1. There are two new chapters – Chapter 2: Footwork & Chapter 4: Advanced Throws and Takedowns.

2. With the exception of Chapter 1, all the original chapters have been expanded, especially the last chapter on developing a total in-season and off-season wrestling program.

3. There are approximately 90 new drills and over 200 new photos.

4. The first edition was around 250 pages and this new second edition is nearly 400 pages.

The Wrestling Drill Book, Second Edition will be released December 1st. If you would like to purchase the book, you would receive it before Christmas. The cost is $25.00 which includes shipping & handling, and I will personally sign it. You do NOT have to pay for it now. Just send me your name, address, and phone number and I will reserve a copy for you. When the book arrives, I will call you before I send it to you. At that time, you can send me the $25.00 payment. Doc, this is the best-selling wrestling drill book on the national market today. It will be a valuable addition to your wrestling library. I hope to hear from you by e-mail soon.

Yours in WV wrestling,

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