



# Wrestling For Dummies

*Henry Cejudo*

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**Wrestling For Dummies** Henry Cejudo

**The fast and easy way to pin down the sport of wrestling**

Wrestling is a fast-paced sport with many technicalities, rules, and ways to score points—making it difficult for spectators to follow the score and understand whistles and restarts. In *Wrestling For Dummies*, author and 2008 Olympic Gold medalist Henry Cejudo explains the scoring system and unique rules of wrestling to new competitors, confused parents, and fans of this ancient and captivating sport.

*Wrestling For Dummies* also explains the rich history of the sport and covers the six styles of competitive wrestling and their distinction from the modern entertainment-based "pro wrestling."

- Covers Greco-Roman and freestyle wrestling
- Plain-English explanations of wrestling rules
- Details the history of wrestling

Whether you're just getting started as a wrestler or enjoy it as a spectator sport, *Wrestling For Dummies* makes this sport accessible and easy to understand.

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