

Ewing Wrestling Guide on How to Control Your Breathing



Tips from Coach Mo

Think about your breathing.

You will tend to wrestle better when you relax your mind and body. This helps you take in more oxygen. When you learn how to control your breathing, your body can deliver more oxygen-rich blood to your muscles, which helps you concentrate and focus on your wrestling.

How do you focus on controlling your breathing patterns?

Try different patterns to see what works best for you. Try a 3-3 or a 3-2 pattern. Practice changing it a couple of times during wrestling practice.

Sometimes your breathing can get thrown off when something takes you by surprise. Learning how to control your breathing in

training can help you get back on track more easily.

Another way to improve your breathing is to work on your lung capacity. Stretch your breathing muscles (the external and internal muscles located between the ribs) to increase their efficiency. The more relaxed these muscles are, the more room there will be for expansion when breathing.

Ask the coaches for help with this during practice to best control your breathing during a wrestling match.

