



Wrestling For Dummies

Henry Cejudo

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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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