



Royal Rangers

Merit Requirements: **Green-Bordered Merit**

WRESTLING

1. Read a book on the rules of wrestling.
2. Read a book on the history of wrestling. Write a brief description of the sport of wrestling (75-100 words).
3. Draw diagrams of the wrestling areas for
 - a. Freestyle and Greco-Roman (Olympic)
 - b. Collegiate style wrestling
4. Describe, in writing, the difference between the following types of wrestling:
 - a. Freestyle
 - b. Greco-Roman
 - c. Collegiate style
5. Describe, in writing, the fundamental wrestling stance (square) and the defensive and offensive starting positions. Demonstrate the stance and positions.
6. Describe, in writing, how matches are scored and how points are awarded.
7. List at least eight illegal holds.
8. Earn a letter or a certificate of participation for wrestling (junior high, high school, city, or an organized club) as a wrestler, manager, or referee.
9. Write a 300-word essay on how participation on a wrestling team has benefited your life.
10. Interview a wrestling coach (preferably Christian) regarding the following items. Include the notes of your interview.
 - a. A winning attitude
 - b. Building character
 - c. Setting a good example and being a good role model
 - d. Physical fitness
 - e. Preparation for the future