

Wrestling For Dummies

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Wrestling is a complicated and difficult sport. If you don't know the rules, you might have a hard time trying to figure out what is happening. To help those who have trouble understanding what's going on, Sophomores Daniel Gonzalez and Pierce Reisinger show what the moves look like.



ESCAPE: 1 POINT

What is it?

"An escape is when you are on bottom, then go to neutral, and that's when you are both standing up." - Sophomore Hunter Gray White

How do you do it?

"I'm in bottom position and I get up to my feet, but his arms are tight around me. I get his hands away and I'm facing him again." - Sophomore Daniel Gonzalez.

**NEAR FALL
OR
BACK POINTS
: 2 or 3 POINTS**

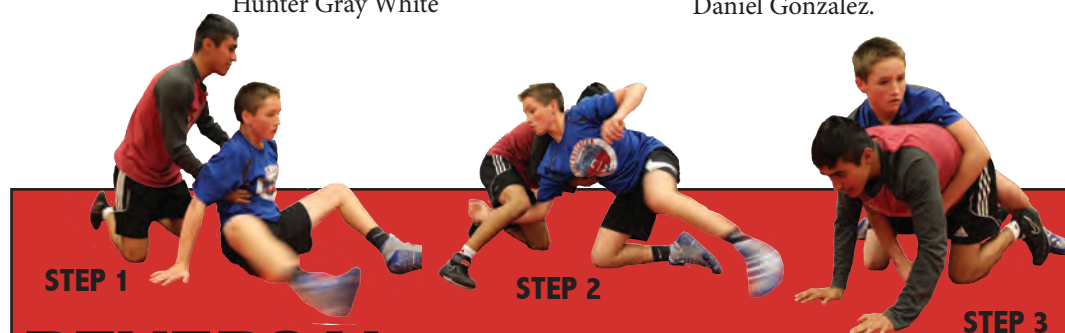


What is it?

"It is when you hold your opponent to their back for a 2 or 3 count." - Head coach Michael Luhring.
"It is when you keep their back at a 45 degree angle off the mat for 5 seconds." - Junior Elijah Robbins.

How do you do it?

"The guy gets me on the ground, on the mat, but he doesn't have my shoulder blades to the ground, that's backpoints." - Sophomore Daniel Gonzalez.



REVERSAL : 2 POINTS

What is it?

"It is called a reversal when you are on bottom and you get from bottom to top. It is worth 2 points." - Head Coach Michael Luhring.

How do you do it?

"A reversal is where you are able to get from bottom position to top position by doing a sit out and getting out from underneath them." - Junior Elijah Robbins.

TAKEDOWN: 2 POINTS



What is it?

"You are taking control of the wrestler so that he can go down and you get 2 points for a takedown." - Junior Elijah Robbins.



How do you do it?

"A takedown is like a tackle, when you take your opponent down on their back, it's 2 points when you take him down." - Sophomore Daniel Gonzalez.



PIN : WINS THE MATCH

What is it?

"A pin is when you have the opponents back on the mat, their shoulder blades on the mat and they can't get up. That ends the game, its a couple of seconds and ref blows the whistle and again the match is over." - Sophomore Daniel Gonzalez

How do you do it?

"You need to have your arm around their head, and when you have that you need to have their face in your armpit, and have it tight, so they can't scape." - Sophomore Daniel Gonzales