2026-27

St. Mary's Wrestling Program

Wrestlers and Parents Information Packet

"Building Great People With Great People"

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A Word from the Coach

Dear Titans Wrestling Families,

As the coach and an graduate, I have the great benefit of staying connected with our alumni including the wrestlers that I have coached. I often enjoy the company of St. Mary's wrestlers who graduated before me as well as the wrestlers who graduated after me. Whether it's a wrestler from the first team in 1969 or a recent graduate of 2025, they all have one thing in common: wrestling is a huge part of their lives. And, whenever wrestlers meet, they make an instant connection. This is because wrestling is special. It's not like any other sport. The insane amount of work wrestlers do, the sacrifices they make, the hardship they endure, the resilience they demonstrate, the discipline they build, and the will they have to fight against all odds, are all what wrestlers - not just from St. Mary's, but all over the world - have in common. We are all proud to be wrestlers.

Our parents and families of wrestlers are special too. Watching and supporting your son go through wrestling is unlike any other sport. Many times, it's really hard to watch your beloved child go through such hard work. It's hard watching your child being pinned on his back in front of hundreds of people in the stands. It's hard when your child, to manage his weight, refuses to eat the chocolate cake you got for his birthday. But soon, parents also see tremendous growth in their child's attitude, behavior, and mindset. And soon, parents begin to see why this sport is so special. And, just like that, parents will also build a deep connection to the sport as parents of wrestlers.

The "great people" in our program motto of "building great people, with great people," means our wrestlers and you, the parents. It means our alumni and our coaching staff. It means all the great coaches and wrestlers all around the world. St. Mary's wrestling always strives to gather and connect with great people to help our students into great people. That process comes with a lot and it's not an easy path. But St. Mary's Wrestling has been exceptional at overcoming such hardship for 57 years and successful at producing so many great people. That is our tradition and that is our program's standard. I am excited how we will build great people on our 58th season of the school with your son and you. 2026-27 season, here we come!

Sincerely,



Shuichiro Yabui

St. Mary's International School, HS Social Studies Teacher & Head HS Wrestling Coach
Seisen International School, Assistant Wrestling Coach
St. Mary's Alumni Association, Executive Director (Class of 2004)
United World Wrestling, Coach Educator
Japan Wrestling Federation, International Relations Committee Member

Benefits of Wrestling

Why St. Mary's Wrestling?

When trends and fads come and go every year, the idea of "wrestling" has been with mankind for over 15,000 years. There are cave drawings of the most primitive forms of wrestling and mythologies of wrestling. There are different forms of wrestling and its variations all around the world. Wrestling is the oldest sport known to mankind; it must be very valuable and important to us if it has been around that long! St. Mary's wrestling has a rich tradition of success and excellence since the program's inception in 1969. The program has changed the lives of the young Titans who go through it and given the wrestlers and the community invaluable experiences and memories that are cherished for the rest of their lives. We pride ourselves as a family, respect the legacy of those who came before us, and embrace new challenges on a mission to building the best program in the world. Here are 5 reasons why you should pursue the sport of wrestling at St. Mary's:

Wrestling is for EVERYONE

Generally in the sport of wrestling, and of course at St. Mary's, anyone who wants to join are welcome to join. There are no tryouts or requirements. It is because wrestling is an individual sport and a fair sport that allows everyone who is willing to put in the effort to be successful. It doesn't matter whether you are tall or short, athletic or unathletic; there's a place for everyone to benefit in wrestling. St. Mary's has proven records of developing rookies into champions without depending on physical talent. We have done this through work ethic, technique, superior conditioning, and determination. Read more about why wrestling is for everyone HERE.

Wrestling builds GREAT people

Wrestling is a tough sport, but the rewards are invaluable. Wrestling is not just a sport, it is a way of life. It builds crucial life skills and character and positively changes how we live our lives and how we think about life. Through wrestling wrestlers can develop discipline, resilience, respect, humility, goal setting skills, and more through great friendship, rivalry, and family. At the end of the day, wrestling is a sport in which you learn how to get off your back; and life always puts us on our back. Wrestling sets a foundation of success in future jobs as can be read in "Why wrestlers make the best employees". Read more about how wrestling builds greatness HERE and why people should wrestle HERE. And, from a parents' perspective, here's why you should encourage your kid to wrestle. You can also watch how important wrestling is for wrestlers in THIS VIDEO.

Join the LEGACY

As much as the philosophy of our program is on development of life skills and building a family-like community, that is not to say we don't care about winning! We love to celebrate

our success and every wrestler is given a chance at leaving their legacy with the school. We celebrate the individual and team excellence. Take a look at how you can leave your name and team accomplishments as physical legacies of the program HERE and what the gorgeous end of season award banquet looks like HERE.

The BEST coaches and entourage

To support the wrestlers and to make sure every wrestler gets the best out of themselves, the program is proud to have outstanding coaches and entourage throughout the history of the program. Ed Paradis, the founding coach of the program, not only laid the foundation of the program built on discipline and excellence and won the program's first Far East championship in 1982, but he changed the lives of so many wrestlers. His wrestlers always speaks of Coach Paradis with the highest respect and appreciation. Since then, we have had some big name coaches in Titans wrestling. Emilio Bruno was a national Judo coach for team USA. With an international coaching background, John Hohenthaner founded two programs for US base schools in Japan, and after coaching for the Titans, built a wrestling powerhouse at ASIJ to have their wrestling room named in his honor. Jon Rhodes set numerous records as a coach in the US before coming to Tokyo and is a USA National Hall of Fame coach. Having Bill Harlow – highly successful international level wrestler and USA Hall of Fame wrestler – as his uncle and his father who was a successful wrestling coach in Oklahoma, Ian Harlow brought a great wrestling tradition to Japan and rebuilt the wrestling program at Zama before coming to St. Mary's only to set new school records for the Titans. Shu Yabui, an alumnus coach, is a United World Wrestling Coach Educator and instructs national team coaches of countries mainly in the Asia and Oceania regions. He led the program into their most dominating decade from 2010-2020. The program also has ties with national teams and Olympians who are involved as entourages of the program. Find out more about the current coaching staff HERE.

