

# The Myth of the "Perfect Move"

Every wrestler has asked the question:

*"What's the best move?"*

The answer is simple.

There isn't one.

Young wrestlers often believe success comes from discovering a secret technique that no one else knows. They spend countless hours searching for the newest move they saw online or the latest highlight-reel finish. While learning new techniques is valuable, chasing the "perfect move" often distracts athletes from what actually wins matches.

The best wrestlers aren't defined by the number of moves they know.

They're defined by how well they execute the fundamentals.

A perfectly timed single leg will almost always outperform a flashy technique executed from a poor position. A well-developed setup will score more consistently than a spectacular attack attempted without preparation.

Elite wrestlers don't build their style around dozens of techniques.

They build systems.

Every tie leads to a setup.

Every setup creates a reaction.

Every reaction leads to a high-percentage attack.

Every attack has multiple finishes.

When one option disappears, another immediately becomes available.

That's what makes elite wrestlers so difficult to defend—not because they know magical techniques, but because every movement has a purpose and naturally flows into the next.

The same principle applies beyond wrestling.

There is rarely a perfect solution to difficult problems. Success usually comes from mastering the fundamentals, preparing thoroughly, and consistently executing simple things at a high level.

Champions aren't searching for shortcuts.

They're refining the basics.

Because the "perfect move" isn't a move at all.

It's the ability to consistently put yourself in the right position, make the correct decision, and execute fundamental techniques with confidence, precision, and purpose.

The fundamentals will never go out of style.