

From Pins to Pen . . . As I See It!

By Wade Schalles



The other day I was watching my grandson crawl around on the floor and began to wonder if children are to wrestling what puppies are to water? That reads like a College Boards question but puppies can swim at birth and it seems babies of the human variety have a similar inclination towards the basic skills of wrestling.

Children instinctively arch their necks when they want to roll from their back to their stomachs. Now, if I could only get some of the wrestlers I coach to do that . . . must be a retention issue. Anyhow, they work to their base by either pulling their knees under their bodies or pushing their posteriors back over their ankles. Whichever way it happens, they instinc-

tively knew that the easiest way to get to their hands and knees was through the use of the largest muscle groups of the body. That makes perfect sense; maybe the sport should use home videos of 6 month-olds as technique tapes for way too many wrestlers think building a base is achieved by way of a push-up. That only assures the development of triceps and continual con-