

Catch Wrestling: The Violent Art

If Jiu Jitsu is translated to the “Gentle Art,” then Catch Wrestling would be the violent art. Catch Wrestling (short for Catch-As-Catch-Can Wrestling) is a mixed grappling style that originated in England in the late 1800’s with roots to medieval wrestling. Today, you can see Catch Wrestling alive in MMA with fighters such as former UFC Heavyweight Champion, Josh Barnett. Catch Wrestling focuses on takedowns, pins, submission locks, chokes, and neck cranks. This workshop will be an introduction to the basics of catch wrestling with an emphasis on how to get your opponent off balanced, maintain dominance, and obtain a submission. No prior experience is needed and all are welcome.

Instructor Bio

Jacob is the “Hauptman” (captain) of the Maryland location of Cymbrogi: School of Western Martial Arts. Jacob started training specifically in HEMA in 2015 under Jeremy Pace; however, he has been a lifelong martial artist. Jacob was originally taught boxing and then began studying submission wrestling at the age of 14. Today, Jacob specializes in Longsword in addition to wrestling. Jacob is passionate about the martial aspect to HEMA and instructs with this mindset. He prides himself in being able to teach to all experience levels.