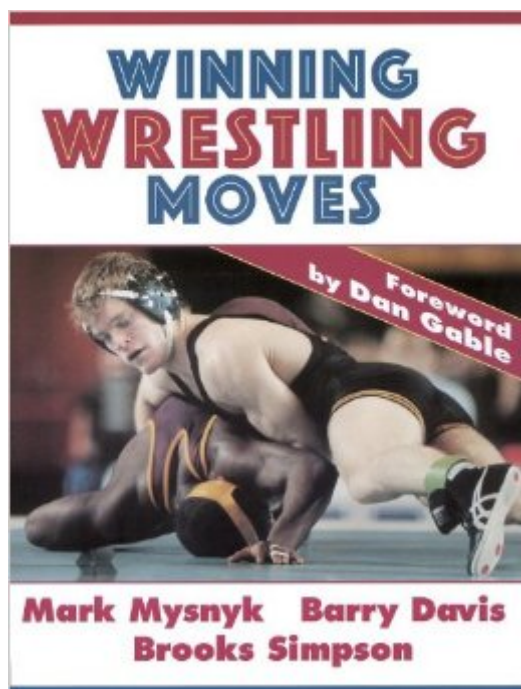


The book was found

# Winning Wrestling Moves



## Synopsis

With more than 700 detailed photographs illustrating moves and countermoves, this book shows how to handle any opponent in virtually any situation. *Winning Wrestling Moves* provides high school and college wrestlers and their coaches with all the fundamentals and latest refinements in wrestling techniques. Never before have so many wrestling moves been described and illustrated in one volume. Three former All-Americans from the University of Iowa—Mark Mysnyk, Barry Davis, and Brooks Simpson—team up to share the techniques that made them champions: Proper stance, movement, penetration, and lifting technique— Breakdowns, rides, and pins— 200 takedowns featuring variations based on the opponent's reaction— Escapes and reversals— Valuable counter techniques— Freestyle turns for freestyle and scholastic wrestling *Winning Wrestling Moves* is a generously illustrated guide that shows wrestlers at the high school and college levels how to come out on top in every match.

## Book Information

Paperback: 208 pages

Publisher: Human Kinetics; 1st Edition edition (March 30, 1994)

Language: English

ISBN-10: 0873224825

ISBN-13: 978-0873224826

Product Dimensions: 8.6 x 0.6 x 11 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars— See all reviews— (60 customer reviews)

Best Sellers Rank: #49,586 in Books (See Top 100 in Books) #19 in Books > Sports & Outdoors > Individual Sports > Wrestling

## Customer Reviews

This is the most comprehensive book on wrestling technique I've been able to find. The chapters are as such: Basic Skills; Takedowns (106 pages worth!); Escapes and Reversals; Breakdowns, Rides, and Pinning Combinations; Freestyle Turns. The emphasis seems to be on takedowns, but the other sections are good too. The only chapter that really came up short was the one on basic skills, but "Wrestling for Beginners" by Jarman and Hanley can be used to make up for that. While the pictures are in black and white, they are as clear as can be expected, and the wrestlers are always wearing different colored singlets so the reader can distinguish them. The sequences are relatively easy to follow, and the moves' counters are shown back-to-back with the countered

technique. Speaking as a submission wrestler, this book definitely improved my game, and I think any martial artist with a realistic training program will find it helpful. I'd also recommend that any high-school wrestler who wants to expand his arsenal buy this book; your coach, no matter how good he is, doesn't have time to show you everything. The only real complaint I have is that some techniques are referred to before they're shown, which was a little confusing. However, the index and table of contents can solve most of those hang-ups.

This is an excellent tool for wrestlers and coaches. The focus is to teach wrestling moves that will fine tune or add to your current wrestling skill level. It is an excellent book for both beginner and experienced wrestlers. It is probably the best book for pure skill improvement in the market. That may not be saying much, as there are not a flood of wrestling skill books out there. In future editions the writers could add pictures from other angles with corresponding descriptions. As it is, you can "get there from here" with this book and some patience. This book does not spend time covering motivation or historical topics which for many should be considered a plus. I would recommend supplementing this book with video tapes, like the Ken Chertow series or other olympic/college champion video tapes covering wrestling skills.

