

**LCA**

**Wrestling**

**The Technique Bible**

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The Mission of Life Christian Academy Wrestling is to provide a fun, healthy, and safe environment, where student athletes may work hand in hand with the coaching staff to learn and achieve their goals in the sport of wrestling. Wrestling is not for everyone. It is an intense, full contact sport that requires hard work, commitment, and character. To achieve success in wrestling you must set increasingly high standards and goals, then dedicate yourself 100% to achieve them. Remember that champions are often, but not always, the ones that win the most matches. True champions are the guys who get the most out of themselves and others. They strive to be great, and often do achieve greatness. At the very least they command RESPECT.

- Hard work pays off. Work hard, stay healthy, play safe, and most importantly have fun.
- Set realistic goals, making sure to set them high. Never sell yourself short. (Everyone's goals will differ).
- Wrestling is and always has been an intense sport.
- Always work your personal best. You get out of the sport what you put in.
- Respect yourself, teammates, coaches, and others.
- Repetition, intensity, sacrifice, emotion, and preparation are all keys to success.

Athletes should walk away from the program having first and foremost enjoyed themselves. In the process they should have gained self esteem, learned healthy lifestyle habits, gained knowledge of the sport, and learned the value of hard work.

“Those who enter will be challenged. Those who remain will become champions.”