Titans Wrestling is a FAMILY

The wrestling program is not just for the wrestlers. Parents, graduates, former wrestling parents, and wrestling friends around the world continue to be involved with the program. The love, care, and passion of these "family" members are simply amazing. Former Titan wrestlers and parents pride themselves as Titans forever; they are people who always want to give back to the school and program. Our wrestling alumni show great support for the program whether it may be as volunteer coaches or donations or hosting pep parties. Our former parents continue to support the current team. It's probably not a coincidence that the headmaster and some teachers at St. Mary's are former wrestlers, and the chairman of the St. Mary's Alumni Association and many board members are former wrestlers. Just as an example, watch the end credits of the 50th anniversary team highlight video to see the huge "family" members that are involved in a season and how over 130 wrestlers, parents, and former coaches celebrated the 50th anniversary of the program HERE and this video of the celebration.

Supporting Athletes

Elite athletes (e.g. professional, Olympic, world level) are not only trained by their coaches, but there are many experts from a variety of fields that support them. This is because athletes not only require the skills to win, but they also need to develop and maintain the best physical and mental condition. Only through a healthy body and brain can an athlete perform at their best. Some examples of such expertise to support athletes include:

- Coach
- Physical trainer
- Nutritionist
- Physical therapist
- Sport Psychologist
- Doctors
- Financial Supporters/Sponsors
- Manager

The idea for our wrestling team is to provide a similar support system for our boys with the cooperation from the faculty and school staff, parents, alumni, and outside resources.

Titans Wrestling Program Support for our Wrestlers

Because it would be extremely difficult to provide the same level of support that elite athletes have, the wrestling program aims to provide as much similar support with our resources available. The table below shows the key persons and their roles in our support system:

Coach	*Coach Yabui, Coach Grimberg, Volunteer Coaches*
Physical Trainer	*Coaches*
Nutritionist	*Coaches, Parents, Wrestlers*
Physical Therapist	*Mr. Moro*
Sports Psychologist	*Coaches*
Doctors	*Mrs. Bingham, Mr. Moro*
Financial Support/Sponsors	*Alumni, Parents, SMPA, School*
Manager	*Coaches, Parents, Mr. Ichikawa (AD)*

<u>Role of Coaches</u>

The main role of Coach Yabui and other coaches is of course coaching the wrestlers the skills and tactics to become a champion. We also try our best to provide effective physical training routines specific to enhancing wrestling performances and also prepare the wrestlers mentally for a match or endure hard practices.

Role of Nurse Bingham

Nurse Elssy Bingham is our school nurse. She will carry on her regular duty as the school nurse to deal with any injuries or emergencies that happen in school. Any severe injuries will be taken care of by the local hospital.

Role of Mr. Moro

Mr. Osamu Moro is the school athletic trainer. For any injuries, rehabilitation, and injury support, he will be the main contact first. He may decide to require outside support pertaining to the wrestler. In which case, he may suggest local hospitals and clinics such as:

- Mizonokuchi Chiropractic-in (for injury prevention and physical maintenance)
- A.B.S. Seikotsuin (for rehabilitation)
- Hikari Seikotsu-in (for rehabilitation)
- Kaminoge Neurosurgical Clinic (for concussions, brain and nerve related injuries)
- Minoyama Sports Clinic (for rehabilitation)

Information on their clinics is provided in Appendix 1.

Role of Alumni, SMPA, and School

Our wrestling alumni, the SMPA, and the school provides financial support through donations and a budget to fund equipment, uniforms, trips, and other necessary costs. There are many events planned for our former Titan wrestlers to participate in on and off the season.

Role of Parents

The role of parents is threefold:

1. Supporting the dietary schedule of wrestlers (nutritionist)
2. Fund raising and helping with home meets (financial supporter)
3. Supporting the wrestler's schedule (academic, activities, etc…) (manager)

Above all, it is very important that the parents are supporters of the sport and their son by coming to support on meets and showing understanding of the sport.

Fund raising is an important part of the program. Through fund raising, the team purchases new uniforms, training equipment, hold the end of the year award ceremony, and so on. There are two main fund raisers that the team does. One is through the sales of team apparel. And, the other is through concession sales during our home meets.

When the team apparel orders are ready, please make your best gesture to purchase the apparels for your son, for yourselves, and for friends and family. And, please wear them to cheer on the team during meets.

When the school hosts a home tournament, parents are asked to provide lunch for the referees and coaches and also to donate food and drinks to be sold at the concessions. Please follow the lead of the parent leaders designated.

Finally, please support and make sure that the wrestler is on top of his academics. Also, attending all practices becomes imperative in the success of your son in the sport. Please make your best effort to avoid traveling during season; especially the first week of Christmas break.

Season Schedule and Practices

Practices are almost every weekday and Saturdays in November and December. We will have practices during holidays including the Christmas holidays. Practices during Christmas break are focused and intensive. There will be opportunities throughout the season for the wrestlers to practice with other Japanese high schools, universities, and clubs to enhance their wrestling experience. For more information on the practice schedule, please visit our website:
https://sites.google.com/smis.ac.jp/titansphoenixwrestlingschedule/home

In most cases, practices will be conducted together with the St. Mary's high school team, St. Mary's middle school team, and the Seisen high school team.

In the site above, you can also see scheduled competition. Please keep in mind that most tournaments are a whole day affair. Wrestlers will leave the school (if away) around 6am and return in the evening. You are encouraged to come and cheer on the team for their tournament actions. If you wish to come to a tournament held on a military base, you will need to complete some forms in advance. Please visit our website for more details:
http://www.titanswrestling.org/forms/

Useful Resources

Useful resources on nutrition, making weight, where to buy wrestling items, rules of the sport, etc… can be found at http://www.titanswrestling.org/resources/

Information on wrestling nutrition can be found at:
https://sites.google.com/smis.ac.jp/wrestling-nutrition

Team Apparel

Team apparel will be sold for team spirit and fund raising purposes. Usually, there will be new apparels introduced each season which the parents will be notified. Items can be purchased on our online shop: https://titanswrestling.stores.jp/

Risks of Wrestling

Injuries happen in any sport and wrestling is no different. For minor injuries during practice, the coaches will take a look and offer first aid. For major injuries, the school nurse and/or an ambulance will be called and the parents will be notified. To diagnose and treat injuries, it is highly advised to seek a sports doctor and not a regular hospital.

