

# ARE YOU TOUGH ENOUGH TO WRESTLE?



Build strength, speed, agility, power,  
determination and character with wrestling.

**IF YOU CAN WRESTLE, YOU CAN DO ANYTHING!**

Contact your local club:

Training Times:

visit WRESTLING NEW ZEALAND [www.olympicwrestling.org.nz](http://www.olympicwrestling.org.nz) to find your local