

A photograph of two male wrestlers in a starting stance on a wrestling mat. The wrestler on the left is wearing a black singlet and has a yellow strap around his waist. The wrestler on the right is wearing a white singlet and red and blue shorts. They are both in a low, ready position, facing each other. The background is a blue wall with yellow markings on the mat.

The Ultimate Guide to Wrestling: From Beginner to Champion

By John Penn

Wrestling For Beginners

Chao Zhang



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