



Coaching Character in Wrestling

Developing Mental Calmness and Overcoming Difficult Situations

By Doug Reese

Life is a series of bouts increasing in intensity that continually test one's mental and physical toughness to endure. What better place to learn about life than in the wrestling room!

To be successful in life it takes mental calmness, especially in the midst of uncertainty and turmoil. When life throws it all at you, you have to be able to assess the situation and then make the proper decision. You can't make the right decision when stress, anxiety, and fear are in control. Only with mental calmness can you grasp victory with your back to the wall.

Wrestling is all about making good decisions while persevering during tough times.

In the 1912 Stockholm Olympics the longest wrestling match in Olympic history was wrestled in the semifinals between Martin Klein of Estonia and Alfred Asikainen of Finland. The two men struggled, pummeled, and pushed for position for hours. Finally after 11 hours, Klein pinned Asikainen.

In the 1932 Olympic Games in Los Angeles, Swedish wrestler Ivar Johansson put on a stunning performance. Entered in both