

What Wrestling Teaches Us

Wrestling has been rightly called "The world's oldest and greatest sport". So what makes it so great? Is it the one on one competition, the great feeling you get when the referee raises your arm, or the fitness the grueling practices gets you in to? Well, those are important, but what I feel really makes it a great sport is what it teaches us. I feel that wrestling has influenced my life more than anything other experience I have been through. Wrestling has made me a stronger person by teaching me the will to never give up and to know I can do anything I put my mind to. I don't think there is any other sport that matches the discipline it takes to become a wrestler. All the workouts, and during matches when you have to have confidence and the mind set that you are going to get the first takedown and not let him up.

Self-confidence is something that is very important in life. I get very nervous when talking in front of a crowd because I have a stuttering problem. However, I tell myself that I can do it and I have confidence to tell myself to do it. I learned that if I tell my body to do something, it's going to do it until I tell it that it can't or not to go through with it. This goes for anything even if it may seem impossible. If I tell myself to lift up a truck, my body is going to do it until my brain tells it to stop because it can't do it. This may or may not make very much sense but this is what I going on in your body and with out wrestling, I don't think I would have ever had the confidence to do a lot of the things that I do.

True this is just one aspect of wrestling that makes it such a great sport, but I feel it's the most important part. People say wrestling is 80%, or even 90% mental. If it is such a mental sport, and then it's hard to argue that what wrestling teaches us mentally is the key ingredient in what makes wrestling so great. Nobody said wrestling was easy. And those that make it look easy are the ones that would probably tell you that wrestling is a lifestyle And what you learn from it, is something that you can live by.

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