

THE WRESTLING TECHNIQUES HANDBOOK

EXCERPT



Tadaaki Hatta '87

by

Tadaaki Hatta

PLEASE READ

Thank you for taking the time to read this opening excerpt of The Wrestling Techniques Handbook. We are very excited to bring to you this new empowering relationship with legendary Coach Tadaaki Hatta and Champion By Design. This book contains information that must be learned early in the foundational stages of wrestling, grappling, martial arts and any combat sport or related activity.

I hope you buy this book because you understand how important it is for you to take action on the tracks of an effective plan. It will be an indispensable resource on your journey to make the most of what you're doing. We are proud to help bring Coach Tadaaki Hatta's philosophy for Olympic level success to you today.

To your unstoppable success!

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**THE
WRESTLING
TECHNIQUES
HANDBOOK**

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By
Tadaaki Hatta

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BY
Tadaaki Hatta

To: Enrique

My pleasure to know
that this book helped
you developing your
skills and character.
Stay strong.

From:
Your Coach
D. Buffatta
2007
Colorado Springs,
Colo.

OTC

**THE
WRESTLING TECHNIQUES
HANDBOOK**

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FOREWORD

In this vast universe, there is a mystic force in human relationships that cannot be severed even if one would wish to do so.

Ichiro Hatta, President of the Japan Amateur Wrestling Association and father of the author, is father of wrestling in Japan. He has produced numerous outstanding wrestlers and coaches. There is no one that does not know his name in the international wrestling world.

Mr. Hatta planted the first seed of wrestling in Japan in 1929. That was the very year I was born. I met Mr. Hatta thirty years ago, and I learned and inherited wrestling, both technically and mentally, from him. I have devoted my life to wrestling.

Tadaaki was also heir to the work of his father, and thus the lives of three men over three generations have provided a continuity in the research and teaching of wrestling. I feel there is a drama and great value in this, and I deeply believe that this book Tadaaki has written is the continuation of the work of our three generations and that it will contribute to the development of wrestling in the world. I follow his work with my prayers and recommend his writing to all who are associated with wrestling.



Shozo Sasahara

Shozo Sasahara

SHOZO SASAHARA
1956 Olympic Champion
FILA Vice President

PREFACE

Wrestling has 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 touring the United States as a member of the Waseda University judo team in 1929. Upon his return to Japan, he organized a wrestling program at Waseda in 1931, then encouraged other universities to establish wrestling teams. He participated in the Los Angeles Olympics in 1932, coached in the Berlin Olympics in 1936, and has been associated with numerous Olympics, national, and international teams as a coach, team leader, official, and advisor until the present. His life has been totally dedicated to the advancement of amateur wrestling in Japan and the world.

I learned wrestling as a child from the rich experience and environment provided by my father and through association with the best wrestlers and coaches from Japan and America. I began to collect notes on wrestling techniques during my freshman year at Oklahoma State University under Myron Roderick. I decided to expand my notes into a wrestling book when I began to coach.

I dedicate this book to my father, Ichiro Hatta, for giving me knowledge of wrestling and the example of his strength of purpose and to my late grandmother, Hana Nagaoka, for providing me with a sense of humor, which may be the most important element of survival. I thank Shozo Sasahara for the foreword and his initial encouragement to write this book.

I would like to thank Dr. Donald Cooper M.D., Oklahoma State University team physician, Oklahoma State University Sports Information Office, and *The Amateur Wrestling News* for the photographs.

Finally, I wish to express my gratitude to my wife, Susan, for her patience and help with the manuscript and I thank my children, Mariah, Robert, and Benjamin for putting up with me during the final stages of the book which cut deeply into time usually reserved for them.

Tadaaki Hatta



My father, Ichiro Hatto

OSU ATHLETIC DEPARTMENT IN THE MEXICAN OLYMPICS



Second Row: James King (Basketball), Coach Hank Iba, Tom Van Ruden (1500 Meter)

Second Row: James King (Basketball), Coach Hank Iba, Tom Van Ruden (1500 Meter)
Front Row: Dr. Donald Cooper, M.D., Yojiro Uetake, Tadaaki Hatto (Author),
Bobby Douglas

Photo: Dr. Cooper

**1966 NCAA TEAM CHAMPIONS
OKLAHOMA STATE UNIVERSITY WRESTLING SQUAD**



Second Row: Ron Gabbett, Bill Harlow, Fred Fozzard, Bob Drebenstedt, J. Robinson,
Jim Rogers
Front Row: Tadaaki Hatta (Author), Grady Sells, Jojiro Uetake, Gene Davis,
Mike Reding
Photo: Laughhead Photographers, Dallas, Texas and Oklahoma State University Sports
Information Office

1965 NCAA CHAMPIONS



Second Row: Bob Kopnisky, Greg Ruth, Tom Peckham, Jack Brisco, Jim Nance
Front Row: Mike Caruso, Veryl Long, Yojiro Uetake, Bill Stuart, Tadaaki Hatta (Author)
Photo: The Amateur Wrestling News

INTRODUCTION

The oldest sports developed were running, swimming, and throwing, activities necessary for the survival of ancient people. Wrestling was a method of offense and defense used long before either armament and effective weapons were introduced. Wrestling skills were used to train warriors when they were not actually participating in combat. Ultimately, it became an athletic event which required certain skills and discipline.

