



Gable's Advanced Wrestling

By Dan Gable

Human Kinetics Publishers, United States, 2003. Digital. Condition: New. Language: English . Brand New Book. If you've got the basic moves down but want to take your wrestling to the next level, then your best move is to learn from the master himself--coaching and wrestling legend Dan Gable. On Gable's Advanced Wrestling DVD he shows how to master even the most challenging wrestling techniques--the ones that make good wrestlers great, and great wrestlers champions. Gable's credentials speak for themselves. He is an unscored-on Olympic gold medalist and two-time NCAA champion; winner of 15 NCAA titles as coach at the University of Iowa (a mark unequaled in wrestling history); and coach of 152 All-Americans, 45 NCAA champions, and 3 Olympic teams. Now you get the chance to learn from the master coach himself. The Zadick brothers, Bill (a former NCAA champion) and Mike (a three-time All-American), demonstrate the techniques and tactics that will provide you the perfect blueprint for every maneuver. The On Your Feet program covers techniques from a standing position, including the stance and ties used in setups, headlocks and bodylocks, double-hand drills, breaking ties on defense, single-and double-leg attacks, tosses, and special moves. On the...

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