# LCA WRESTLING TECHNIQUE CHECKLIST

POSITION OFFENSE- GOOD POSITION & MOTION/ ALWAYS CONTROL THE TEMPO/ ALWAYS LOOK TO SCORE/PRESSURE						
<b>OPEN</b>	<b>OUTSIDE</b>	<b>COLLAR TIE</b>	<b>UNDERHOOK</b>	<b>INSIDE</b>	<b>OVER COLLAR</b>	<b>2 ON 1</b>
*BLAST DBL	PISTOL HC	*SNAPS	CROSS PICK	SWING SINGLE	SHRG SWEEP	POST DBL
POST DBL/HC	PISTOL SINGLE	ABBAS SNAP	SLIDE BY	HANG SINGLE	SHRG TO BODY	PUNCH MAT
*DRAGS/SLIPS	DUCK	CHOKE SHRUG	HC/DBL/SNGL	FIREMANS	SHRG SNGL SNGL	*SLIP SNGL
LOW SINGLE	BOOT DUCK	FAR FIREMANS	COW CATCHER	KNEE TAP	GRABS ELBW HC	FIREMANS
KNEE DROP	*CHOP DRAG S	ELBOW SHRUG	PINCH HDLOCK	DROP DUCK	ABBAS SNAP	SNATCH SNGL
*SNTCH HC	*CHOP/POST	*PASSES	INSIDE TRIP	*SKATES	NR ANKLE PICK	FOOT SWEEP
*SNTCH SNGL	*PASSES	DROP DUCK	*CEMENT 5	*DRAGS	SHRUG HEADLCK	*HEADLOCK 5
ANKLE PICK		*HEADLOCK 5	*SNATCHSNGL	*CHOPS	OVER SHRG DBL	
MISDIRECTION		*BASEBALL SLD	*FOOT SWEEP	*SNAPS	OVER SHRG	
SHORT OFFENSE-WORKS OFF HEAD CONTROL, SNAPPING HIM DOWN, AND COUNTERING WITH A SPRAWL(HIPS TO HIS EAR)						
<b>BACKHAND</b>	<b>SHORT DRAG</b>	<b>FRONT HEAD</b>	<b>FRONT 1/4</b>	<b>WHIZZER</b>	<b>COWCATCHER</b>	<b>BLOCKS</b>
GO BEHIND	GO BEHIND	GO BEHIND/SHK	POP	POP	RUN SPINE	D-HDBLK-DBL
DOUBLE	DOUBLE	CROSS PICK	SHUCK	PANCAKE	CEMENT	HC-DNBLK-DRG
	TURK	CRDLE	PANCAKE	INSIDE TRIP	TRANSFER	D-HDBLK-DUCK
		TORNADO ROLL				D-UNDRHK-HIP
COUNTER OFFENSE-GOOD POSITION & REACTION/ CONTROL HIS HEAD/ ALWAYS LOOK TO SCORE (LOOK FOR CHEAP 2)						
<b>SINGLE</b>	<b>DOUBLE</b>	<b>HIGH C</b>	<b>2 ON 1</b>	<b>LOW SINGLE</b>	<b>HEAD LOCK</b>	<b>FRONT HEAD</b>
SNGL LFT ELBW	DIVE ROLL	SCOOT IOWA	PLM DWN SPN	SIT LACES DWN	RE-THROW	X-DRAG
SCOOP	-SIT/5/LOW	IOWA ROLL	HNG SNGL FAR	SIT CHOKE	ROLL THRU	CIRCLE OUT
HAMMER LOCK	MONKEY ROLL	STNDNG CRDLE	REVERSE SNGL	KIMORA	DUCK HEAD	X-TAP
CRACK BACK	SWITCH	HC TO HC	CROWD HD	LEG CRADLE	LIFT BUTT	*WHIPOVER
DIVE ROLL	CHEAP 2		GRANADA	ABBAS ROLL		
FINISHES-GOOD POSITION, KEEP MOVING/REACT TO HIS COUNTER & CHAIN WRESTLE(SECOND SHOT KNEE SLIDE)						
<b>DOUBLE</b>	<b>SINGLE-PULL DON'T PUSH</b>	<b>HIGH CROTCH</b>	<b>LOW SINGLE</b>	<b>SHRUG/DUCK</b>	<b>HEADLOCK</b>	
FLAIR	TRIPS	REAR DBL	DOUBLE/DUMP	BMP HIP/CRCL	PULL TO MAT	HIPS UP
CORNER LIFT	LEG SWING	BROKEN	BUMP HIGH	IRANIAN	LIFT DUMP	-WALK TO HEAD
RUN PIPE	**BARZGAR	-CIRCLE HOLE	-DBLE/BK DOOR	-PUSH/PULL	CIRCLE DWN	HIPS DOWN
INSIDE TRIP	RUN PIPE/DUMP	-BOOT	-REVERSE ARM	-UP ARM THRU	-ZYPHOID	-ARM OVER FACE
SINGLE	JACKSON	-IRANIAN	CRACK DOWN	-TURK	-JUMP ZYPHOID	
-CUT BACK DBL	DBLE	-CUT BAK DBL	-ARM THRU	-TRP ARM SIT	-SANTE FE	
X-TRK,HLF,SHLF	HIP WIZZER	SMITH FUNK	-SHELF/GRNBY			
TOP-SPIRAL, CHOPS, WRIST CONTROL/ ALWAYS PRESSURE DOWN/ MAKE HIM HOLD YOUR WEIGHT						
<b>BACK TO MAT</b>	<b>CRADLES</b>	<b>ARM BARS</b>	<b>BAR ARMS</b>	<b>LEGS</b>	<b>TILTS</b>	<b>SPIRAL</b>
KNEE BREAKER	X-FACE	RUN TO WRIST	AZEVEDO BAR	HIGH THIGH	SANTE FE	HALF OR HIGH
SPIRAL CLAW	-KNEE BLOCK	WEENIE BAR	CROSS HIP-CC	CROSS BODY	ZYPHOID	-PULL ACROSS
-REDROP	-STRAIGHTBACK	-RUN	RUN/PULL CROSS	DBL VINE	TIGHT WAIST	CLAW
ZYPHOID	-SUICIDE	-STACK	FISH HOOK	POWER HALF	**REVERS GRIP	-TURK
SANTA FE	INSIDE CRADLE	-TILT	KNEE TILT	-CATCH HIGH	<b>HEAD LEVER</b>	**BARBED WIRE
LIFT SWEEP	-STRAIGHT OVER	**COOPER BAR	-BALL CHAIN TILT	L FOR LUNCH	PEAK OUT	KALIKA
	-INSIDE SCRAPER		-BALL CHAIN STAK	GULLITINE	WRIST "BAR"	SANDERSON
	-OUTSIDE SCRPE		-TURK	REVERS XFACE	***HIGH HALF	<b>TURKS</b>
			-REVERSE G TILT	JAP LEG RIDE		**LIFT STEP
BOTTOM-GOOD BASE, STAY COMPACT WITH HIPS UNDERNEATH-MOVE TO GET HIM OUT OF POSITION						
<b>STAND UPS</b>	<b>SITS</b>	<b>FIGHT LEGS</b>		<b>ROLLS</b>		<b>PROGRESSION</b>
OLD SCHOOL	SWITCH	ELBW/KNEE IN	POWER HALF	GRNBY 1	IOWA ROLL	BACK
TRACK START	HOOK SHOT	SCISSORS FRM FLAT	-SWIM	SHRG SNGL	STNDNG ROLLS	FLAT BELLY
TRPD/KNEE SLD	HIP HEIST	MULE KICK	GULLOTINE	SHRG 2	WING ROLL	1KNEE-1ELBW
PUSH BACK	CHANGEOVER	SIT/DIG	-GRAB WRIST	SHRG ROLL	HALF ROLL	2KNEE-2HAND
*CUT/HD LOW/ELBOW CONTOL		GRANBY/SWIM		GRNBY 5	*GRBY DRLL-PLL HD TO SHLDR/KNEE IN	1KNEE-HNDSUP ON FEET
				WAYNE ROLL		
WARM UP (TERMS-POST,PASS,HOOKS,CHOP,SNAP,JAM,JAB,CLIMB,SKATE,3 POINT STANCE, HEAD POSITION,HUNT,CHERRY PICK)						
<b>1-MOTION</b>	<b>2-TOP/BOTTOM</b>	<b>PASSES</b>	<b>DRAGS</b>	<b>SKATES</b>	<b>PISTOLS</b>	<b>CHERRY PICK</b>
STANCE	HIP HEIST/WALL	ELBOW PASS	INSIDE DRAG	INSIDE-INSIDE	ELBOW PISTOLS	LOW SINGLE
MOVEMENT	CHANGEOVER	2-1 PASS	CHOP DRAG	COLLAR-SNAP	WRIST PISTOLS	KNEE DROP
FAKES/SHOTS	STAND UP CUT	SNAP PASS	WRIST DRAG	HOOK-POST	BOOT PISTOLS	SNATCH HC
BLOCK W HEAD	<b>3-PARTNER</b>	BLOCK PASS	<b>POSTS</b>	<b>DROPS</b>	UNDRHK PISTOL	PICKS
KNEE SPRAWL	SHADOW	<b>SLIPS</b>	POST HC	COLLAR DUCK	<b>KICK STEPS</b>	
SPRAWL	PUMMEL	OUTSIDE STEP	POST DBLE	INSIDE DUCK	SHRUGS	
DOWN BLOCKS	-THROW	INSIDE STEP	POST SINGLE		SWEEPS	

