

WRESTLING

- 1st period - 1-Explanation and demonstration of the three positions
- a-Standing position
 - b-Top position on the mat
 - c-Defensive position on the mat
- 2-Leg tackle, pick up and slam
3-Head lock, hip lock and slam
4-Pair off with equal size partners and wrestle.
- 2nd period - 1-Cadets pair off and review the holds.
2-Each man assume the three positions in turn, and manouver for holds
3-Take arm drag to go behind.
4-Pair off and wrestke
- 3rd period - 1-Demonstration of "no-fall" wrestling.
2-Elimination tournament within each squadron to determine winners in four(4)weight divisions who will compete against each other in a squadron tournament.
- 4th period - 1-Wrestling tournament.
- a-Winners of the elimination will compete in their weight.
 - b-Second place men in the elimination will compete against each other.
 - c-All other losers in the elimination will compete in a free-for-all tournament, in which two men are started wrestling. Whoever has the advantage at the end of a minute will be the winner. Another man comes for him on the whistle. Any man who can win three in a row will earn a certain number of points for his squadron, which will count in the final tabulation of a champion squadron.