

# WRESTLING

<p><b>EXCELLENT</b></p> <p><b>4</b></p>	<ul style="list-style-type: none"> <li>• Offensive Moves - excellent use of body weight, hides legs and arms, quickness, tries learned moves, always looking for options</li> <li>• Defensive Moves - 100% resistance, legs protected, arms hid, quick reaction to go on offense, low center of gravity, very active</li> <li>• Technique - quick, sure and strong execution of moves, improvement of skill was evident, always follows through</li> <li>• Matches - no use of illegal hold or moves, respects opponent</li> </ul>
<p><b>VERY GOOD</b></p> <p><b>3</b></p>	<ul style="list-style-type: none"> <li>• Offensive Moves - uses body weight 50 - 75% of time, hides leg and arm with a few exceptions, fast movements, attempts some learned moves, changes options as a last resort</li> <li>• Defensive moves - stays low with a wide base, reacts to opponents attack, attempts some learned moves, relies on instinct</li> <li>• Technique - attempts to execute moves, successful 50 - 75%, follows through most of the time</li> <li>• Matches - successful using legal holds or moves most of the time, shows respect for opponent</li> </ul>
<p><b>ADEQUATE</b></p> <p><b>2</b></p>	<ul style="list-style-type: none"> <li>• Offensive Moves - barely keeps weight on opponent, rarely on toes, little follow through, may attempt a learned move, quits when more strength is needed</li> <li>• Defensive Moves - little protection of self, slow reactions, does not stay low, high center of gravity, may give up when more strength is needed</li> <li>• Technique - slow to react against opponent, basics are there but very crude, slow, unsure and weak execution of moves</li> <li>• Matches - has poor success using legal holds in matches, shows sometimes little respect for opponent</li> </ul>
<p><b>POOR</b></p> <p><b>1</b></p>	<ul style="list-style-type: none"> <li>• Offensive Moves - no weight on opponent, no use of legs, no follow through of moves, no attempt at learned moves, avoids opponent</li> <li>• Defensive Moves - gives up easily, does not protect themselves, little or no attempt to wrestle, avoids opponent</li> <li>• Technique - little or no reaction to opponent, no use of principles taught in class</li> <li>• Matches - little or no attempt to wrestle, quits easily, shows no respect for opponent</li> </ul>