<b>POSITION OFFENSE- STAY SAFE=WRESTLE SMART/ELBOWS IN TIGHT, CHEST UP</b>	
<b>OPEN</b>	LOOK FOR HIM TO REACH OR PUT WEIGHT ON HIS HEALS
<b>DRAGS</b>	WORKS GOOD IF HE REACHES OR GRABS YOUR HAND, QUICK REACTION ON YOUR PART
	- <b>CHOP DRAG</b> -CHOP AT ELBOW, OUTSIDE STEP/SEAT BELT OR SNATCH SINGLE(SQUAT TO IT)
	- <b>BLOCK DRAG</b> -BLOCK INSIDE ROTATE OUTSIDE, INSIDE STEP/SEATBELT FINISH
	- <b>U-GRAB DRAG</b> -GRAB HIS NEAR WRIST, PASS IT ACROSS, INSIDE STEP AS DRAG/SEATBELT FINISH
	- <b>HE-DRAG GRAB</b> -HE GRABS YOU WRIST, PASS IT ACROSS, INSIDE STEP AS DRAG/ SEATBELT FINISH
	*FINISH FOR ALL-SEATBELT, SHOULDER IN BACK, CIRCLE HIM DOWN OR LIFT AND (TILT OR BLOCK)
<b>BLAST DOUBLE</b>	ON HIS HEALS OR STANDING TOO UPRIGHT (WORKS GOOD AFTER SNAP OR CLUB AND HEAD COMES UP)
	-CHANGE LEVEL (SQUAT DOWN) PUT YOUR FACE IN HIS CHEST, GRAB KNEES AND DRIVE
	-DON'T GET OVER EXTENDED
<b>HIGH DIVE</b>	ON HIS REACH OR IF ON HIS HEALS
	-CHANGE LEVEL, STEP IN WITH SLIGHT ANGLE, LOCK HANDS IN SMALL OF BACK
	*FINISH WITH LIFT OR CIRCLE HIM DOWN OR DROP AND SQUEEZE LOWER BACK-OR BLOCK HIS HEAL
<b>POST HC</b>	IF HE REACHES FOR COLLAR-SNATCH LEG SQUAT TO IT
<b>SIBGLE</b>	-POST ELBOW HARD, SQUAT UNDER HIS ARM (CAN DROP TO YOUR KNEE QUICKLY)
	-INSIDE HAND REACH, LOCK HANDS HIGH IN CROTCH, HEAD PRESSURE ON HIS BACK AND DRIVE
<b>OUTSIDE</b>	<b>WE DO NOT WANT TO BE HERE!!!</b>
	ELBOWS ARE TOO HIGH AND LEAVES YOU OPEN IN AN UPRIGHT HW STANCE
<b>COLLAR TIE</b>	WANT YOUR COLLAR ELBOW IN AND PRESSURE DOWN ON HIS HEAD
	-SHOULD HAVE UNDERHOOK OR INSIDE WITH OTHER HAND (SHOULD SLIDE OUTSIDE TO AN UNDER)
	-SHOULD BE HEAD TO HEAD OR HEAD TO SHOULDER AND SQUEEZE
<b>SNAP DOWN</b>	-USE WHOLE BODY NOT JUST ARMS, WEAR OUT HIS HEAD AND BACK, USE YOU UNDER TO PULL ALSO
	-CAN SET UP WITH ELBOW JAM TO GET SOME SPACE
	*FINISH WITH COWCATCHER OR GO HEAD DEEP, KEEP YOUR HIPS FLAT AND DON'T JUMP BEHIND
<b>FIREMANS</b>	USE EARLY IN MATCH BEFORE GET VERY SWEATY, IS IF HE GETS UNDER YOU COLLAR TIE ELBOW
	-DROP AND ROTATE YOUR HEAD TO THE HOLE
	-CLAMP DOWN HARD ON HIS ARM AND PULL HIM OVER
	-KEEP BACK TIGHT AND DROP YOU BUTT
<b>DUCK UNDER</b>	GOOD MOVE FROM HERE
	-START WITH SNAP, WHEN HE COMES UP USE UNDERHOOK TO ELEVATE HIS ARM AND DUCK TO HOLE
	-SQUAT TO YOUR DUCK, ROTATE AND PULL HIS HEAD DOWN HARD AS YOU GO
	*FINISH WITH HEAD PRESSURE TO BACK OR CIRCLE OR LIFT
<b>SHRUGS</b>	KEY IS OT GET HIM PUSHING INTO YOU AND GETTING A GOOD LATERAL STEP 180 DEGRRE TURN
	- <b>CHOKE</b> -COLLAR TIE FAR ARM IN HIS CHEST, PULL BICEP, SHOULDER TO EAR, LOOK OVER YOUR SHOULDER
	- <b>ELBOW</b> - FLEX AROUND HIS ELBOW AND PUNCH PAST YOU EAR, LOOK OVER YOUR SHOULDER
<b>UNDERHOOK</b>	DIG IN AND STAND HIM UP (HIPS IN , KNEE IN)
<b>CROSS PICK</b>	CIRCLE HIM TO IT, DROP YOUR HEAD ACROSS HIS CHEST AND RUN HIM OVER
	-IF HIS HEAD COMES DOWN GO TO COWCATCHER
<b>DUCK UNDER</b>	SEE COLLAR TIE
<b>HIGH C</b>	KEEP SQUARE DON'T GET EXTENDED
	-LIFT YOUR UNDER AND STEP/SQUAT INTO HOLE
<b>PINCH HEDLOK</b>	ELBOW IN, LOCK BEHIND HIS NECK AND PULL HIS FACE INTO YOUR CHEST
	-KEEP YOUR HIPS BACK AND YOU CAN FINISH EITHER WAY
<b>SNATCH SNGL</b>	DROP AND GRAB KEEP BACK STRAIGHT
<b>PUMMELING</b>	ELBOWS IN, SHORT ARMS, HIPS IN, KNEE IN ON UNDERHOOK SIDE
<b>OVER/UNDER</b>	WORK INSIDE AND PUSH HIM WITH YOUR HIPS, CAN PULL LAT TO MOVE HIM
	<b>HIP TOSS/LAT DROP</b> -SET UP WITH LAT PULL, IF HE PUSHES (DROP, POP, AND ARCH)
	<b>SAG HEAD LOCK</b> - PINCH DOWN ON OVERHOOK, CLUB HIS HEAD WITH YOUR BICEP, AND PUNCH TO GROUND
	<b>ARM THROW/SPIN</b> -ON OVERHOOK SIDE, PUNCH OTHER HAND THRU, PICOT OR DROP
	<b>INSIDE TRIP</b> -TO UNDERHOOK SIDE <b>SLIDE BY/STEP ACROSS</b>
<b>DBLUNDER</b>	GOOD PLACE TO WORK TOWARDS
	<b>BODY LOCK</b> -STAND HIM UP, CIRCLE TO GROUND, OR LIFT AND TOSS
	<b>HIGH DIVE</b> -DROP LOCK TO LOWER BACK AND SQUEEZE
	<b>INSIDE TRIP</b> -WATCH OUT FOR REROLL (DON'T ATTEMPT IF HE HAS LOCKED OVERS)
<b>DBL OVER</b>	OR IF HE GETS UNDERS ON YOU
	HIPS BACK TO PREVENT HIS LOCK, THUMBS IN HIS RIBS OR HIPS/OR LOCK OVERS AND LIFT HIM
	<b>SAG HEADLOCK</b> -DO NOT GO TO YOUR BACK
	<b>METZGER</b> -FAKE HEADLOCK, CATCH HIS CHIN WITH ONE HAND AND THIGH PRY WITH OTHER, STEP BEHIND
<b>2 ON 1</b>	ELBOW IN, KEEP WIZZER TIGHT, SHOULDER PRESSURE, PUSH HIS WRIST TO CHEST
	<b>PUSH/PULL</b> -TO GROUND STEP BEHIND
	<b>FOOT SWEEP</b> -PUSH OR PULL SWEEP WHEN HE IS OFF BALANCE
	<b>THROW BY HIGH DIVE</b> -SET UP WITH PUSH OR SWEEP

