

## Unit 33 — English for Wrestling

### Coach

A person who trains a wrestler.

"The coach provided expert guidance and motivation, helping the wrestler develop his skills, build his confidence, and achieve his goals in the sport."

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### Discipline

A commitment to training and rules.

"Wrestling demands unwavering discipline, requiring wrestlers to maintain a strict training regimen, adhere to the rules, and persevere through challenges."

### Endurance

The ability to sustain physical activity.

"Wrestlers rely on their endurance to persevere through grueling matches, maintaining stamina and intensity even in the face of fatigue and exhaustion."

### Escape

Getting away from an opponent's control.

"The wrestler skillfully executed an escape, breaking free from his opponent's hold and regaining a neutral position, showcasing agility."

### Grip

The way a wrestler holds their opponent.

"The wrestler established a strong grip on his opponent, using leverage and control to set up his takedowns and maintain dominance on the mat."

### Headgear

Protective equipment worn on the head.

"The wrestler donned headgear to protect his ears and head from injury, prioritizing safety during intense training and high-stakes competitions."

### Mat

The surface on which wrestling takes place.

"The wrestlers grappled on the mat, each striving to gain the upper hand and execute their techniques with precision and power on the field."

### Match

A wrestling competition.

"The wrestling match was intense, with both competitors displaying strength, skill, and determination as they battled for dominance on the mat."

**Pin**

Holding an opponent's shoulders to the mat.

"The wrestler secured a decisive pin, holding his opponent's shoulders firmly to the mat, ending the match and claiming victory with superior control."

**Points**

The scoring system used in wrestling.

"The wrestler strategically accumulated points throughout the match, executing takedowns, escapes, and reversals to gain a lead over his opponent, eventually winning."

**Practice**

Regular training sessions.

"The wrestler dedicated himself to rigorous practice, honing his skills, building his strength, and preparing for the challenges of competition."

**Referee**

The official who oversees a wrestling match.

"The referee carefully monitored the wrestling match, ensuring fair play and enforcing the rules to maintain the integrity of the competition."

**Reversal**

Switching from a defensive to an offensive position.

"The wrestler executed a stunning reversal, turning a disadvantageous position into an opportunity to gain control and score points."

**Stance**

A wrestler's posture.

"The wrestler maintained a balanced stance, ready to react and execute his moves with agility and precision, positioning himself for success."

**Strategy**

A plan of action for a match.

"The wrestler devised a comprehensive strategy for each match, analyzing his opponent's strengths and weaknesses to exploit vulnerabilities and secure victory."

**Strength**

Physical power.

"Wrestling demands incredible strength, as wrestlers must overpower their opponents and maintain control throughout the intense physical battles on the mat."

**Takedown**

An act of bringing an opponent to the mat.

"The wrestler executed a swift takedown, swiftly maneuvering his opponent to the ground with precise technique and strength."

**Technique**

A specific wrestling move.

"The wrestler honed his technique, perfecting his moves and strategies to gain an advantage over his opponents, refining the art of wrestling."

**Tournament**

A series of wrestling matches.

"The wrestler competed in a challenging tournament, facing skilled opponents from across the region in pursuit of a championship title."

**Weight Class**

A division based on a wrestler's weight.

"The wrestler competed in the 150-pound weight class, facing opponents of similar size and strength in pursuit of victory and championship glory."