There are risks associated with wrestling that is specific to the sport. One of them is a hematoma, or more commonly referred to as cauliflower ear, wrestler's ear, or in Japanese, gyoza ears. It is a condition that occurs when the external portion of the ear suffers a blow, blood clot or other collection of fluid under the perichondrium. This separates the cartilage from the overlying perichondrium that supplies its nutrients, causing it to die and resulting in the formation of fibrous tissue in the overlying skin. As a result, the outer ear becomes permanently swollen and deformed, resembling a cauliflower (Wikipedia). This is not a serious condition other than a possible infection and deformation of the ear if not taken care of.

Wearing headgears during practice will prevent this condition almost 100%. To treat it, go to an ear doctor and they will drain the blood from the ear to suppress the inflammation. Sometimes antibiotics are prescribed to prevent infections.



Ear before the clotting *Ear after the clotting*

Another wrestling specific risks, which is more serious – in the sense that it is contagious – is skin infection. Below is basic information on some common skin infections, causes, and treatment.

Due to constant skin-to-skin contact, infections of the skin are a common and unfortunate part of wrestling. The prevalence of such conditions has changed the way many people look at the sport, and there have been many misconceptions about something that arguably is one of the greatest health concerns among athletes in the 21st century.

The issue is with the lack of education about skin infections, especially in preventing and treating them. The truth is that most types of skin infections in wrestling are extremely minor and only become a major health issue if they are not cared for properly.

The most common types of skin infections in wrestling will be discussed in this guide. They include: Ring worm, Herpes simplex, Impetigo, and Staph/MRSA. This guide will give you

some general knowledge on these infections, and at the very least, will also help you understand and identify their signs and symptoms.

Disclaimer: This guide should not be used as a diagnosis, or in the place of a physician's opinion. What you'll read here is simply a gathering of commonly known, beneficial information that should be shared by wrestlers, parents, trainers, coaches, and anyone else involved in the wrestling community. If you or someone you know has some of the symptoms discussed in this guide and suspect an infection is present, talk to a coach first. He or she will help you through the process of diagnosing and treating any skin infection.

About Ringworm



Ringworm (*Tinea corporis*) is a type of fungal infection that can be contracted almost anywhere on the body. When contracted on the feet, this infection is known as "athlete's foot." On the groin area, it's called "jock itch." The name is misleading, because there is no actual "worm" involved. One of the most common types of skin infections, ringworm appears on the skin as a raised circle or ring. It is typically red or brown around the edges with scaly, peeling skin throughout. Ringworm thrives in warm, moist areas and can be contracted from many sources, including but not limited to: Unclean locker rooms, clothing, showers, mats, and of course, skin-to-skin contact with infected individuals. Ringworm can also be found on some animals.

Symptoms

Ringworm has a very distinctive appearance, and typically appears in the form of a ring-shaped, itchy rash that is slightly raised above the skin that surrounds it. Every case is different, and sometimes it will not appear in this shape and may not be irritating. Sometimes, reddish or brownish bumps appear in addition to scaly, peeling skin. It is also common to contract ringworm in difficult places to view, such as the scalp or underneath the fingernails.

Treatment

Most cases of ringworm are extremely minor and can be treated with over-the-counter, topical medications that are commonly used for fungal infections. Make sure to follow the directions of any medication *exactly*. It may take several days to several weeks for the infection to be healed, depending on severity.
Often times, your doctor will be able to identify ringworm with a quick examination of your skin. If your infection is strong, oral antifungal medications may be prescribed in addition to prescription topical medications. After a few days of treatment, ringworm becomes non-contagious, although it is still apparent on the skin. It may take up to several weeks for ringworm to completely disappear.

About Herpes Simplex



Herpes simplex (*Simplexvirus*) is a viral infection that can be classified into two separate categories: Type I and II. Type I is the kind that is associated with the sport of wrestling, which is in the same category as cold sores and fever blisters. Type II is associated with genital herpes, and is virtually non-existent in wrestling. Both types of herpes can infect nearly any part of the body and are highly contagious.

Although there are several types of herpes that can be contracted in wrestling, Herpes gladiatorum is the most common, earning the name "Mat Herpes" or "Wrestler's Herpes." The herpes virus is most commonly spread through contact with the infected area on an individual, or any fluid or saliva that is produced from it. It is possible for the virus to be transmitted even in the absence of sores and other symptoms. Herpes can also be present on mats and other types of equipment. However, these sources are not as common.

Symptoms

A herpes rash begins with SMPAll clusters of red bumps and irritated skin. Fluid-filled blisters are characteristic of the herpes virus, and after a few days these blisters typically flatten out and become yellowish-brown scabs.

The herpes virus infects open cuts and sores, and it may take several days or weeks for herpes symptoms to become visible. Some individuals come down with flu-like symptoms just before an outbreak, experiencing fever, chills, swollen glands, headaches, etc. Identifying herpes is sometimes difficult if symptoms are not present. To correctly determine the type of herpes (if any) and course of action, your doctor will most likely take samples from the skin or blood to examine further.

Treatment

Herpes is one of the more serious types of skin infections. There are ways to treat it, but there is no actual cure for it. Once infected, the virus is always present in the body in an inactive state, known as "remission." Herpes hides in cell bodies of nerves, but may become present at any time; this is known as an "outbreak." Outbreaks occur when the immune system is weak – in times of intense stress or fatigue, or when skin damage or other illnesses occur. The symptoms during an outbreak are often less intense than the first time the virus is contracted.

Again, there is currently no cure for herpes simplex. However, there are many medications that can be prescribed to you by your doctor that may help prevent and reduce the symptoms of outbreaks, and thus reduce the chance of transmission to others. Depending on the opinion of the doctor, you will be urged not to participate in practice or competition until you have taken medication for about seven days and no new outbreaks have occurred.

About Impetigo



Impetigo is a bacterial infection that can be found nearly anywhere on the body, and is caused by one of two types of bacteria: *Streptococcus* (strep) or *staphylococcus* (staph). Impetigo is usually caused by one of these types of bacteria entering the body through a cut or animal/insect bite, or any other type of open sore. However, a break in the skin is not always needed to contract an infection.
Impetigo typically begins as SMPAll clusters of red bumps that break open into a yellowish scab. This infection may be spread by skin-to-skin contact, or by using facilities and equipment (wrestling mats especially) where the bacterium is present. Impetigo is highly contagious and, if left untreated, could cause other very serious health problems.