<b>SAG HEADLOCK-IF HE POSTS ON HEAD OR SHOULDER</b>						
<b>COUNTER OFFENSE-GOOD POSITION &amp; REACTION/ CONTROL HIS HEAD/ ALWAYS LOOK TO SCORE</b>						
<b>HEAD BLOCK</b>	<b>2 ON 1</b>		<b>SPRAWL</b>		<b>FRONT HEAD/COWCATCHER</b>	
D-PASS TO DBL	PALM SPIN TO SINGLE		S/D/HC-HIP BLOCK SPIN		DRAG/SHRUG	
HC-PASS TO DB	HANG SINGLE FAR SIDE		S/D-LIFT ARM SPIN FAR SIDE		CONTROL ELBOW	
D-TO DUCK	REVERSE SINGLE		BUTT DRAG		CIRCLE WITH HIM	
	PINCH HEAD HEAL TRIP		FRONT ¼			
	PUMMEL TO YOUR 2 ON 1					
<b>FINISHES-GOOD POSITION, KEEP MOVING/REACT TO HIS COUNTER &amp; CHAIN WRESTLE</b>						
<b>DOUBLE</b>	<b>SINGLE</b>		<b>SNAPS (NEAR &amp; FAR)</b>		<b>HIGH CROTCH</b>	
FLAIR	FRONT TRIP	SHOOT MOON	BLOCK/SPIN	-HEAD DEEP	DOUBLE/DUMP	
CORNER LIFT	BACK TRIP	LEG SWING WELCH	FRONT HEAD	COW CATCHER	BUMP HIGH	
-RUN PIPE	BARZGAR	BROKEN	-INSIDE TRIP	FRONT ¼	-DBLE	
CUT CORNER	RUN PIPE/DUMP	-CIRCLE LIMP	-CEMENT		-REVERSE ARM	
SINGLE	JACKSON	-DUCK WIZZER	-CROSS TAP		CRACK DOWN	
INSIDE TRIP	DBLE	-IRANIAN	-IOWA BLOCK		-ARM THRU	GRANBY 5
PEEK OUT	HIP WIZZER	-CIRCLE HOLE	-TRANSFER		-SWIIM HIGH	
<b>TOP-SPIRAL, CHOPS, WRIST CONTROL/ ALWAYS PRESSURE DOWN/ MAKE HIM HOLD YOUR WEIGHT</b>						
<b>BACK TO MAT</b>	<b>CRADLES</b>	<b>ARM BARS</b>	<b>BAR ARMS</b>	<b>HEAD LEVER</b>	<b>SPIRAL</b>	
KNEE BREAKER	X-FACE	RUN TO WRIST	WRIST SHOULDER BASEBALL BAT GRIP	PEAK OUT	HALF	
-TURK	-KNEE BLOCK			WRIST "BAR"	-RELOAD	
SPIRAL CLAW	INSIDE CRADLE				CLAW	
LIFT SWEEP	-STRAIGHT OVER		KNEE BACK TILT		-TURK	
			AZEVEDO BAR		-BARBED WIRE	
			CROSS HIP		KALIKA	
			-COW CATCHER			
			RUN/PULL CROSS			
			FISH HOOK			
			IF HE FIGHTS			
			-BALL CHAIN TILT			
			-BALL CHAIN STAK			
<b>BOTTOM-GOOD BASE, STAY COMPACT WITH HIPS UNDERNEATH/CONTROL HANDS AND EXPLODE</b>						
<b>ESCAPES</b>	<b>REVERSALS</b>	<b>FIGHT LEGS</b>				
SHORT STEP	SWITCH	KEEP OUT	POWER HALF			
STAND UP		SCISSORS	-SWIM			
*FLAT-SIT & RUN		MULE KICK	GULLOTINE			
		ELBOWS IN	-GRAB WRIST			
		GRANBY 1				
<b>DRILLS-FORWARD PRESSURE ON HEAD/ CIRCLES/ CHASE SHOTS</b>						
<b>GABLE WARM UP</b>						
STANCE	INSIDE PUMMEL					
MOVEMENT	DRAGS					
FAKES	SNAP/SPIN					
BLOCK W HEAD	HAND FIGHT					
SNAPS HEAD DEEP						
SHADOW						

### **Suggestions for Teaching Wrestling Technique and Coaching**

**-Provide strong leadership.** Coaching IS leadership. Any program's success will depend almost entirely on the motivation, enthusiasm, and integrity of the coach. A positive approach (regardless of how things are going) will reap vast rewards. This includes having a clear vision of where you see your program in the future.

