

# Ffgfan109 Wrestle Lesson 101

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Sybil Teaches Wrestling 101 A body builder who has never really wrestled before has asked Sybil for

some basics, and in this video she presents them. If you have a woman in your life who is getting started in wrestling, or is thinking about it, these are some great basic pointers on staying in control on the mat!!!  
Let women teach women how!!!

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