

# FOLK STYLE WRESTLING

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REGISTRATION IS NOW OPEN

## **What is folk-style wrestling?**

- Folkstyle wrestling, also known as collegiate or scholastic wrestling, originated in the United States and is primarily practiced in high schools and colleges. It is a form of amateur wrestling emphasizing control and technique over brute strength.
- Folk style wrestling places a strong emphasis on strategy and technique, promoting disciplined training and mental toughness. Wrestlers learn a variety of holds, throws, and takedowns, as well as defensive moves to prevent their opponent from scoring points. Weight classes are used to ensure fairness, and wrestlers compete against opponents of similar size and weight.
- The sport requires a combination of strength, agility, endurance, and quick reflexes. Wrestlers must train diligently to improve their conditioning, flexibility, and overall athletic ability. Additionally, mental discipline and the ability to stay focused and calm under pressure are crucial for success in folk-style wrestling.
- Folk style wrestling has a rich history in the United States and is widely practiced in schools across the country. It provides a platform for young athletes to develop valuable life skills such as discipline, perseverance, and sportsmanship while competing in a physically demanding and highly competitive environment.

## **What is the objective?**

- In folk-style wrestling, the objective is to pin your opponent's shoulders to the mat and hold them there for a predetermined amount of time, typically two seconds. Points can also be scored for takedowns, escapes, reversals, and near falls, which are when a wrestler almost pins their opponent.

## **Could you tell me what the matches are?**

- Matches are divided into three periods, each lasting two minutes at the high school level and three minutes at the college level. If a wrestler is winning by at least 15 points, the match ends early due to a technical superiority. If the match ends in a tie, overtime periods may be used to determine a winner.

## **Information**

- Class Schedule (every Saturday) 2:30 – 3:30 pm unless there is a martial events or holidays
  - Fees are \$95 per month ala carte (non-karate students)
- For current karate students it's free if you join XPT. The XPT rate is \$195 payable monthly.

## **Equipment**

- Wrestling shoes
- Wrestling headgear
  - Knee pads
- Athletic attire

## **Coach**

- BKJN Lamar is the coach/instructor trained under legendary coaches inducted into the Hall of Fame from James Logan High School. BKJN Lamar was in a state-caliber wrestling program under Coaches Bagaoisan, Rosenthal, and Pugh during high school. BKJN Lamar is testing for his 5th-degree black belt in June 2024.