

Georgi I. Ivanov - Olympic Wrestling Coach at The Best Wrestler

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About Georgi



2017 - Present - Mentor at The Best Wrestler

2019 - 2022 - Nebraska USA Wrestling Executive Director

2013 - 2017 Associate Head Coach at Maryville University (Coached 18 NCAA All-Americans and 1 NCAA National Champion)

2016 - Olympian in Rio de Janeiro, Brazil

2016 - World Olympic Qualifying Championship - 2nd place

2015 - World Team Member in Las Vegas, USA

2015 - Bulgarian National Champion (5 x National Champion)

2014 - Dave Schultz Memorial International Tournament - Champion

2013 - PAC 12 Champion and an Outstanding Wrestler of the Conference

2011 - Reno TOC - Champion

2011 - NCAA All-American - 3rd place

2010 - NCAA All-American - 2nd place

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AGENDA

Takedowns That Work In All Three Styles (Folkstyle, Freestyle, and Greco)

1. Intro to all three styles

- Folkstyle
- Freestyle
- Greco

2. Two-on-one Secrets

- Offense
- Defense
- Hidden details

3. Slide-by

- Set-ups
- Hidden details
- Finishes

4. Getting Unstuck (Hand-fighting secrets)

- Unstuck yourself
 - + Wrist
 - + Elbow
 - + Post
 - + Collar-tie
 - + Underhook
 - + Two-on-one
 - + Thumb block

5. The Ivanov Scoring Formula

- How to teach your wrestler to pull the trigger successfully

6. Additional Resources: www.TheBestWrestler.com/DVDs