

Rules & Tactics for Greco-Roman Wrestling

With National Coaches Momir Petkovic & Ike Anderson

\$24.95-No Shipping & Handling Fees!

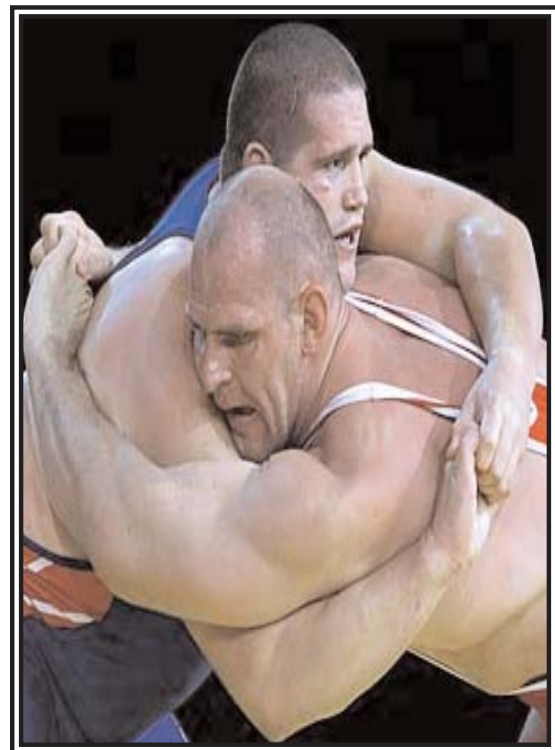
Momir Petkovic, Olympic Gold Medalist and National Resident Coach, along with Ike Anderson, Olympian and National Developmental Coach for USA Wrestling, offer coaches and wrestlers a view of the tactics and strategies that are successful under the new rules.

Fila, the International Governing Body, has undertaken a dramatic shift in the rules of Greco-Roman wrestling. Coaches will find this DVD, which includes a fifteen minute Rules Primer along with forty-five minutes of detailed strategies and tactics, a necessity for any program looking to succeed in Greco-Roman wrestling.

Key points covered in the DVD include:

- *Proper starting for the new **Par-Terre Reverse Lock**
- *Proper strategy for the **Edge Control** point.
- *Proper **Countering** to a hard-driving opponent
- *Proper and safe finishing of the **Reverse Lift**
- *Proper technique for **Multiple Turns and Transition Turns**

This DVD is a must have for the dedicated coaches and wrestlers who know success in the high school season is guaranteed with dedication on the international mats of Freestyle Wrestling! Learn the new rules and strategies while you get fired up for the international season, where America's up and coming wrestlers make their mark on the sport.



The \$24.95 price with no shipping and handling fees is available only until June 1st, 2006!

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