I found this book to be great for breaking down moves so that I could drill with my son at home..please read my up coming article about just how I used this great book in "The Single Mom and the Wrestler" Certainly a must for Mom's or DAD's who are rookies in the stands!!

The only wrestling book so far that actually documents techniques. Other wrestling books don't go this far into detail when talking about techniques and moves. Choose this book if you can't decide which wrestling book to buy.

I purchased this book in tandem with Greco-Roman Wrestling by William A. Martell, and I can't decide which I like better. They are both good. Winning Wrestling Moves is well written, thorough, and easy to understand. As a mere spectator/admirer of the sport of wrestling, I am pleased with the photos and detail in this book, which help me to understand exactly what I am watching. Though "Winning" is stressed in this book, the flavor/tone of the author's words also emphasize the love for the sport, competing against one's self to achieve success, and sportsmanship, which is admirable and impressive, since there must naturally be a winner and a loser - both of which are honorable. Also impressive is the fact that this book does not seem to be about shortcuts, just hard work and

great technique. This book has wonderful descriptions with good flow, and though it is technical, it was easy for a non-wrestler to understand. I recommend it for everyone interested in this great sport, not just athletes and coaches. J.H. Sweet, author of *The Fairy Chronicles*, and wrestling fan

This book is a great find if you need to learn wrestling moves. It has beginner stuff all the way to advanced. Some moves are hard to figure out but overall it is a good find and will help ANY WRESTLER

I've bought this book, this book is very descriptive every movement, every drill you need is here, with thousand of photographs I was a very limited wrestler, but now with this book I've improved, even people limited or not technically will found new useful stuff, incredible movements, but don't expect miracles, as one of the hardest sports, this implies practice, practice and practice. If you need some help this book is definitely the "coach" you needed. I recommend this book, is as far as I've seen one of the best books I've ever seen, in wrestling of course. If you are like me, limited technically, this book will get you the result, but as I said before, DO NOT EXPECT MIRACLES.

I have been wrestling in high school for 2 years now and this book has helped to introduce me to a lot more moves. I now have a much bigger portfolio of moves and I know how to defend against almost anything in part because of reading this book.

[Download to continue reading...](#)

Winning Wrestling Moves 100 Worst Wrestling Moments Of 2015: How Pro Wrestling Lost 25% Of Its Audience In 12 Months Tournament Poker: 101 Winning Moves: Expert Plays For No-Limit Tournaments Blackjack Strategy: Winning at Blackjack: Tips and Strategies for Winning and Dominating at the Casino (Blackjack, Counting Cards, Blackjack Winning, Good at Blackjack, Black Jack, Card Counting) Shift: Three Big Moves for the 21st Century Church My World of Chess: Adventures in Collecting Chess Sets with a Discussion of the Origin and Moves of the Game Paleo Ketogenic Vegan Smart Moves: Avoid Dieting Mistakes (Paleo Ketogenic Vegan Diet, Paleo Ketogenic Vegan for Beginners, Diabetes Diet, Anti-inflammatory ... - Diet and Nutrition - PALEO Book 7) The New Rules of Lifting: Six Basic Moves for Maximum Muscle Improve Your Chess Pattern Recognition: Key Moves and Motifs in the Middlegame Train Your Chess Pattern Recognition: More Key Moves & Motives in the Middlegame Ultimate Guide to Poker Tells: Devastate Opponents by Reading Body Language, Table Talk, Chip Moves, and Much More Shape February 2011 Marisa Miller on Cover, Sexting, Flat Abs Tight Tush Killer Legs, Love Your Body &

Yourself, Drug-Free Headache Cure, 10 Minute Tone-Up - 3 Total Body Moves "They Say / I Say":  
The Moves That Matter in Academic Writing, with Readings (Third Edition) "They Say / I Say": The  
Moves that Matter in Persuasive Writing Capital Moves: RCA's Seventy-Year Quest for Cheap  
Labor (with a New Epilogue) Cold Blooded Assassin Book 2: Killer Moves (Nick McCarty Assassin  
Series) Zoom: How Everything Moves: From Atoms and Galaxies to Blizzards and Bees Theory of  
Moves Baton Twirling Master:: Baton Twirler - Step by Step Moves & Instructions Blackjack  
Strategy: Winning at Blackjack: Tips and Strategies for winning and dominating at the casino

[Dmca](#)