



## Greco-Roman Wrestling

*William Martell*

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Get the edge on the competition with *Greco-Roman Wrestling*! Author Bill Martell, a team leader and assistant coach of the 1992 Olympic Greco-Roman wrestling team, presents championship techniques that will help Greco-Roman wrestlers increase their expertise and help traditional folkstyle and freestyle wrestlers become more power-intensive, controlled, and competitive.

Coaches and wrestlers will find the techniques presented in *Greco-Roman Wrestling* an excellent way to expand their knowledge of the sport and develop their wrestling skills--no matter what wrestling style they apply them to. The book features more than 500 photos of Greco-Roman fundamentals and Olympic-level scoring moves. Plus, Bill Martell explains how Greco-Roman can be used to refine other styles of wrestling and which Greco-Roman moves best complement aggressive folkstyle and freestyle techniques.

Coaches and wrestlers at the high school, college, and club levels will find information on

- how to perform basic body, arm, and head and arm attacks;
- how to regain control of a match with effective counterattack moves; and
- how to combine the techniques into powerful scoring opportunities on the mat.

The book also features a training program with more than 25 weight training and flexibility exercises for conditioning and strength. Sample workout calendars are provided for 7-day intervals (excellent for progressive training and periods before competition) and 9-day, 5-month, and 1-year periods. These sample workout calendars help coaches and wrestlers put the exercises together into a program designed to maximize athletes' competitive potential. A 4-year sample calendar used in Olympic training is also included.

Coaches and wrestlers at the high school, college, and club levels will find this book to be an excellent reference that will help wrestlers of any style refine, strengthen, and broaden their wrestling skills.

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