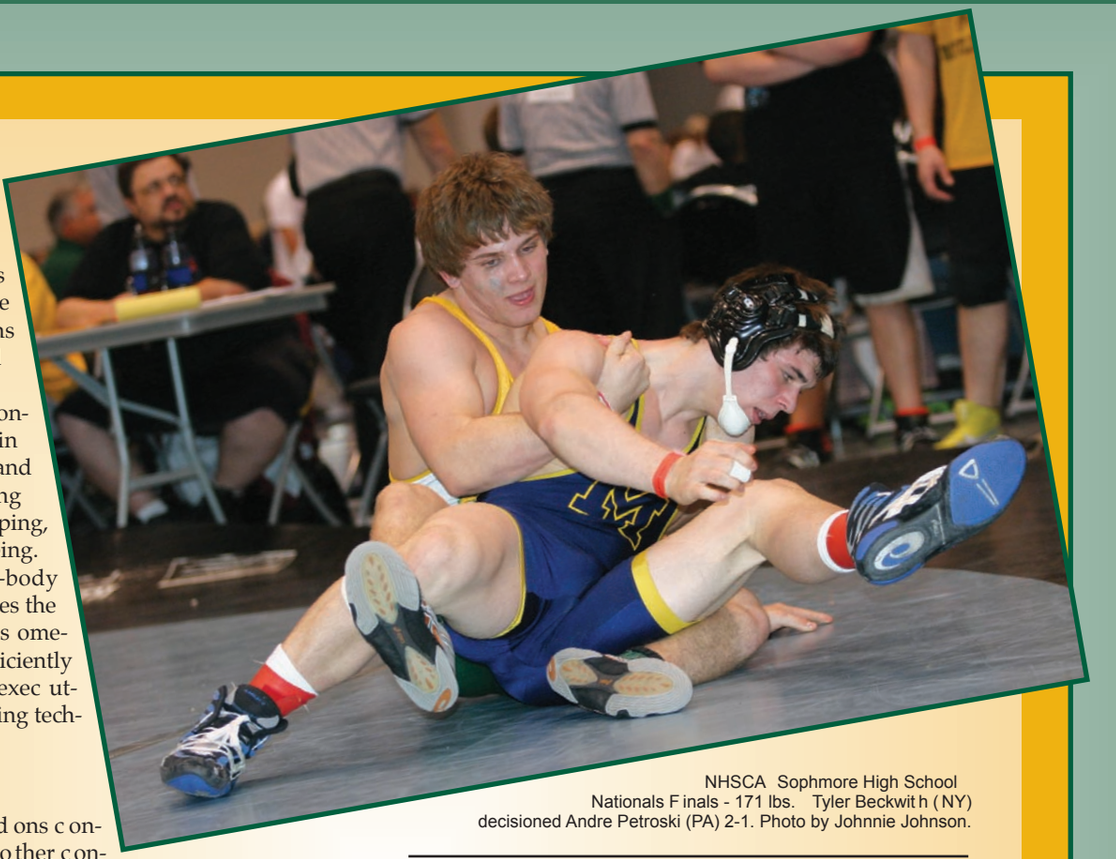
body when mastered.

Calisthenics mastery will improve wrestlers ability to graduate to in-creased forms of resistance and explosive training like strength and conditioning training in the weight room and plyometrics training via bounding, hopping, skipping and jumping.

Mastery of self-body movement increases the chance to control someone else's body efficiently and effectively by executing specific wrest-ling techniques.



NHSCA Sophmore High School Nationals Finals - 171 lbs. Tyler Beckwith (NY) decisioned Andre Petroski (PA) 2-1. Photo by Johnnie Johnson.

Stretching

Muscles and tendons connect to bones and other connective tissue (cartilage, ligaments) and must be supple vs. rigid in order to prevent unwanted wrestling injuries.

Because wrestling is a combat sport, the body will endure varying positions due to force applied by another wrestler and opponent.

Stretching combined with calisthenics and other forms of strength training will keep the body limber, supple, and conditioned for many more degrees of forced flexibility or range of motion.

There are many forms of stretching and a lot of stretching movement patterns can mimic wrestling specific movements which will condition the mind and body for these positions when applied rapidly or all of a sudden. Ultimately, stretching productively enhances wrestlers' muscle & tendon range of motion and this greatly reduces the chance of injury

Warm up & Cool down

These 2 variations of getting the body ready will prolong wrestlers' careers by allowing the body the proper amount of time to wrestle and recover before or just after wrestling.

Warm ups, combined with most of the above, ready the mind and body by increasing the heart rate, getting the muscles loose, warm, and energized to engage in fast movements full of tension per specific muscle groups. Warm ups can also train the body to focus on wrestling specific movements that warm the core temperature of the body, again, which increases readiness to wrestle and prevents injury.

Cool downs can also be used to allow the body proper recovery time and to get ready for the next bout of wrestling. This preparation, in essence, slows down the heart rate and cools the muscles (and mind) which readies the body for more wrestling while dispersing blood and oxygen through the body effectively and efficiently; this prevents pooling of blood in the muscles (or one area of the body) and lactic acid build up that will slow down movements and explosiveness.

Summary

Today, physical education appears to be a class or subject that many school districts either have cut or simply are unable to budget in the school curriculum. As a consequence of the last two options, wrestling coaches & athletes have to teach and learn the aforementioned ideas in wrestling practices prior to mastering sport specific skills of wrestling or wrestling technique.

The above ideas increase the concentration and athletic ability of wrestlers (also confidence, esteem, character) while building a definite fundamental base for wrestling success.