

Waconia Wrestling Club Freestyle & Greco

FREESTYLE/GRECO FAQs:

WHAT ARE FREESTYLE AND GRECO ROMAN WRESTLING AND WHAT ARE THE DIFFERENCES TO FOLKSTYLE WRESTLING?

Freestyle and Greco are the styles of wrestling used across the World and especially the same styles wrestled in the Olympics. Folkstyle wrestling is exclusive to America only and features a slightly different set of rules used in America across the youth, high school and college. The Freestyle and Greco season in the U.S. usually starts right after the Folkstyle season in March/April. In Minnesota, the regular season will be pretty short – spanning 5-6 weeks going from early April until mid-May. If kids qualify for national tournaments or national dual teams, the season will extend into June/July.

In Greco Roman competitions, a wrestler may not attack their opponent's legs, nor may they use their own legs to trip, lift or execute other moves. Wrestlers must utilize a more upright stance focus on gaining upper body control ties (underhooks, two-on-ones, front headlocks) to setup upper body attacks and scoring opportunities and hold good position. Checkout this YouTube video on an overview of Greco Wrestling [Guide To Greco-Roman Wrestling | Faster Higher Stronger - YouTube](#). Similar to Freestyle, takedowns or throws where your opponent lands on their back can get 4 or even 5 points. And once a takedown has been awarded, a wrestler can lock their hands to turn their opponent and will get 2 points each time the back is exposed (over 90 degrees) to the mat.

Freestyle features many of the same scoring rules, but is closer to Folkstyle in that wrestlers are allowed to attack the entire body to execute holds, execute takedowns and defend attack. After each takedown, wrestlers are brought to their feet after about 15 seconds of no scoring if on the mat. Since control isn't key, the bottom wrestler isn't expected to do anything but aggressively lay flat and try not to get turned. Another difference related to control is the ability in Freestyle to score points without having control of your opponent. With some moves such as tilts, tips, front headlock rolls and crotch lifts while under attack, wrestlers can score continuously without ever gaining control.

WHAT ARE THE BENEFITS OF WRESTLING FREESTYLE AND GRECO ROMAN?

"Wrestling is wrestling" is a common phrase echoed across the wrestling world when talking about the benefits of training in all 3 styles, because it challenges each wrestler to become proficient in a variety of key positions. Whether you are experienced or just getting started, participating in Freestyle/Greco programs through Waconia Wrestling Club will help your wrestler improve their technical skills and jump to the next level of their development in the sport. All of our Waconia Wrestling Club Freestyle/Greco Clinicians will tell you that their biggest gains in skill level across their Folkstyle wrestling careers came after off seasons that featured intense training/competition in Freestyle and Greco. Why? These two styles force wrestlers to dive deeper into the details of key

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fundamental positions and concepts that translate back to Folkstyle, such as: improving hand-fighting skills, becoming proficient in getting to and/or clearing control ties, improving setups to takedowns, improving the explosiveness of your shots, finishing shots quickly, using the edge of the mat, learning how to use your hips better on the mat, clearing front headlocks.

Testimonials & Reasons for Wrestling Freestyle/Greco: Below are a few additional links with testimonials on the benefits of Freestyle and Greco training, including a couple of interviews we did in 2021 with some of our Waconia High School wrestlers:

- [Why Wrestle Freestyle & Greco-Roman \(Daryl Weber\)](#)
- [Max McEnelly Interview \(from August 2021\)](#) – password: k\$OHM6T!
 - Max won the 16U Freestyle Nationals in 2021 and also won the U17 Freestyle National Championship and was a World Bronze Medalist at the U17 World Championships in 2022
- [Lincoln Vick Interview \(from September 2021\)](#)
 - Lincoln is a 2x MNUSA Freestyle Champion (winning in both 2021 and 2022) and is a 2x Fargo Freestyle National Qualifier (in 2021 and 2022).

I WANT TO WIN FOLKSTYLE STATE OR MAYBE EVEN NATIONALS. WILL FREESTYLE AND GRECO WRESTLING HELP ME REACH THAT GOAL?

Freestyle and Greco will help expose you to challenges to prepare you for the next Folkstyle season, by finding the best competition. Typically, the best wrestlers and teams across Minnesota (and the country) will be at off-season Freestyle & Greco tournaments. If your goal as a wrestler is to become the best, this level of competition is who you want to compete against if you want to win a Folkstyle state title. Competing against the best competition will give you confidence during the Folkstyle season as you learn from each experience. Freestyle and Greco will teach you how to hold good position, score points and eventually execute takedowns or turns on the next level of competition.

The fundamentals required to become a high level Folkstyle wrestler are very important in Freestyle and Greco. Striving to be successful in the spring will solidify the techniques and strategies that are essential in the fall and winter Folkstyle season. Freestyle and Greco will help you to learn how to win close matches. The fact that it is easier to score on your opponents in Freestyle/Greco forces you to stay sharp. Wrestlers who compete in a lot of highly competitive Freestyle and Greco matches learn to use their minds by wrestling smart, controlling their opponent, hand fight with great skill, stay in great position, stay in great shape and wrestle tough the entire match. These skills will take your Folkstyle to the next level and you will learn to master the art of winning close matches.

We hope this information has motivated you to come out for Freestyle/Greco this Spring. If you have any questions, please contact our Waconia Wrestling Club Program Coordinator (Jeff Katherman) at jdkatherman@gmail.com or 612-968-5488.