**-Develop a "system" of coaching and wrestling for your team.** Why?

- Since you can't teach everything, it helps the coach to decide which techniques to teach (Does it fit my system?).
- It makes the complexities of the sport more simple for both coach & athlete
- Athletes better understand what you (the coach) want from them
- Your teams and individuals will experience more success when the "team" gets good at certain techniques or situations

**-I encourage you to embrace a "principle-based" coaching style.**

- What is that? The concept that in each of the four areas of wrestling (td offense, td counter attack, bottom, top) there are certain principles (i.e., concepts, priorities, “good ideas”) that, when followed, will apply to the vast majority of the techniques taught in that area.
- The reason? Rather than teaching seeming unrelated techniques, athletes will have more success when there are aspects common in the techniques used in each area. It gives them “direction” so they don’t have to “think” as much. They will have more success when they simply respond.

**-Simplify.** If there are two ways to perform a technique and they are equally effective, try to choose the one that is simpler. Reduce their “options.” It’s better to be good at a few things than mediocre at many. “It’s not what **you** know, not what **they** know... but what they can **do** that counts.”

**-Don’t try to teach everything you know.**

**-Decide what skills are important in your system.** These are the “non-negotiables” which you have determined that your wrestlers will be good at. Strive for mastery of these. Then, work individually with those athletes whose style may be somewhat “outside the box.”

**-Be progressive.** Update yearly. Ask questions. See what others might have to offer you concerning your team’s “problem areas.” Get exposed to “new things.”

**-Evaluate all phases of your program yearly:**

- How are we in the four general areas of wrestling
- Specific techniques
- Strength training in season
- Periodization. Are we peaking at the end of the season?
- Promotion/
- Schedule

**-Be flexible (humble) enough to “dump” techniques that have not been working even though you have spent time practicing them.**

**-Plan for each practice.** Have a plan for the year.

**-Use terminology that gives the mind’s eye a picture (a feel) of what you (coach) want your athletes to do.**

**-Suggestions for improving athletes’ ability to learn skills and enhance performance:**

- Teach “multi-step” skills BACKWARD. We often inadvertently teach our athletes to stop (hesitate) during the execution of many techniques. In reverse teaching, the athletes are going from the less familiar to the more familiar which improves the “flow” of multi-step and/or complex skills (i.e., takedowns, escapes, etc.)
- Shorten teaching periods (the shorter the better even if you haven’t exhausted the topic).
- Don’t feel you must “call them into a circle” to teach.
- Maximize the usage of situational wrestling during practice time (define). Why: Ans:- 1) forces you to try new things; 2) improves your ability to defend/counter various techniques that otherwise you may never face in practice

**-Encourage good technique (skill development & refinement):**

- praise good technique during practice
- praise good technique in competitions (especially early or if it is new technique) and emphasize superior execution over winning (reduces stress associated with the fear of losing).

**-Strength train during the season**

## **THE FOUNDATION**

In order to be an effective wrestler you must have a strong base. Your basic stance and movements must be sound and should be instinctive. Most of these basics should be practiced every day to reinforce them into your muscle memory. These core movements and skills are part of our GABLE WARMUP named after the legendary Dan Gable (John Smith did a similar warm up). There is a strong emphasis on stance and motion. One of our keys being that a solid stance and constant motion will beat many opponents, especially in the third period. Therefore our resting interval during this drill is done by bouncing, to stay with our concept of motion.

**GABLE WARMUP-LEVEL 1** (Non-contact drills to get heart rate up, muscles primed, and get in wrestling mode)

1. STANCE-Your stance is the starting point in the sport of wrestling. Your back should be flat, knees should be bent, feet shoulder width, head up (no higher than opponent), hands open covering your legs, and hips loaded. Your head should be even with or slightly lower than your opponent and you should be watching their hips, hands and feet.

-SQUARE STANCE-Feet are shoulder width and even with each other. This is a more defensive stance.

-STAGGER STANCE-Or attack stance. One leg is forward. Always cover that forward leg with an arm. Use a one arm jab/feeler as you close the gap with an opponent. (Putting one hand down in a 3 POINT STANCE will reinforce staying low).

