



Wrestling Merit

1. Read a book on the rules of wrestling.

Title of book: _____

2. Read a book on the history of wrestling. Write a brief description of the sport of wrestling (75–100 words).

Title of book: _____

Author: _____

Write your description on a separate piece of paper and insert it in your workbook.

3. Draw diagrams of the wrestling areas for

a. Freestyle and Greco-Roman (Olympic)

b. Collegiate style wrestling

Include the diagrams in your workbook.

4. Describe, in writing, the difference between the following types of wrestling:

Write your answer on a separate piece of paper and insert it in your workbook.

a. Freestyle

b. Greco-Roman

c. Collegiate

5. Describe, in writing, the fundamental wrestling stance (square) and the defensive and offensive starting positions. Demonstrate the stance and positions.

Square stance: _____

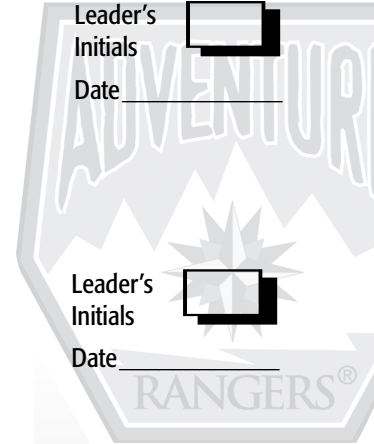
Starting position, defensive wrestler: _____

Leader's Initials
Date _____

Leader's Initials
Date _____

Leader's Initials
Date _____

Leader's Initials
Date _____



Starting position, offensive wrestler: _____

Leader's Initials
Date _____

Leader's Initials
Date _____

Leader's Initials
Date _____

Leader's Initials
Date _____

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Date _____

6. Describe, in writing, how matches are scored and how points are awarded.

7. List at least eight illegal holds.

8. Earn a letter or certificate of participation for wrestling (junior high, high school, city, or an organized club), as a wrestler, manager, or referee.

9. Write a 300-word essay on how participation on a wrestling team has benefited your life.

Write your essay on a separate piece of paper and insert it in your workbook.

10. Interview a wrestling coach (preferably Christian) regarding the following items. Include the notes of your interview.

- a. A winning attitude
- b. Building character
- c. Setting a good example and being a good role model
- d. Physical fitness
- e. Preparation for the future

Leader's Initials
Date _____

