

Why Wrestle Greco?

by Steve Fraser

The way I see it is wrestling is wrestling! Upper body or lower body. To be the best wrestler you need to be good at all wrestling attacks and counters. Wrestling Greco Roman helped me tremendously in many areas of my wrestling. It allowed me to develop skills that I used in Freestyle and folkstyle.

Learning how to pummel was probably one of the biggest benefits I learned from wrestling Greco. Pummeling enables you to set your opponent up for upper or lower body attacks. Pummeling enables you to get your opponent tired. Pummeling enables you to destroy your opponents offensive attack. Pummeling enables you to control your opponent. Pummeling enables you to burn seconds off the clock while still looking aggressive. Pummeling enables you to break your opponents mental and physical conditioning. Pummeling enables you to get in great position and keep your opponent in poor position. Pummeling enables you to set the pace of the match. It allows you to get momentum going in your favor or stop his momentum. All in all Pummeling is the actual wrestling of wrestling! It is the fight of wrestling!

I use pummeling to get my National Team in great wrestling shape. Pummel matches are a great exercise for wrestling conditioning.

The year I won the Olympic Gold Medal in Greco (1984) was the same year I won the US National Freestyle Championship. Like I stated earlier... wrestling is wrestling. Learn techniques, tactics and strategies in both upper and lower body attacks and you will be unstoppable!

"Expect to Win with Relentless Intensity"