2. MOTION-Movements should be short and choppy using sliding or shuffling steps. Never cross your feet. They should remain shoulder width while you move.
3. BODY FAKES-Use your movement to throw your opponent out of position. Make sudden, deliberate movements at him as if to attack. Watch his reaction to your fakes and look for a weakness.
4. HEAD BLOCKS-Your opponent must get past your head and your hands to mount a leg attack. If you keep your head between his head and your body it will be hard for him to score. As he attacks bring your head down towards the knee of the leg he is attacking to block him. Then step to the side with your free leg then back with your other leg. You should guide/pass him by and turn 90 degrees/square up on him. There is often a double leg there for you to attack.
5. DOWN BLOCK/CROSS BLOCK-You can also stop an opponent with your hands. Be careful if you reach because it can open you up to a deeper shot if he posts your arm. Always bring your head/level down if you reach to stop. Down blocks and cross blocks are effective because they throw your arm down between your opponent and your legs. You will punch your hand to the mat and at the same time kick the attacked leg straight back.
6. SPRAWL/SHORT OFFENSE-If he gets past your head and hands then we can sprawl. Throw you legs and hips backward and down as fast as possible. Shove his head down with your hand or elbow. Your shoulder and chest should be on his back.
  - SPRAWL SPIN-This drill teaches us to keep our hips down. When you sprawl remain down and spin in a full circle.
  - SPRAWL HIP HEIST-This drill prepares us for bottom work. Sprawl and sit you hips through and run your hips in a circle.
  - KNEE SPRAWL-Match his forward leg and sprawl to a knee. Your hand should replace your forward knee.
7. LEVEL CHANGE/SET YOUR FEET-For you to mount a leg attack you must get past your opponents head and hands. The first step is good level change which gets you below his defense. You will need to drop/lower your body and take a quick look for the "hole" under you opponents arm or between his legs. When you drop you can take a slight back/side/or front step to load up your hips, set your feet, and put yourself into attack stance/mode. Level changes make good fakes as well.
8. KNEE SLIDE/DUCK WALK-This is the next step in your leg attack. Most leg shots incorporate a knee slide. This is a drill to teach a knee slide not really applicable in a match. Kneel on the mat with one knee up and one foot down, step and drive your forward knee down and slide the other leg forward, shoes laces down, until your rear leg comes up. Repeat and glide across mat. Keep your shoulders forward as if attacking.
  - Knee slide and reach for double to pull in.
  - Windmill arms, making big circles as knee slide.
  - Big Slide Drill-Drop level, reach forward and put both hands on mat, step and slide knee through.
  - Misdirection waddle-Do not touch knees, stay low and drive side to side. Use hands to balance.
  - Leap Frog-Drop low and use calve to drive forward. Used in low
9. JAB STEP-Used in double leg, high-c, and low single. Drop level, take a jab step towards your opponent and drive that knee forward to the mat. Come up and drive.
10. SWING STEP-Used in most outside shot including swing single. Drop level, take a jab step to outside, then drive your knee to the mat at a 90 degree angle and swing your trail leg around. In drill may even go 180 degree.
11. KICK STEP-Used in most sweeps, shrugs, lateral quick shots, and in a shorter version our head block. Take a lateral step turning your toes toward you opponent. Kick and replace that foot with the other foot. You will now turn 180 degrees, pivoting on your replacing foot. At the same time you should throw you arms in a big circle as if turning a big cartwheel. You replacement foot hand will touch the mat.
12. WALL STANDUP-You will start in referees position with your side on the wall. Do an outside leg standup, (inside arm and outside leg come up hard). Pivot so back pressure is against the wall. Look for hand control, clear hips from the wall (step), and cut under to face the wall in a stance. Use you head to pivot on the cut.
  - Wall Changeover-Sit hip to hip, hand to hand

## **GABLE WARMUP-LEVEL 2 (Contact Drills)**

1. SHADOW DRILL-One partner leads with body fakes, level changes, and motion. The other partner reacts by keeping square to the lead, matching his head level, and blocking or sprawling on his fakes.
2. TOUCH GOES-These are quick shot/drills to help with getting past the head and hands. Most are designed to clears the hands and arms and get to the "angle" or the "hole". Look to get to good position.
  - Drags-inside drag, chop drag, wrist drag
  - Passes-elbow pass, 2 on 1 pass, snap pass, head block pass
  - Slips-outside step, inside step
  - Posts-post HC, post double, post single
  - Skates-inside skate, collar snap skate, hook post skate
  - Pistols-elbow pistols, wrist pistols, boot pistols, underhook pistols
  - Drops-collar duck, inside duck

- Kick Steps-Shrugs, Sweeps
- Cherry Pick-Low Single, Knee Drop, Picks, Snatch HC

3. INSIDE PUMMEL-Keep your elbows in as you pummel. Keep your feet moving. The forward foot matches the underhook arm. Slowly warm up your shoulders, and gradually increase tempo. Grind harder and move your partner by pulling lat. Start looking to control the tie and drag or slide to an angle.
  - Headlock-punch, hip in, throw
  - Drag
4. PISTOL SINGLE/HIGH-C DRILL-From outside tie hit one side than the other. One partner goes until told to switch. Work on good level change, clearing the arm, and getting a good angle.
5. DROP DUCK DRILL-Great for a fast level change. From a collar tie hit a drop duck one side than the other. Pull neck as you drop.
6. PEEK OUT/CUT BACK-One partner is on hands and knees. The other partner is chest to back out front with his hands hooked behind partners arms. Bottom man steps up and peeks/cuts back under the arm, looks up high than turns back in. Repeat this to both sides until told to switch.
7. SPIN DRILL-One partner is on hands and knees. The other partner is chest to back with his hands on the shoulder blades. Top man will go behind using one of two options.
  - BACK HAND-Control his arm with near hand, far hand shoots between your chest and his head, back hand to tricep.
  - SHORT DRAG-Extend the arm to the ear, short drag, ride behind with hips down and chest in ribs, reach for thigh.
  - HEAD DEEP-Extend the arm to the ear, control the chin, go head deep in his armpit and circle behind.
8. CIRCLE TO HOLE DRILL-Great to teach movement to the hole and goes along with our concept of constant motion. Start in low single position with one partner standing with feet wide. The low single partner will circle quickly to the next leg and continue going until told to switch directions. As you circle stay off your knees(you may have to put a knee down on the leg change) and keep the hands locked as long as possible before reaching for other leg.

## **BASIC OFFENSE**

We are always looking to score. Set up openings with constant movement, level changes, and fakes. Know when to shoot and expect to score. When you shoot expect to score.