Symptoms

When Impetigo appears on the skin, it typically starts as localized clusters of delicate, yellowish bumps that may increase in size and number. These clusters often cause no pain, but can be very itchy and irritating. When the blisters are popped, reddish sores are left on the skin, which will eventually crust over due to the fluid. Impetigo may cause flu-like symptoms such as headache, fever, fatigue, and also swollen glands.

Treatment

A physician can typically identify impetigo with a simple examination of the skin. Sometimes, extremely SMPAll samples of the skin are needed for a sure diagnosis.
Most cases of impetigo can be treated with some topical, non-prescription antibacterial medications. For more serious cases, doctors will usually prescribe a combination of topical and oral antibiotics. Typically after one or two days of treatment, the infection becomes non-contagious, with the sores disappearing in about a week of starting treatment. Washing with soap and water before medicating may help increase the effectiveness of the medication.

About Staph/MRSA



Staph (*Staphylococcus aureus*) is a group of bacteria that can cause several different infections, including impetigo. This bacterium is commonly found in the bodies of a SMPAll percentage of individuals without harm. Staph usually enters the body through open wounds and hair follicles, but can sometimes cause infection without a break in the skin. In severe cases, the infection may find its way into the bloodstream, causing other infections and health complications within the body.
Staph is almost always transmitted by skin-to-skin contact. However, unclean facilities and equipment are also known causes for an infection.

Symptoms



Staph can show up in several different forms, but mainly starts as a SMPAll sore or boil. Typically, staph invades hair follicles and open wounds, but there have been cases reported where no open cut or wound was present. The back of the neck, underarms, groin, and the beard area in men are the most common areas where staph can be found. Tenderness, swelling, and redness around the infected area are common symptoms. Pus and drainage are also common. It can often spread quickly, and with this comes flu-like symptoms such as fever, sweats, and chills. If left untreated, staph may cause pneumonia, and blood or bone infections.

Treatment

Depending on your symptoms, your physician may need samples of blood, urine, or skin for a diagnosis. Antibiotics are used to treat a staph infection. Depending on how early it is caught and how severe the case is, the type and strength of the drug(s) may vary. Typically, a combination of topical and oral antibiotics may be used. Abscesses may also need to be drained by a physician. Staph can become life-threatening. In recent years, the overuse of some types of antibiotics has been the cause of mutated forms of the staph bacteria. Known as MRSA (*Methicillian-Resistant Staphylococcus aureus*), this type of infection is resistant to some forms of antibiotics. MRSA has been present in hospitals and health facilities for a number of years, but since has become a type of infection that is spread among the general community. MRSA is more difficult to treat than a typical staph infection, because there are fewer effective forms of antibiotics. Serious cases of MRSA are treated with intravenous antibiotics.

Prevention is Key

In any case, preventing a skin infection is much easier than treating one. If the right precautions are taken in monitoring one's body and keeping it clean, infections shouldn't be a cause for worry. Skin infections should never deter you or your child from participating in the great sport of wrestling, especially if you have the right knowledge and preparation.

For further information on symptoms and prevention measures, refer to the MRSA And Other Infections Facts book by USA Wrestling. http://content.themat.com/SkinGuide.pdf

Concussions

If there is a suspected case of concussion during practice, Mr. Moro will be contacted for medical support. The Sport Concussion Assessment Tool 5 (SCAT5) will be utilized to diagnose the athletes safety and determine the appropriate actions. Mr. Moro may ask parents for their observations of their sons in performing the most accurate diagnosis. Please corporate with Mr. Moro in this assessment.

Wrestling Rules and Competition Formats

Wrestling dates back to 15,000 years ago; thus it is one of the oldest sport known to mankind. It is a combative sport involving techniques such as throws, takedowns, locks, and pins. The objective of modern day wrestling is to gain superior control over the opponent and to ultimately pin the opponent. It is one of the oldest and still an Olympic sport. There is no professional league in the wrestling; that is why it is often referred to as "amateur wrestling" as well. It is competed according to weight classes and there are both male and female wrestling (no female for Greco-Roman).

There are mainly 2 styles of wrestling:



Greco-Roman Style
Cannot attack below the waist



Freestyle
Can attack any part of the body

In the Unites States, there is "folk style" which is another style not used in international competition.

So how do you win?

In any style of wrestling, the ultimate goal is to pin (or technically speaking, get a "fall") the opponent. A pin, or fall, is when the both shoulders of the opponent are on the mat under your control. When you pin your opponent, you will win the match no matter what the score is. Below are some examples of a pinning position.

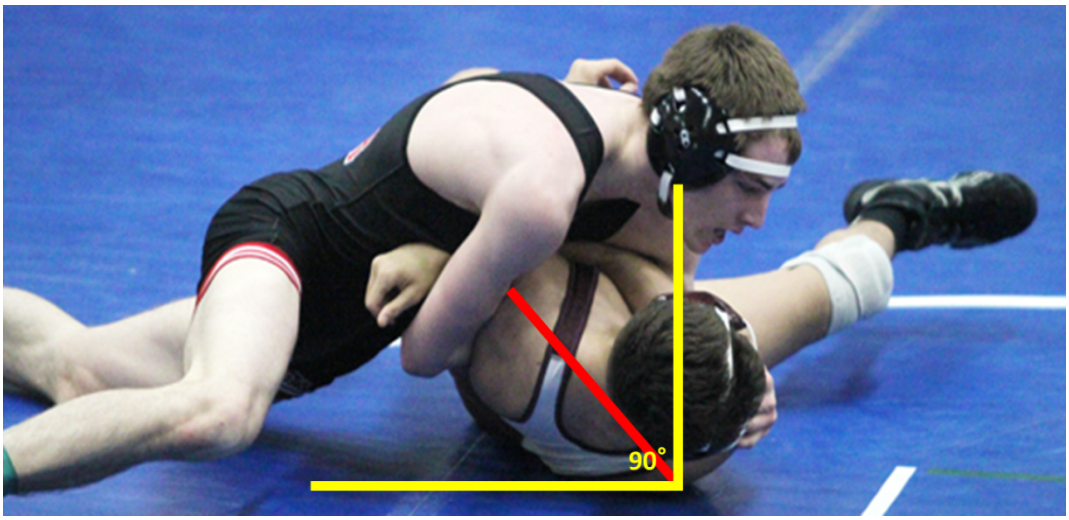






However, it is often very hard to completely pin your opponent. That is why there are points awarded for brining your opponent close to a pinning position. We call this "close to a pin" position as "danger position",

"near-fall", or "exposure" position. It is defined by the opponent's back exposed to the mat by over **90 degrees** to the mat with you in **control** of the opponent. (90 degrees and control are two important keys)



Danger Position or Near Fall or Exposure

There are also two other positions that are important: standing position and the par terre position.



