

7 Cardinal Sins

Read the blog- [7 Cardinal Sins of a Wrestler's Mindset](#)

You have heard it said: Don't reach back, don't step over a whizzer, and don't granby roll when your opponent has half nelson.

Here are the 7 Cardinal Sins of Mindset in Wrestling:

1. Indifference/Apathy- there is no room for half-hearted intensity in this sport.
2. Stubbornness- uncoachable wrestlers become unsuccessful wrestlers
3. Pride- if you think you have all the answers you better start asking better questions. Keep a white belt mentality!

Read all of them- [7 Cardinal Sins of a Wrestler's Mindset](#)

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