



OSU Cowboy Style Wrestling Clinic: Dec. 27-28

Learn the secrets of the OSU Cowboy wrestling room!

In this two-day clinic, wrestlers will experience a master-class on techniques proven to win matches. In wrestling, one doesn't need many moves to be successful; rather, great wrestlers master a few moves. We will take a deep dive and learn the nuances of the techniques we show.

- **Open to all wrestlers age 6-18.** We will breakout into age/experience specific groups
- **This clinic is FREE.** Instead, donations will be accepted benefitting the new wrestling programs at **U of H** and **UH-Downtown**. Join our mission to support wrestling in the Houston community!
- **Location:** Paradigm Training Center: 5756 S. Rice Ave. Houston, TX 77096
- We will conclude each day with a reception where pizza will be provided.

Day 1 (December 27, 3-7pm): Neutral Position

- John Smith Low Single Series
- High Crotch Attacks and Finishes
- Near Arm, Far Leg Attacks and Finishes

Day 2 (December 28, 3-7pm): Mat Wrestling

- Near Wrist Ride
- Inside Leg Stand-up Escapes
- OK State Leg Riding

Clinicians:

- **Dr. George Parker:** *OSU Varsity Wrestling, Founder of Paradigm Training Center*
George was a high school state champion in Oklahoma in 1988. He was a member of the National Championship team at Oklahoma State, where he earned the "Most Dedicated" award in 1994. An active presence in the Houston wrestling community for over 15 years, George has coached at Kinkaid and Episcopal high schools.
- **Bobby Marandi:** *OSU Varsity Wrestling Class of 1993*
- **Darnel Bortz:** *OSU Varsity Wrestling Class of 2014, Kansas High School State Champion*
- **Michael Martin:** *OSU Varsity Wrestling Class of 2015*
- **Kyle Tennyson:** *OSU Wrestling Class of 2016, Texas State Champion for Episcopal High School*

Additional Instructors:

- **Thomas Mancha:** *All-American UH-Downtown, Prep All-American for St. Thomas High School*
- **Steve Woods:** *Air Force Wrestling Team, Olympic Training Center Team Member*
- **Reed Shelger:** *Varsity Wrestling at UC Davis Class of 2005, Virginia High School State Champion*

About Paradigm Training Center: Paradigm Training Center is Houston's premier training facility for Wrestling, Brazilian Jiu Jitsu, and Mixed Martial Arts (MMA). A **USA Wrestling** chartered club, Paradigm provides elite training for youth and adult wrestlers of all experience levels.