

Ten Tenets of Wrestling

I VISION
Have Fun, create a Love for the Sport, and develop solid Fundamentals.

II CHAMPIONS
Impose your will on your opponents at your discretion. Finish stronger than you started.

III STANCE AND MOTION
Determines everything that will happen on the mat. Never come out of your stance or stop moving.

IV PHYSICAL
Be Physical, but always Slick. Constant pressure and mental toughness.

V RELENTLESS NEUTRALITY
Stay on your feet, in your opponent's face, and never come home with bullets still in your gun.

VI KNEE SLIDE
Get back to your feet within 15 seconds!

VII HEAD
Use your head. Keep your head between your opponent and your hips.

VIII ALIGNMENT
Keep your hips always under your head; Drive across, not behind opponent's hips.

IX NEWTON'S THIRD LAW
For every action, there is a reaction, equal in force but opposite in direction.

X FUNDAMENTALS
Singles, not Home-runs. Champions only need 3 moves that they drill daily to perfection (All Setups, Counters, and Finishes).