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of The Wrestling Techniques Handbook. ... Wrestling h'as been a part of my life ever since I was born, My father is the originator of western style wrestling in Japan. He was introduced to wrestling by Americans while he was tou.ring the United

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2014-15 NFHS Wrestling Rules Changes (For comments on the 2014-15 rules changes, see Comments at the end of this book. 5-1-1: Bad time was clarified to include the situations where the wrong wrestler was given choice of position at the start of the second 30-second tiebreaker or the start of the ultimate tiebreaker.

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