

# **ABAS WRESTLING**

**FRIDAY SEPTEMBER 16<sup>th</sup> &  
SATURDAY SEPTEMBER 17<sup>th</sup> 2022**

**@**

**Deer Valley High School**

4700 Lone Tree Way  
Antioch, CA 94531



## **FEATURING:**

**California's First 4X NCAA Div. I All-American**

## **GERRY ABAS**

- **4X NCAA ALL-AMERICAN**
- **3X NCAA FINALIST**
- **2X USAW NATIONAL CHAMPION**
- **California Wrestling**

### **\*TAKEDOWN MACHINE!!**

ELBOW CONTROL - PASSING - MIS-DIRECTION - UNDERHOOKS - DUCKS  
HI-C - SWEEPS - LOW SINGLE - RE-SHOT  
ABAS ROLL - SCRAMBLING TECHNIQUES  
CUTTING EDGE TECHNIQUES *\*Sample skill set*

*"I teach high level Set-ups, Penetration and Finishes in a way that captivates the wrestler to better promote learning.*

*Also, I discuss the **Warrior's Mindset** in my **Tools for Success.**"*

*- Gerry Abas*

*\*\* Ideal for 10 years old or older, or 2 years exp min. \*\**

**\$250 PER TEAM**

**\$30 PER WRESTLER**

**Checks payable to**

**Deer Valley High School**

### **SCHEDULE**

FRIDAY CHECK-IN...5:30pm

SESSION I.....6pm - 8:30pm

SATURDAY CHECK-IN...8:30am

SESSION II\*...9am-1:00pm

*\*TOOLS FOR SUCCESS TAIK*

**\*\*Video recording encouraged\*\***

*"His eye for detail helps him breakdown even the most complex techniques...Gerry optimizes the west coast wrestling style"*

*- Kendall Cross Olympic gold medals - Atlanta '96*

*"Gerry is one of the best teachers of wrestling in the country."*

*- J Robinson Head Wrestling Coach -Univ. of Minn.*

*"The Abas style redefined the sport of college wrestling"*

*- T.R. Foley -Intermat (July 2012)*

### **FOR INFO CONTACT:**

**Coach Rich Madrigal**

**925-628-3222**

**shortmadman@yahoo.com**