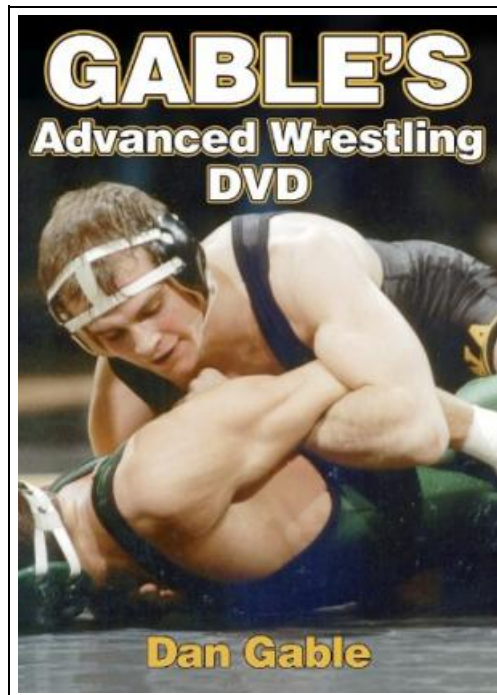


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GABLE S ADVANCED WRESTLING



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Human Kinetics Publishers, United States, 2003. Digital. Condition: New. Language: English . Brand New Book. If you ve got the basic moves down but want to take your wrestling to the next level, then your best move is to learn from the master himself--coaching and wrestling legend Dan Gable. On Gable s Advanced Wrestling DVD he shows how to master even the most challenging wrestling techniques--the ones that make good wrestlers great, and great wrestlers champions. Gable s credentials speak for themselves. He is an unscored-on Olympic gold medalist and two-time NCAA champion; winner of 15 NCAA titles as coach at the University of Iowa (a mark unequaled in wrestling history); and coach of 152 All-Americans, 45 NCAA champions, and 3 Olympic teams. Now you get the chance to learn from the master coach himself. The Zadick brothers, Bill (a former NCAA champion) and Mike (a three-time All-American), demonstrate the techniques and tactics that will provide you the perfect blueprint for every maneuver. The On Your Feet program covers techniques from a standing position, including the stance and ties used in setups, headlocks and bodylocks, double-hand drills, breaking ties on defense, single-and double-leg attacks, tosses, and special moves. On the Mat teaches techniques from the top and bottom position, including arm bars, near wrists, arm and leg turks, sit-backs and sit-outs, rolls and granbys, hip heists, counters and pins, switches and stand-ups, standing rolls, and clearing legs and ankles. Throughout this action-packed DVD, Gable guides viewers through each technique demonstration, then shows how small adjustments of those techniques can give wrestlers the winning edge. The result is easy-to-access, precise, top-notch demonstrations and detailed instructions on attacking, countering, and adjusting to dominate a match--all presented in the straight-shooting and motivating Gable style. Previously released as a two-tape video series, this DVD...



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