Standing Position
Wrestlers are on their feet



Par Terre Position
3 points out of 5 points
(the head, 2 hands, 2 knees) are on the mat

Scoring (or “technical points)

Taking your opponent from *standing position* straight to *danger position* over your head = 5 points

Taking your opponent from *standing position* straight to *danger position* = 4 points

Taking your opponent from *standing position* straight to *par terre position* and behind the opponent= 2 points

Taking your opponent *from par terre position* straight to *danger position* = 2 points

Stepping out pf the circle or doing illegal holds = 1 point penalty

So… who wins…?

One wrestling match is comprised of two 3 minute periods. Wrestlers take a 30 second break in between if the match should continue to the second period. There are 3 different ways to win a match:

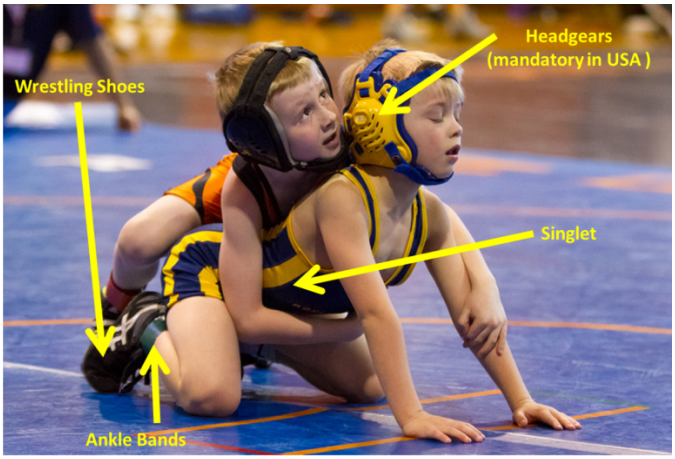
1. Wrestler pins the opponent
2. Wrestler has a 10 point difference; called technical fall or superiority (it is 8 points in Greco-Roman)
3. Wrestler has more points at the end of 6 minutes

If the match is tied, the winner is determined by the following criteria in the order:

1. Wrestler who has more bigger technical points
2. Wrestler who has less cautions (given for major infractions of the rules)
3. Wrestler who scored last

If a wrestler is being passive (not actively attacking or making movement), the wrestler will be penalized in some way (different in the styles).

Other stuff…



Competition Format

Individual Tournament

Each weight class has many wrestlers to compete for first place in a tournament format. An overall team champion can be determined as well by allocating points to the team according to the placing of their wrestlers.

There are many formats of individual tournaments.

There is a single elimination format. This uses a tournament bracket to wrestle up to the finals. If a wrestler loses, he/she is out of the tournament. The winner of the final round is first place and the loser is second place. The losers of the semi-finals may both be determined 3rd place or they may wrestle for the one 3rd place spot.

In the Olympics, the repechage format is used. If a wrestler loses a match, that wrestler may "wrestle back" to compete for 3rd place if his/her loss was to the eventual finalist. Not until after the semi-final rounds do wrestle-backs begin. There will be two 3rd place wrestlers in this format. There is also a repechage format in which wrestlers wrestle for one 3rd place spot.

A more commonly used format in lower levels of competition is a double elimination format in which the wrestler is out of the tournament after his/her second loss. If a wrestler loses, he/she will go to the consolation bracket to compete for 3rd place or 2nd place (if his/her loss was only to the eventual champion).

There are also round robin formats where wrestlers will wrestle everyone in the bracket and whoever has the most wins (or most points) wins. This is commonly used if there are few wrestlers in the bracket. In the middle school league, this is the format commonly used. The wrestler who wins the most number of matches in a bracket will win that bracket. If the number of wins is tied between two wrestlers, the outcome of the two wrestlers' head-to-head match will be used to determine the tie breaker. If there are more than two wrestlers with the equal number of wins, then the sum of the classification points (below) will be used. Classification points will be awarded to the winning wrestler (and sometimes the losing wrestler) depending on the outcome of the match.

Classification point table:

Type of Victory	Winner	Loser
Fall (pin), disqualification, injury	5	0
Technical fall with loser scoring no point	4	0
Technical fall with loser scoring points	4	1
Decision with loser scoring no point	3	0
Decision with loser scoring points	3	1

Dual Meet

Two teams present wrestlers at each weight class. Every weight class will be competed to determine the winner of the two teams. This format can also be used to make a dual meet tournament.

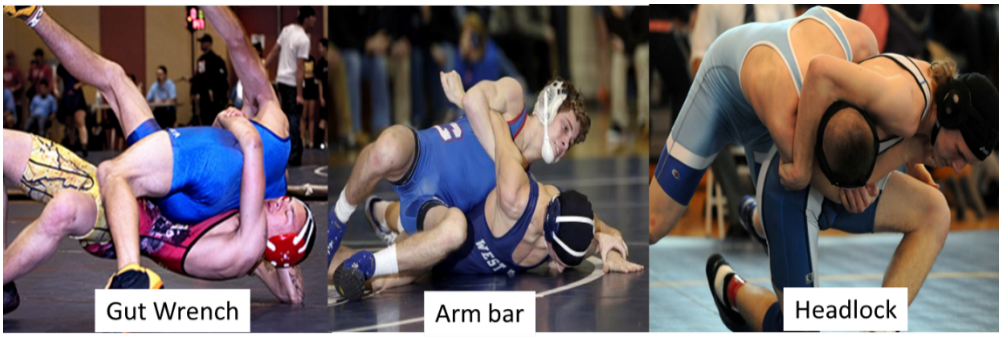
In international competition, the winning team is determined by which team won more matches for all the weight classes wrestled. If the outcome is tied, they will look at classification points; which are team points awarded to the wrestler's team depending on how the winner won. If the winner won by fall or forfeit, they will get 5 classification points for their team and 0 points for the opposing team. If they won by technical fall, 4 and 0. If they won by technical fall but the loser scored at least 1 point during the match, the classification points will be 4 and 1 (1 classification point to the losing team). Any other victories are awarded 3 classification points and possibly 1 point for the loser's team if the loser scores during the match.

