

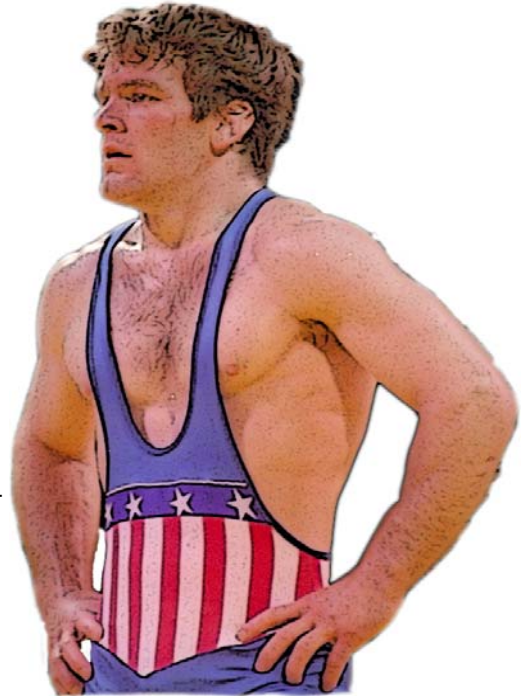
**Rules & Tactics for Freestyle Wrestling
With National Resident Coach Terry Brands
\$24.95-No Shipping & Handling Fees!**

Terry Brands has reached the highest levels of achievement as a wrestler earning two World Titles, an Olympic Bronze Medal and numerous U.S. Nationals Titles. Now as USA Wrestling's National Freestyle Resident Coach, Terry Brands wants to transform American wrestling and propel American athletes to even greater levels of achievement. To the core, Terry Brands is a patriot and as the freestyle coach that is the key link from the move from the developmental to the elite ranks, Coach Brands wants to give wrestlers and coaches in the United States the best tools to succeed in Freestyle wrestling.

With rules being altered by FILA, the tactics and strategies for success in the most popular international style in the United States have changed. Coach Brands, utilizing elite athletes Angel Cejudo and Kyle James of the Resident Program discusses the skills, tactics, techniques, and strategies necessary to succeed this year in Freestyle wrestling. Also, included in the DVD is a section focusing on the new leg clinch taught to you by National Freestyle Coach Kevin Jackson and National Champions Muhammad Lawal and Joe Williams.

Included in the video is a detailed ten-minute rules primer that will get wrestlers and coaches quickly up to speed on the new rules and changes on the international scene. Coach Brands then takes wrestlers and coaches into an intense look at the philosophies that made Terry Brands a force in the world of wrestling. The more than ninety minutes of tactics and strategies includes numerous drills that can be easily incorporated into folkstyle as well as collegiate practices. The video uses match specific live action footage to emphasize key points.

This DVD is a must have for the dedicated coaches and wrestlers that 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 till May 1st!
(Please Print Clearly. Only Visa or MasterCard can be accepted.)

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