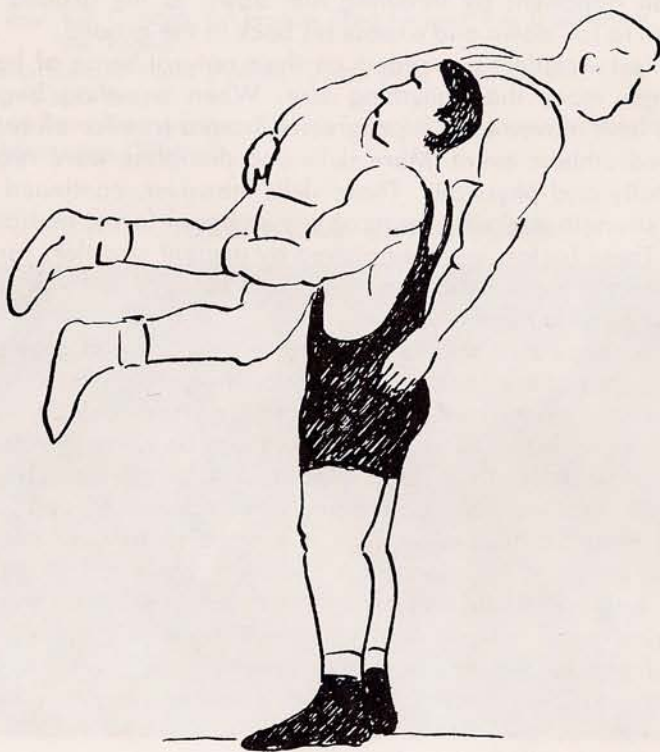
There are many forms of wrestling throughout the world, especially where ancient civilizations have continued to flourish alongside the growing technology and complexities of our modern era. Many of these maintain the original styles and costumes. Examples are Judo and Sumo wrestling of Japan, Mongolian wrestling, Turkish wrestling, and Scottish wrestling. In modern competition, despite diversity of style, the objective in wrestling remains virtually the same, i.e. to conquer an opponent by throwing him down to the ground or by causing him to fall down and expose his back to the ground.

The earliest wrestlers depended on their natural sense of balance and strength more than anything else. When wrestling began to refine and limit movements, it progressed from a free-for-all brawl to a controlled athletic event. More skills and discipline were required, both mentally and physically. These skills, however, continued to be based on strength, balance, natural gravitational force, motion, and leverage. These factors were employed by ancient wrestlers for thousands of years without analyzing moves and holds. What worked was retained, what didn't was discarded.

Wrestling today is a science, no longer a hit-or-miss proposition. Individuals, institutions, and governments apply the most advanced research and computerized equipment to determine which methods of training, body builds, and personalities can be most effective and efficient in this sport that dates from man's beginnings. The goal remains that of achieving a controlling force against an opponent, a force that must be applied in such a way as to achieve maximum leverage in order to unbalance an opponent while still maintaining one's own balance. Reduced to the most common element, wrestling, both ancient and modern analysts would agree, is the opposing struggle of one individual's center of gravity over another's. Therefore, in order to score or complete a maneuver in a match, a wrestler must maintain his own center of gravity, and either take over or destroy his opponent's center of gravity by leverage.

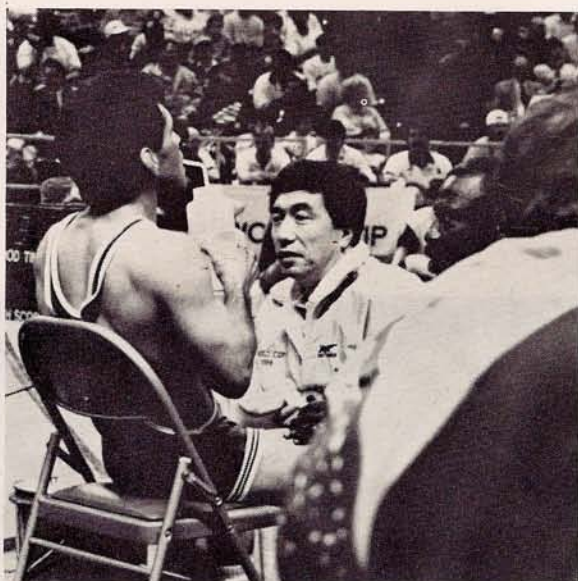
A modern wrestling match is won by either outscoring an opponent

or pinning him. Points during a match are awarded internationally when an opponent is taken down to the mat, for reversing the control, and turning the opponent over for a near fall. (In the United States, points are awarded for escaping from a down position.) In order to achieve these goals, basic principles of gravity and leverage are utilized. Whether standing wrestling or on the mat, whatever the position, a wrestler must do one of three things: destroy his opponent's center of gravity; take over his opponent's center of gravity; or maintain his own center of gravity.



TAKE OVER

THE AUTHOR



Mr. Hatta was the Japanese National High School Champion in 1960, the N.C.A.A. Champion in 1965, and the Big Eight Champion in 1965 and 1966. He served on the Japanese National Coaching Staff for the 1968 Olympics in Mexico City and was the head coach for the Mexican Freestyle Olympic Team for the 1972 Munich Games. He also been assigned to the USA Freestyle Olympic Staff for the 1988 games. Since 1977, he has been a member of the U.S.A. National Coaching Staff and has coached the U.S.A. World teams. Mr. Hatta is also an art and language instructor and has worked as an athletic trainer.

Hatta coaching Joe Gonzales with Bobby Douglas, '88 World Cup
Photo by Beth Twigg



The author and Dan Gable coaching at the 1984 World Cup, Toledo, Ohio
Photo by Terry A. Scalzo

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