



Folkstyle to Freestyle Clinic with Dom Bradley

**** during the 2015 VACW Super States ****

Saturday March 14th - Arthur Ashe Center - Richmond, VA

During the super states VAWA and VACW will be hosting a clinic focused on making the transition to freestyle from folkstyle wrestling. Wrestlers will have the opportunity to learn how to make this transition for the upcoming spring events. The clinic will be held while wrestling is in action. We encourage wrestlers, coaches and parents to come learn and experiment with some freestyle techniques in critical positions that are essential to winning in both folkstyle and freestyle.

Dom Bradley was a two-time All-American at Missouri, where he ranks fifth all-time in Mizzou wrestling history in winning percentage. In 2009, Dom won the FILA Junior World Championship in freestyle. Before becoming a Missouri Tiger, Bradley was a three-time Missouri high school state champion at Blue Springs High School, Fargo champion and Junior Pan Am team member. In addition to wrestling, Dom also played football, threw the shot put & discus on the track and field team, and made a few wrestling workouts a week during the spring to stay ready for the spring freestyle & greco seasons.

Bradley is currently the volunteer assistant coach at West Virginia University for head coach Sammie Henson while also competing internationally for the Sunkist Kids Wrestling Club & USA Wrestling. Dom has been making the spring jump from folkstyle to freestyle for many years and is now guiding other wrestlers through that transition.

The Blue Springs, Missouri, native took fourth place at the 2013 NCAA National Championships, closing out his career with a 105-15 record that included 14 major decisions, 13 falls and four tech falls. Prior to taking an Olympic redshirt in 2011-12 Bradley took third at the 2011 NCAA National Championships, posting a 30-4 record for the Tigers. In the summer of 2009, he claimed the Junior Freestyle World Championship title in Ankara, Turkey, and also won the FILA Junior Team title and FILA Junior Nationals title. Bradley finished third at the Senior World Team Trials and fourth at U.S. Senior Nationals in 2009. Bradley graduated from Mizzou in 2013 with a degree in hotel and restaurant management. He currently wrestles for Sunkist Kids Wrestling.

Techniques & Concepts

- front headlock
- running through leg attacks
- leg attack defense
- scoring in transitions

Clinic Specifics

- 1st session 12:00-1:00
- 2nd session 2:00-3:00

