

## ***Rules of Wrestling to Live By.***

1. I WILL get the first takedown in the first period
2. I will NOT get reversed while on top.
3. If I feel like I'm getting reversed, I will give up 1 before 2
4. I WILL get my escape when I chose down
5. I am ALWAYS the LAST wrestler to leave the circle
6. I am ALWAYS the FIRST wrestler back to the middle.
7. ALWAYS appear offensive, but do not make mistakes.
8. If I am winning, my opponent will be desperate and make a mistake. I should score on that mistake.

## ***If I get taken down or reversed.....***

1. I stay FOCUSED, and get my escape RIGHT AWAY
2. I'm in prime position for a TAKEDOWN immediately after my escape.
3. How did I get taken down? Learn, remember, and never let it happen again.

## ***Rules of Thumb***

1. When I can get back points, I shouldn't never lose
2. Spend time practicing the things you are good at, and make them better.
3. Defense wins championships
4. A good defense can be a great offense
5. If I do lose, I focus on what I could have done to change the outcome.
6. When I win, I will focus on repeating what I just did.

