

LEARNING THE ROPES

Learning the Ropes is a documentary series that follows a diverse group of Nova Scotian women interested in stepping into the ring to learn the basics of wrestling. They are trained by a group of professional wrestlers who coach them every step, roll, headlock, and bump along the way while they search for their wrestling personas. Although personalities sometimes clash, the women discover this physical and emotional journey is also very empowering as they wrestle towards their first big match in the ring.

EPISODE DESCRIPTIONS

Episode 01 - The Beginning

Professionals Maddison, Gary and Anne hold their first workshop introducing the sport of wrestling to a group of novice women. The lady's step into the ring for some basic training, learning it's not as easy as it looks but find it empowering to overcome their fears.

Episode 02 - Step one

The women are put through their paces as they learn wrestling etiquette and the art of the lockup. Madison shares why she is so motivated to inspire female wrestlers, and Gary is impressed that the women are stepping it up.

Episode 03 - Elspeth Gets Inspired

Elspeth talks about how her background in costume, acrobatics and medieval fighting has led her to explore the world of wrestling. Dance teacher Chantal shares her unique journey of travelling far and wide as a wrestling super fan to finally becoming a wrestler herself.

Episode 04 - Dana and Enith

Dana goes behind the scenes in Toronto at a live IMPACT wrestling event and talks to Gail Kim about how her career has transitioned. Enith shares how her academic upbringing and life on the farm are far removed from the world of wrestling.

Episode 05 - Barb and Julie

Opposite personalities Barb and Julie put aside their differences to attend an Impact wrestling show together. After the match, they speak to Alissa Edwards and her opponent and learn their tricks for how to stand out from the other female wrestlers.

Episode 06 - Rey, Elizabeth, and Ana

Rey talks about her military background and how working out has become therapy. Elizabeth gets some one-on-one training with Maddison and learns how to run the ropes. Ana describes her signature wrestling move and explains how her father didn't want his shy daughter to become involved in wrestling.

Episode 07 - Elspeth and Prima

Gary explains the importance of safety and good timing. Chantal and Anne walk through the logistics of the headlock. Prima warns that she has a formidable reputation in sports and can 'throw down.' Elspeth admits that dismissive people spur her on to prove them wrong.

Episode 08 - Madison Rayne

The ladies train with IMPACT wrestler Madison Rayne who is passionate about giving the advice she never had the opportunity to get when she began her career 15 years ago. Madison teaches them some tricks of the trade and helps them explore what kind of characters they'd like to portray.

Episode 09 – Different Stages

Maddison is impressed with Barb's work ethic as they move through rolls, holds, and sequences. Chantal walks Rey and Elspeth through the process of on-camera event promos. Elspeth discusses costume options and strategies with 50 shades of Mistress Rey, preparing for her debut as the ringleader.

Episode 10 - Elizabeth, Ana, and Character Study

Maddison gets honest about the dedication required for actual training and teaches a sequence to Ana and Elizabeth. Anne talks to the group about character development and why they need to be believable. Enid unexpectedly finds her persona in a long-lost nickname from her past.

Episode 11 - A Legend Arrives

Anne attends a jujitsu workshop with MMA legend Royce Gracie, who stresses being disciplined as a wrestler. Dayna is on the fence about her character, struggling with wanting to win and be liked. Maddison has her most meaningful session yet as she takes the ladies into the night to explore their character personas and promos further.

Episode 12 - The Big Day Is Here

The ladies get their game faces on for their first match in front of a live audience. Julie explains how this experience has empowered her to find her voice. Maddison and the other coaches give everyone a final pep talk before Mistress Rey takes to the ring for the introductions.

Episode 13 - Go Big or Go Home

Maddison stresses the importance of impressing the audience by committing to your character. Gary referees the match as the women are finally tested inside the ring. The crowd gets into it as Chantal takes a beating. The women reminisce about their experience as the coaches give them high praise for a job well done.