In folkstyle, winners of a dual meet are determined by something similar to a classification point system (not by the number of matches won). The team is awarded 6 points for a fall, 5 points for a technical fall (in folkstyle, a 15 point difference), 4 points for a major decision (winner wins by a margin of 8 – 14 points), and 3 points for a decision victory (winning by a margin of 7 points or less).

In the Kanto league, we use a mix of the international rule and folkstyle rule. Dual meets are determined by adding up the international rule classification points (expect the loser does not score any team points): 5 team points for a fall, 4 for a technical fall, and 3 for other wins.

<u>Some wrestling techniques:</u>





Weight Classes

The international governing body of wrestling is United World Wrestling (UWW). https://unitedworldwrestling.org/ . In our league, the Far East, we use a unique set of rules that is a hybrid of the international rules, American folkstyle rules, with some local rules as specified in the UWW Manual Pacific Region Supplement (the "Far East Rule Book").

(Note: Middle school league does not have weigh classes)

The Far East and Kanto league use a different weight class system. In our league, there are 13 weight classes (see below). Wrestlers must weight exactly or under their respective weight class they are wrestling (otherwise, they are disqualified). Wrestlers may wrestle up one weight class, but not two. Wrestlers must weigh a minimum of 92lb to qualify for the 107lb weight class, 99lb for 114lb, 189lb for 215lb, and 215lb for 285lb weight classes.

107lb
114lb
121lb
127lb
133lb
139lb
145lb
152lb
160lb
172lb
189lb
215lb
285lb

Weight Allowance

In our Far East league, we use a weight allowance system, in which after January 1, all wrestlers are allowed to weigh in at their weight class with an additional 2lb. For example, if a wrestler wants to compete at the 133lb weight class, that wrestler can weigh in at 135lb and still compete in that weight class. Such system is in place to avoid wrestlers from cutting weight for the entire season; in other words, after January 1, it makes it easier for wrestlers to make their weight classes.

Our League

There are two leagues we compete in: Kanto Plain and the Far East. There are 6 teams in the Kanto Plain league and many other teams from Korea, mainland Japan, and Okinawa that make up the Far East league. While there are many individual tournaments throughout season, the largest or most significant competition are: Kanto Plain League Championship (dual meet championship), Kanto Plain Tournament (individual tournament), Beast of the East tournament (individual tournament involving Far East teams), Far East Individual Championships, and the Far East dual meet championships.

Required forms for the season and how to watch tournaments

For the season's tournament schedule, please refer to:
https://sites.google.com/smis.ac.jp/titansphoenixwrestlingschedule/home

All league individual tournaments will be held on Saturdays. Wrestlers will leave early in the morning and they are expected to return to school (if an away tournament) in the evening around 7 or 8pm. Dual meets usually will happen on a weekday. Wrestlers will leave after school (if away) and come home around 8 or 9pm.

If a tournament or meet is held at an international school (St. Mary's, Christian Academy in Japan (CAJ), or American School in Japan (ASIJ)), all parents are free to come and watch without any prior registration. They can ride the school bus with the team or arrange transportation on their own.

These registrations must be done well in advance otherwise, you may not be permitted to enter the base. Please make sure to complete them at the beginning of the season. Completing the form does not mean that you must go. Please note that some nationalities are not permitted to enter a US military base. Also, please understand that despite registering, some supporters may not be able to enter base.

Often times, supporters will be asked to travel together with the team on the school bus.

If a tournament or meet is held on a US Base (all other locations other than the international schools), then parents will be need to fill out a form (per attendee) each time they wish to go. Only sign up if you are sure of attending. All parents need to printout and complete the Liability waiver form. The liability waiver form allows the wrestler to receive medical treatment on a military base if needed. All forms can be found at:
http://www.titanswrestling.org/forms/

Coaching Staff



Shuichiro Yabui, Head High School Wrestling Coach

After graduating St. Mary's International School with an IB Diploma, he attended Temple University while starting up his business, Yabui School of English. He graduated Temple University top of his graduating class with a Bachelors in Business Administration. His coaching career began with the St. Mary's middle school program in 2009-10 and then assumed the High School coaching responsibilities in the 2013-2014 season. As a St. Mary's wrestling alumnus and three-time Far East Champion, in 2014 He became the first former Far East champion in Far East history that has gone on to coach a Far East Championship Team. Since taking over the high school program, he has set school records for the most Far East champions produced and the most Far East team titles won with 32 Far East champions and 9 Far East titles as of 2023 and he is the second winningest coach in the history of Far East with his team never placing below 2nd in the Far East Individual team result. His Titan teams set a school record for consecutive Far East Individual titles with four and tied the Far East record of 6 Far East champions in a tournament twice. In 2023, he was appointed to serve as the head high school wrestling coach for the inaugural girls wrestling team at Seisen International School.

Coach Yabui also dedicates his time to promote the sport of wrestling both internationally and domestically. In 2014 he was certified as Asia's first United World Wrestling (UWW) Coach Educator. As a UWW Educator, he supports in the development of national coaches throughout the Asia and Oceania regions. Additionally, he served as the assistant to the President of the UWW Coaches Commission to support the development of the UWW Education Pathway and the UWW Media Department as a translator. Coach Yabui was also the youngest Secretary General for the Japan Masters Wrestling Federation in the organization's history and a board member of Sports Design Lab. For his alma mater, he is the executive director of the St. Mary's Alumni Association.