1. FINISHING POSITIONS-We will start with the basic finishing positions for the most common, and successful shots. Then we will learn the set up and shots later. This "backward" teaching emphasizes the finish of the shot where we have been weak in the past.
  - DOUBLE LEG POSITION-chest up, head pressure, trail leg cocked, hands snaked behind knees
    - a. start with a head drive only using no hands, stay low, keep feet moving
    - b. head drive using hands
    - c. head drive using hands all the way to the mat using flair finish (look for half, turk, or shelf legs)
  - HIGH-C POSITION- chest up, head pressure, trail leg cocked, hands snaked/locked on the near leg
    - a. start with one than double on whistle
    - b. head drive and switch to a double with flair finish or dump (advanced Russian Toss to cartwheel).
  - SINGLE LEG POSITION-head up and in ribs, hands locked on single, body position(compare to double)
    - a. push(drive with head) forward, then pull back and step over, bring leg up to your arm pit
      - keep hands locked, keep moving and force him to balance
    - b. rear double-continue to circle to rear of far leg/constant motion
- SPIN DRILLS-Good basics from here are important in both a snap down and sprawl situation. Need your chest to back, pressure in and down, and hips low. Start drill in superman position, chest to back with your partner and you hands on his shoulders.
  - a. BACK HAND-start with basic spin, keeping chest pressure in, on whistle
    - b. SHORT DRAG on whistle
      - chest/shoulder pressure to back
      - extend his arm to his ear, shoot your other arm to a short drag
      - pull arm and circle/reach for near leg and drive
    - c. FRONT HEAD on whistle
      - chest/shoulder pressure to back
      - extend his arm to his ear, your other hand grabs his chin
      - head deep in his armpit and circle

2. BASIC SHOTS-Now that you have the finish down we can get to the basic shot. This is the first look at our position offense and how it sets up a shot to get past his head and hands and lets you recognize when to take a shot.

### **Takedown Principles ("good ideas")**

- Leg drive is the most important contributing factor to the success of a takedown attempt (i.e., you take guys down with your *legs* & not your arms...you can *always* out-pursue his sprawl...keep *feet* moving)
- Attack at or below his knees
- Pressure *down* on his leg(s)

- Commit to the finish...not just to the leg
- Always keep your head in a position to score (i.e., stay in good position & stay "loaded")
- Move forward...close the gap...back him up (see below)
- Keep active hands and feet... understand & become good at "handfighting"
- If you wrestle "open" you *must* have great movement
- Beat his head down continuously (never hold it)
- He must be stepping forward in order for you to score
- You must get past his hands to score (i.e., the definition of a setup)
- Finish tight
- It's not always about scoring...learn to *control the match*
- Reasons to move forward
  - o Creates opportunities/openings for me to score (a setup)
  - o It makes it difficult for opponent to sprawl
  - o Takes opponent out of his "comfort zone"
  - o Makes it more difficult for opponent to attack when moving backward
  - o Leaves favorable impression on the referee (likewise an unfavorable impression for opponent)

-DOUBLE-from open position/inside and collar

-stay in a good stance, close the gap and give him some body fakes

-when he reaches or if he flinches on his heels drop your level and shoot with **jab step**

-drive and finish with flair (see above)

-HIGH-C-from open position and outside

-stay in a good stance, close the gap and give him some body fakes

-when he reaches with lead leg arm, post the arm and drop your level

-shoot high-c with **jab step** and finish double to flair (see above)

-SINGLE-from inside tie and collar

-good stance head to head

-circle away from leg to attack, skate, pull and tug his arm to get the leg closer

-may have to take several lateral steps than a good tug

-as you tug and circle drop your level

-take outside step/outside reach single using **swing step**

-push pull and finish with trip (front or back) or rear double

\*alternative set up hook/post from inside

-SNAP DOWN-from collar tie

-good stance head to head (try not to bury your head)

-pull/snap head hard as you take a back step/steps

-bring him down under your chest with your feet back

-keep his head down

-finish with back hand, short drag or front head

-DUCK UNDER-from collar or inside

-good stance head to head

-push into him and he pushes back/leans

-drop to hole and pull him over your head (drop or step)

-arch and finish

\*scarecrow drill to learn

## **BASIC COUNTER OFFENSE/SHORT OFFENSE**

We are always looking to score. When he shoots expect to counter and score. You will learn how to anticipate his movements and use his attack to your advantage. Your best defense is a good stance, keeping square and head to head with your opponent. Maintain constant movement and keep your elbows in (jab can be used as distance gauge and to keep him off balance). Remember he has to get past your head and hands.

### **Counter Attack Principles**

- Think: "I score **every time** he shoots!"
- If you don't let him score...you're in every match
- Stay in great position
- It's not always about scoring..."control the match"
- Move forward...close the gap...back him up
- Don't let him past your hands
- Let no one touch your legs
- Sprawl is your **last** line of defense
- Beat down his head...put his hands on the mat
- Keep feet moving/don't plant feet when attacked
- Reach backside and grab something (inside ankle, sole, tail, back thigh/back knee)
- Keep short arms

## 1. BLOCK WITH HANDS/HOOKS

- if your hands are in proper position with hands open and thumbs down your thumbs will act as hooks to stop his move
- if you stop him push him down and keep him down/look to go behind

## 2. HEAD BLOCK (head to knee)

- when he shoots get your head between him and you (head to knee)
- stop him with your head then take a short **kick step** to the outside
- turn 90 degrees as you pass him by with your hand
- there is often a double there to take when you get the corner

3. SPRAWL-Your hips go back and down. Punch your shoulder down into his shoulder blades as you get a short whizzer on the near side. The other arm will push his head down. Feed him the hip away from his head to break his grip. Chest/shoulder to back then may have to switch your hips several times and scoot away to break the rest of his grip.

