

The First Takedown Changes Everything

In wrestling, momentum matters.

While every match is different, one statistic has remained remarkably consistent across all levels of the sport: the wrestler who scores the first takedown wins far more often than they lose. That first score doesn't guarantee victory, but it dramatically shifts the match in one athlete's favor.

Why?

Because wrestling changes once someone takes the lead.

The wrestler who scores first gains confidence. Their opponent often becomes more aggressive, forcing attacks they normally wouldn't take. That desperation creates additional scoring opportunities, allowing the wrestler with the lead to dictate the pace, control position, and wrestle strategically rather than emotionally.

The first takedown isn't just worth points—it changes psychology.

That's why great wrestlers don't simply wait for opportunities. They actively pursue the first score through disciplined setups, constant pressure, and purposeful hand fighting. They understand that controlling the opening exchanges often determines how the rest of the match unfolds.

This doesn't mean wrestlers should recklessly attack from the opening whistle. In fact, the opposite is true. The first takedown is usually earned by the athlete who creates the highest-percentage opportunity, not the one who attacks first. Patience, positioning, and preparation create quality attacks.

The lesson extends beyond wrestling.

Whether in sports, business, or life, taking initiative often creates momentum. Those who prepare thoroughly and act decisively frequently place themselves in positions where success becomes more likely.

Great wrestlers understand that every point matters.

Elite wrestlers understand that **the first point often matters the most.**

They don't wait for the match to happen.

They work relentlessly to take control of it from the very beginning.