Coach Yabui's Bio & Experience

Assistant Coaches:



Moshe Grimberg (Head Elementary School Wrestling Coach)

Coach Moshe (as the wrestlers call him) brings a wealth of skill and experience. In addition to his coaching experience with the Israeli Youth National Teams and fitness knowledge as a personal trainer in Japan, he was a Greco-Roman national team member for Israel throughout his cadet, junior, and senior levels. He leverages his knowledge, experience and the skills he developed to improve both the technique and mind-set for winning with our grapplers. His competitive nature and desire for the sport led to him competing in and winning medals at the European Championships and World Championships at the 48 – 54kg weight categories. He is a 2019 World Veterans Championship bronze medalist. He brings with him coaching experience in coaching the Israeli Youth National Teams and knowledge as a personal trainer in Japan.

Brit Ofstedal (Head Middle School Wrestling Coach)

Wrestling was simply natural for Coach Ofstedal, being the son of Doug Ofstedal who coached the Titans in the 80s to the 90s. Graduating St. Mary's in 2000, as a true St. Mary's wrestling veteran, he won multiple tournament titles during his high school career. He was named the 1999 and 2000 Kanto Plain All-Star and finished runner-up in the 2000 Far East tournament at 180lb, a weight class very few Titans have had success. He was undefeated his senior year up until his Far East finals. He led the 2000 team as captain of the team and was an integral member of the first "golden age" of St. Mary's wrestling in the late 90's.



Tatsuhito Matsumoto



Coach Matsumoto (or Coach Tatsu as the wrestlers call him), is the assistant coach for St. Mary's, but also assists with the Seisen program. Continuing his coaching responsibilities from last season, Coach Tatsu is a valuable coaching asset for both St. Mary's and Seisen. He wrestled for Coach Yabui for 7 years in middle and high school, graduating in 2018. He was the team captain in 2018, a 3-time Far East silver medalist, a Kanto champion, and a Beast of the East champion. He is a 2024 Singapore national wrestling champion.



Bryan Koslow

In his high school days, he competed for Redondo Union High School and placed 4th in the California Interscholastic Associations championships. His 3 sons, Shane, Austin, and Warren, wrestled for St. Mary's and his daughter, Serena (ASIJ) all became Far East champions; marking the first family of 4 siblings to all become Far East Champions in the history of Far East.



Matthew Brummer

Coach Brummer was a high school folkstyle state champion in Massachusetts. After high school, he wrestled for Bucknell University (NCAA Division I) in Pennsylvania and a graduate assistant at Columbia University, New York City. He is the father of two beautiful little daughters (soon to be girls Far East champions?!) attending Seisen International School.



Miki Rowbottom

Coach Miki Rowbottom attended the International School of Sacred Heart in Tokyo, Japan up until high school. Then, she moved back to Canada and met the sport that she was born for. She joined the Maple Ridge Secondary School's wrestling team. After transferring from the University of Regina to the University of Calgary's wrestling program, she quickly began moving up the wrestling ladder nationally. Coached by Olympic Champion, Carol Huynh, Miki won silver medal at the Pan-American senior championships. After graduating with a major in Electrical Engineering and a minor in Engineering Entrepreneurship, she went off to win two more medals at the Pan-American championships and won the Canadian national tournament to be selected to represent Canada at the 2025 World Championships.

View out coaching staff profile at http://www.titanswrestling.org/coaches-and-staff/

Frequently Asked Questions

"I don't want my child to be cutting weight and starving. Doesn't wrestling do that?"

Weight "cutting" often involves fasting or eating significantly less than the minimum caloric intake and dehydration to lose amounts of weight in a short period of time. This is dangerous. Unfortunately, it is true many wrestlers and other combat sports athletes lose weight in this manner still today when all medical evidence discourages it. Such risky weight "cutting" is prohibited in the St. Mary's and Seisen wrestling programs. Weight "management" involves maximizing the quality, composition, frequency, and quantity of nutritional intake for optimal athletic performance while controlling the athlete's weight within a healthy and safe range. Most high school athletes are not in athletic physique and are typically overweight or sometimes underweight. Weight management finds the optimal weight and body fat ratio for each athlete and control the weight. Generally, for athletes who are overweight (meaning, not in optimal athletic shape), weight management focuses on "burning" body fat to a healthy level optimal for athletic performance and this is done throughout a long period of time (contrast to weight cutting which involves losing muscle mass and water weight in a short period of time). Those who are underweight focus on building up muscle and in some cases, increase body fat to a healthy range. Often times, wrestlers are surprised to be advised to eat more frequently in both scenarios. Weight management will involve reducing unhealthy diet (snacks, soda, sweets, deep fried dishes) and replacing those calories with vegetables, lean meat options, and non-meat protein sources. Simple carbohydrates (such as white rice, white bread) will be replaced with complex carbohydrates (such as brown rice, whole wheat bread). To sum up, St. Mary's and Seisen wrestling promotes a healthy life style.

"Isn't wrestling like MMA or WWE (pro-wrestling)? I don't want my child to be doing that."

It is true many successful MMA fighters or WWE stars have background in wrestling, but wrestling and MMA/WWE are completely different. While there are too many differences, the most significant difference lies in the objective of the sports. In MMA/WWE, in order to submit the opponent, techniques that hurt or potentially injure the opponent are allowed. In fact, many times, MMA/WWE forces the opponent to give up (tap out) by hurting them or threatening them with potential injuries (choking, joint submissions); or the other way is to "knock out" the opponent and making them unconscious. While wrestling has many complicated rules, one of the most fundamental rule is that wrestlers are not allowed to hurt or injure the opponent. There are no techniques that are designed to hurt someone. Punching, kicking, choking, using weapons, breaking joints (submissions), pulling hair, eye gouging, etc… are all illegal moves in wrestling that could result in a disqualification. The main objective of wrestling is to control the opponent. Now, of course, resisting the opponent's control is often times suffocating and painful, but the purpose is not to injure or hurt someone. This is why there is no "tapping out" in wrestling as there is no situation for when this needs to happen. Wrestling is a tough sport, but not inherently dangerous.

"I don't want my child to become aggressive or become a bully by learning wrestling."

