Wrestling - A Beginners Guide is just what the wrestling coach ordered! Its not that difficult to learn about wrestling and is actually pretty simple. Anyone can learn the basics and you can get started right away! Before you know it youll be totally conversant in the lingo and ready to exchange intelligent conversation with the other parents at your son (or daughters) next school match. Wrestling - A Beginners Guide may not prepare your child for Olympic competition but it will certainly

make it easier to understand whats going on down on the mat in the school gymnasium. For instance, did you know that wrestling is the oldest known sport in recorded history? We know from ancient cave drawings that wrestling pre-dates ancient Grecian games. Some of those drawings show actual moves that are still used today! Heres a sample of whats inside the digital pages of Wrestling - A Beginners Guide: The History of Wrestling Defining Different Wrestling Styles Exploring High School Wrestling College Wrestling Amateur Wrestling Professional Wrestling Olympic Wrestling Wrestling Gear, Shoes and Equipment Wrestling Basics - Stance, Penetration, Lifting, etc. Takedowns Escapes & Reversals Breakdowns, Rides and Pinning Combos Escapes Reversals Freestyle Turns For those folks who do not have a clue about the difference between amateur and professional wrestling and really have a need to know, Wrestling - A Beginners Guide is the perfect learning tool. The discussion of safety can certainly set a parents mind at ease as they learn the precautions taken by school coaches to insure you child participates in a healthy competitive environment. And for those who would just like to be conversant in the sport so they can support their partners hobby, Wrestling - A Beginners Guide will serve up a platter chock full of information that will amaze and bedazzle. Dont wait another minute. Grab your copy of Wrestling - A Beginners Guide and prepare yourself for the next match on TV or at your local school gymnasium.

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