



Top 5 Reasons Why Kids Should Wrestle

1. **Wrestling Teaches Grit.** In her TED Talk, Psychologist Angela Lee Duckworth defined Grit as "Passion and Perseverance for very long-term goals." She also talks about working really hard, over time, to turn a goal into a reality. Beyond shaking hands and acknowledging that one wrestler beat another, at the end of a match, the winner gets their hand raised. This may not sit well for the child who is accustomed to getting something just for showing up. The immediate gratification from that culture may be distancing them from ventures which have a bigger payoff. Setting both short and long term goals in wrestling can be a very rewarding process.
2. **Wrestling is a Martial Art.** You read correctly. Contrary to what some believe to be a martial art, wrestling does fall into this category. Wikipedia defines The Martial Arts as "... *codified systems and traditions of combat practices, which are practiced for a variety of reasons: self-defense, competition, physical health and fitness, as well as mental, physical, and spiritual development.*" Folkstyle (also called "Collegiate", "Scholastic", or "Schoolboy" Wrestling) is what I refer to as "The American Martial Art". It teaches many important skills needed to cross over into different styles. Need more evidence? Just look at the backgrounds of the most successful Mixed Martial Artists. You will typically find that wrestling was one of their first contact sports.
3. **Wrestling is the Original Crossfit.** Ask an athlete who has participated in different sports which workouts they found the most challenging. I am sure that wrestling will be among those at the top of the list. During a typical week in a wrestling room, you can expect to do thousands of repetitions of basic multi-function exercises on top of the wrestling itself.
4. **Wrestling connects the world.** Freestyle and Greco Roman Wrestling are practiced in many different countries. But there are also many different styles unique to individual communities. Having a wrestling background will allow for a greater appreciation of these styles, and the cultures that surround them. Among these styles is Canarian Wrestling, practiced in the Canary Islands, and Oil Wrestling (or Grease Wrestling), which originated in Turkey.

5. **Wrestling is a great release.** To provide balance to a busy lifestyle full of academic, social, and emotional ups and downs, wrestling is a great way to exert oneself and leave the stresses of life aside. Pulling, pushing, lifting, and rolling with an opponent offers a much different experience than watching television or playing video games. I recall many happy days growing up. Once school ended, I always looked forward to getting into the wrestling room!