



# KOLAT VS. IRONSIDE

Watch the 1996 NWCA All Star Classic. At 134lbs, Mark Ironside of University of Iowa wrestled Cary Kolat of Lock Haven. Kolat 11-0, Ironside 21-0. Kolat pinned all 11 of his opponents and was ranked #1 in the nation. Ironside was ranked # 2 in the nation. Then answer the following:

**What are the trends/techniques you see with these high-level wrestlers? What can you do emulate both?**