

ONE WRESTLER'S COURAGE

from Survival on the Streets to Success on the Mats

Dr. Bill Welker

“One Wrestler’s Courage is a candid narrative about a black adolescent who grew up in a very violent environment. It vividly demonstrates how he courageously defies the “darker elements” of his neighborhood and how he adjusts to a new life where he learns to judge people on a personal basis.”

– Bobby Douglas, former two-time Olympic Coach and Head Coach at Iowa State

ABOUT THE BOOK

Isaac Walker (aka Tyrone “Ty” Thomas) lived in the “projects” of a community in eastern Pennsylvania when his mother was murdered. To make matters worse, he was approached by a local juvenile “gang” to sell drugs, which he refused to do. Isaac later turned “state’s witness”, where he testified against “gang members” regarding a friend’s murder. In fear for his life, drastic measures were taken to protect Isaac.

In *One Wrestler’s Courage*, readers will be captivated by Isaac’s view on life and racism. Like so many adolescents, Isaac faces all the problems teenagers have to deal with - peer acceptance, dating and young love. His various “coming of age” decisions on and off the mats will inspire readers, including his mature acceptance of life’s disappointments. Without question, you will be moved by Isaac’s determination to succeed.

Avid wrestling and sports aficionados will also enjoy the various action-packed, real-life, dual meet and tournament, wrestling-match scenarios.

ABOUT THE AUTHOR



An award-winning educator and one of the country’s foremost authorities on Folkstyle wrestling, Dr. Bill Welker has published a national best-seller, *The Wrestling Drill Book*, a DVD, and hundreds of articles on the mat sport since 1974. Most recently, his memoirs, *The Sparrow’s Spirit*, and his first novel, *A Wrestler’s Curse*, were declared winners in the sports category by the Beverly Hills Book Awards judges. All his books can be viewed at: www.billwelkerwrestling.com

A former Pennsylvania State Champion and State Finalist, Welker is a member of five wrestling halls of fame, including the Pennsylvania Wrestling Hall of Fame, the National Wrestling Hall of Fame (West Virginia Chapter), and the Ohio Valley Athletic Conference Hall of Fame. He has been selected twice as the National Wrestling Sportswriter of the Year by *Wrestling USA Magazine*.