



# Younes Haresabadi

FREESTYLE WRESTLER

## Details

Tehran

Iran

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NATIONALITY

Iranian

DATE OF BIRTH

18 Apr, 2007

## Links

<https://haresy.ir>

## Skills

Guard Techniques

Freestyle Wrestling Techniques

Wrestling Psychology

Wrestling Recovery

Mental Strategy

Single Leg Takedown

Double Leg Takedown

Sprawl

Headlock

Arm Drag

Fireman's Carry

Granby Roll

Bridge

## Languages

Persian

English

## Profile

An 18-year-old freestyle wrestler with 4+ years of training experience, currently training under Grandmaster Mohsen Kaveh. Skilled in advanced wrestling techniques, strength conditioning, and recovery strategies. Previously trained at DIHIM Wrestling Club, learning key takedowns and wrestling guards. Strong in tactical decision-making and adapting during matches. Eager to further develop skills and pursue opportunities with professional wrestling teams.

## Achievements and Awards

1st Place, Tehran City Championship, Tehran

2022

1st Place, Tehran League Division 1, Tehran

2022

3rd Place, Tehran Province Championship, Tehran

2023

1st Place, Tehran City Championship, Tehran

2023

3rd Place, National Tournament, Tehran

2024

## Athletic History

Trainee Wrestler, DIHIM Wrestling Club under Coach Morteza Afzali, Tehran

APRIL 2021 – MARCH 2024

- Basic techniques and wrestling guard positions.
- Drills for fundamental moves like “Yakhm” (Ice Pick), “Doughm” (Double Leg Takedown), and “Servogardan” (Headlock).
- Initial strength training for wrestling, including body-weight exercises like push-ups, pull-ups, and gymnastics.

Wrestler, Tofigh Jahanbakht Wrestling Hall under Grandmaster Mohsen Kaveh, Tehran

MARCH 2024

- Transitioned to advanced freestyle wrestling techniques.
- Specialized in **Strength & Conditioning** with a focus on **wrestling-specific power, endurance, and explosive speed**.
- Recovery Techniques:** Learning to manage fatigue during matches using techniques like **wrist control** and **shoulder locks** to minimize opponent's attacks and regain strength.
- Nutritional Planning:** Focused on professional dietary programs to optimize athletic performance.

## Tactical Wrestling:

- Emphasis on match strategy: understanding when to **attack** and when to **counter**.
- For example, during a match where I was trailing by 3 points, my coach instructed me to retreat and force the opponent to commit to an attack, setting up a counter-offensive.
- During a physically exhausting match, the coach advised me to control the opponent's **wrist and shoulder**, preventing them from attacking and allowing me to regain strength.

## Hobbies

Computer Gaming, Mountain  
Hiking

## Education

**Vocational High School Diploma, Shahid Beheshti Vocational School,  
Tehran**

SEPTEMBER 2022 – AUGUST 2026

Now I'm on 11th Grade, Physical Education at Shahid Beheshti Vocational School.  
Focused on physical training, sports science, and fitness development.

## References

**Mohsen Kaven from Tofiqh Jahanbakht**  
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