



# 2024 TAUNTON WRESTLING

FREE MIDDLE SCHOOL CLINICS  
@ ALL TAUNTON MS  
**FOR BOYS AND GIRLS**

**@PARKER  
THURSDAYS**

**2:30PM-4:00PM  
OCTOBER 3, 10, 17, 24  
NO HALLOWEEN PRAC  
NOVEMBER 7, 14**

**@MARTIN  
THURSDAYS**

**2:30PM-4:00PM  
OCTOBER 3, 10, 17, 24  
NO HALLOWEEN PRAC  
NOVEMBER 7, 14**

**@FRIEDMAN  
THURSDAYS**

**2:30PM-4:00PM  
OCTOBER 3, 10, 17, 24  
NO HALLOWEEN PRAC  
NOVEMBER 7, 14**

THE FIGHTING TIGERS WRESTLING CLUB WILL BE HOSTING FREE CLINICS FOR YOUNG MEN AND WOMEN TO LEARN ABOUT FOLK STYLE WRESTLING. ALL SKILL LEVELS ARE WELCOME. CURRENT COACHES AND PLAYERS WILL STAFF THE CLINICS ALL ATHLETES WILL LEARN THE FOLLOWING:

## FUNDAMENTALS OF WRESTLING

A PROPER STANCE  
TAKING A PROPER WRESTLING SHOT  
LEARNING TOP AND BOTTOM REFEREE POSITION

## FUNDAMENTAL NEUTRAL WRESTLING MOVES

DOUBLE LEGS  
SINGLE LEGS  
DUCK-UNDER  
VARIOUS THROWS

## FUNDAMENTAL TOP AND BOTTOM MOVES

A STAND UP  
A SIT OUT  
A HALF  
BREAKDOWNS

## **WHAT TO BRING:**

- T-SHIRT
- SHORTS
- WRESTLING SHOES OR SOCKS
- GREAT ATTITUDES

**More Information:**

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