Usually, this is the other way around. Physically aggressive youths, bullies, youths with low self-esteem, or students who lack discipline are often times encouraged to join a combat sport (such as judo, karate) and especially wrestling. Wrestling teaches wrestlers to control their strengths, respect

others, and sacrifice themselves for the greater good. With the physically demanding training, many youths find wrestling a way to relieve their physical and emotional stress which allows them to be more calm, disciplined, and focused on school work and relationships.

"Isn't wrestling dangerous? I don't want my child to get injured."

While injury statistics for high school sports vary from country, period, and methodology of the research, generally, wrestling is not significantly higher or lower in injury rates than most other sports. That is just the rate (frequency); what's more important is the severity of the injury. Injury rates can include anything from a jammed finger to a knee surgery. In terms of major injuries (such as injuries involving surgeries or inability to compete for a long duration of time), wrestling actually has a similar or lower rate compared to basketball, soccer, and volleyball. Of course, that is not to say wrestling is injury free; just like any sport, wrestlers get injured. Higher major injury rate sports include American football, baseball, softball, and lacrosse. The only injury free sport would be no sport at all. It is the job of the coach and the athlete to train and compete to minimize the risks of injury in all sports.

Additionally, there is a risk factor that is different for wrestling compared to most team ball sports. Injuries often happen in "unexpected" and "uncontrollable" situations. Unexpected and uncontrollable happenings give athletes shorter time to react and often puts unnecessary strain on their muscles and joints or force them to stress them in ways they are not supposed to. These situations are likely to happen in team ball sports. For example, a basketball player may jump up to catch a rebound but another player bumps into the player in the air unexpectedly and the landing becomes uncontrollable; leading to a knee or ankle injury. Several soccer plays all jumping at once towards one ball in the air (therefore do not have good vision of the other players); leading to missed landing. Two outfielders in baseball, chasing a fly ball and crashing into each other full speed; leading to a concussion. A football player being tackled from the side or behind; resulting in a heavy blow to the knee joint. With team ball sports, often times multiple players are focused on one ball and human collisions are frequent; causing unexpected and uncontrollable situations. Wrestling is an individual sport; you will never have anyone attacking you unexpectedly as you are expecting one opponent to attack you from a visible position. Because of this expectation, wrestlers train in reactions and techniques to make uncontrollable situations into controllable situations. Proper training allows wrestlers to anticipate risks and prevent unexpected and uncontrollable situations compared to team ball sports when many factors are beyond the athlete's expectation and control. So, can you get injured in wrestling? Yes. Is it as bad as many people think? No.

"My child is not athletic and will never be able to do wrestling. Isn't wrestling for strong athletes?"

One of the greatest attributes of wrestling that many wrestlers and coaches love is its truly inclusive and fair nature. Many sports will have certain physique that is advantageous; such as height in basketball, speed in track & field, strength in football. Wrestling has specific techniques and strategies that is advantageous and disadvantageous for all type of physique. There are specific techniques better for a tall wrestler and a short wrestler. If a wrestler is skinny or heavy, he/she will only compete with others that are similar in weight (due to weight classes). While athleticism may help wrestlers, wrestling technique and conditioning (endurance) can be acquired by anyone. Due to the individual nature of the sport, everyone is given the same chance to practice and improve; compared to other sports that have tryouts that eliminate the opportunity for youths to even

participate. At a wrestling tournament, no one is “benched” but everyone wrestles and competes. Many wrestling teams and clubs around the world welcomes everyone on the team, works together as a team, and learns and grows together. Wrestling coaches pride themselves on how they were able to make the least athletic kid into a champion.

“Won’t my child learn to be selfish as wrestling is an individual sport? I want my child to learn teamwork.”

Team “play” is not the same as team “work”. True teamwork is earned by individuals sacrificing themselves for others and everyone treating one another as equals and respect. A wrestler cannot practice on his/her own to get better; a partner is always needed. The partner will sacrifice him/herself by being taken down in a drill and you will reciprocate the sacrifice. If the partner doesn’t do his/her best, it does not make the other partner better. In a tournament or dual meet (team competition), every team member is equal in value because there is a maximum number of points each wrestler can score. The weakest wrestler is equally capable of scoring or losing as many points as the strongest wrestler. Through rigorous training and mutual respect, wrestlers are known to be friends and cherish their memories for the rest of their lives. Wrestling is known as an individual sport and a team sport into one.

Appendix 1 – Medical Contacts

Mizonokuchi Chiropractic-in (Mr. Matsuda)

044-299-9086
http://www.mizonokuchi-chiro.com/
Weekdays: 9:30am – 8:30pm
Weekends: 10:00am – 5:00pm
Closed: Tuesday

Kawasaki-shi Takatsu-ku Mizonokuchi 2-17-27

A.B.S. Seikotsuin (Mr. Igarashi)

03-3705-3388
http://athletic-b-s.com/
Weekdays: 9:00am – 12:00pm, 2:00pm – 7:30pm
Saturday: 9:00am-12:00pm, 2:00pm- 4:00pm
Sunday: 9:00am – 12:00pm

Setagaya-ku Fukasawa 5-5-17

Hikari Seikotsuin (Mr. Izawa)

03-5300-8060
http://www.daitabasihikari.com/
Mon – Sat: 9:00 - 1:00
Monday, Tuesday, Thursday, Friday: 4:00 – 8:00
Setagaya-ku Ohara 2-19-3

Kaminoge Neurosurgical Clinic (Dr. Kobayashi)

https://kaminoge-c.com/

Minoyama Clinic

http://www.minoyama.jp/

Appendix 2 - Important Contacts

Coach Yabui, Head Coach

yabuis@smis.ac.jp

Nurse Bingham, St. Mary's Nurse

nurse@smis.ac.jp

Mr. Moro, School Athletic Trainer

moroo@smis.ac.jp

Ioki Ichikawa, Athletic Director

ichikawai@smis.ac.jp

Titans Wrestling Website
(season calendar, announcements, results/news, important forms, etc…)

http://www.titanswrestling.org/

Titans & Phoenix Schedule Website

https://sites.google.com/smis.ac.jp/titansphoenixwrestlingschedule/home

Online Store

https://titanswrestling.stores.jp/

There will not be a phone chain in case of emergencies. Any emergencies regarding cancellation of practice or a meet will be announced via email.