- always keep his head down and go with **short whizzer**
- finish with **short drag, short drag, front head**, or stuff head and go behind
- always reach for near thigh, ankle or butt not his far hip

## 4. DOWN BLOCKS AND X-BLOCKS-

- you will use these to get an arm(stopper)between your opponent and you legs
- 1. x-block drill-have your partner shoot a high-c/you will x-block and guide him by
  - then your partner will shoot the other side and you will x-block the other way...repeat
- 2. down block drill-have partner shoot a double or single and you will down block
  - you will block and cross drag

## 5. SPIN DRILLS-start chest to back

1. spin and ride the rail from knees/hips in
2. start with double overhooks
  - look to drag
  - your partner can spin on hands and knees to stop you/no hands
3. same as before but now partner can use his hands
4. in all cases, if when you are going behind your partner comes off his knees/switch to a double

## 6. BULLDOG AND GATOR ROLL

- if he stops your spin you can go bulldog
- drive down his spine as you crank his head
- if he stops you bulldog pull his arm and go gator roll

## 7. FRONT ¼ (ROLANDELLI)

- if he stops your spin or if you have his head shoved deep and have a whizzer
- keep your hand on his head and lock your whizzer hand on your wrist
- circle and pop/if his head comes up...pancake(see below)

## 8. CROSSFACE

- if you have him extended and his head starts to peek up put your arm across his face and grab his tricep
- this can get a stubborn guy off your legs when you lift his face, grab his thigh and drive (look for turk)
- if he keeps coming up pancake him to his back
- if he won't let go of the leg you can go to a barbed wire and circle

## **BASIC FINISHES**

For every shot there are multiple ways to finish and score. How you finish will often depend on how your opponent reacts to your shot. These are again basic finishes that will probably come up more often and should have a high success rate. These are by no means the only ways to finish these shots, just the higher percentage.

### 1. DOUBLE

- a. Flair-basic finish when shoot clean and drive with your head
- b. If he sprawls and you are extended
  - switch to a far side single
  - peek out, cut back double
- c. If he bounces and won't go down as you try to flair
  - turn corner and lift
  - run pipe

### 2. HIGH-C

- a. Switch to double and flair

- b. If you can't switch to double
  - shift lock up leg and lift/dump over shoulder
  - run pipe
- c. If he sprawls
  - crack down and high arm through/pin his hip
- d. If he sits
  - high arm through/pin his hip

### 3. SINGLE

- a. Trip-front of back/basic finish when shoot clean
- b. If cant trip because cant clear his leg from between yours
  - run pipe
  - shift lock up leg and lift dump/over shoulder
- c. If he sprawls
  - peek out/cut back double
  - circle to hole/shelf
  - if he pulls you up with whizzer/jackson
  - iranian lift if he squares up (push/pull or Sanderson leg across finish)
- d. rear double- continue to circle to rear of far leg/constant motion

### 4. DUCKUNDER

- a. Pull neck down hard on the way through and he should go down
- b. If he doesn't go down
  - keep his neck and circle him down
  - or lock your hands/lift and knee him down

### 5. SNAP SHORT DRAG

- a. Circle and go behind
- b. Circle to the leg and drive as you drag/lift leg and look for turk
- c. If he comes off his knees as you circle go to your double leg

### 6. SNAP FRONT HEAD

- a. head deep go behind
- b. If he comes off his knees cross pick him to his butt
- c. If you can't go head deep and go behind/stuff his head and go front ¼
- d. If he can't extend his arm to his ear/go cowcatcher gator roll

## **BASIC TOP**

While on top we want to apply constant pressure to our opponent. Stay off your knees and butt as you drive with your feet and keep pressure down. Stay under his arms and keep your head behind his shoulders. You need to control one of his arms/wrist or his leg. Cinching a good tight waist on the whistle will help top control in most instances.

### **Top Principles**

- Start in good position with head pressure down
- Start on "off" side or change sides on whistle
- Have a plan (wrestle with purpose)
- Develop an attitude of dominance from top
- Put maximum energy into breakdown (intensity)
- Keep maximum pressure forward (his arms should hold a lot of weight)
- Keep his back down
- Get "handles"
- 45 second rule to break him mentally
- If you release him intentionally – make him know it

### 1. BREAKDOWNS

- a. Knee breaker
  - line up on your double side
  - hand from his elbow drops under and grabs far knee (should drop into ribs)
  - hand from belly drops to a near or far ankle
  - drive him to his hip/look for half/turk
- b. Tight waist elbow chop to a x-wrist
  - drive to it and hold outside grip 2 on 1
  - keep him flat on mat with a crab ride
- c. Tight waist ankle (near side or far side)

- may have to shift weight or switch tight waist hand when go to ankle
- when he goes flat look for crab ride
- look for a half, cross face, or wrist immediately

d. Spiral ride to a near wrist

- pry the leg and arm and corkscrew him down
- collect the wrist when he goes to an elbow

e. Tight waist to a head lever

- on the whistle slide your hand from his elbow down to his wrist
- put your head in his armpit, keep his arm extended and drive
- put his arm on his back, slide a bar, or punch a quick half when he goes down

## 2. TURNS

a. Half Nelson

- from a near wrist, use your head to push his head down then throw a half on the far side
- suck in the wrist, drive chest to chest, get perpendicular, feet wide, and hips down (arch up)
- reverse half if he tries to roll out (same pin position as above)
- from a tight waist ankle, as soon as he goes flat, stuff his head with your hand
- slide a half on the near side and post his elbow on the far side
- finish as above
- from a head lever, as soon as his chest goes down, lift his arm and slide the half
- if he is tough to turn slide your knee in front of his, **rip him across your knee**, and dive the half down

-if he rolls his wrist out of a near wrist lift the arm high at the bicep as his wrist comes free. Shove his head under his armpit and slide a **high half**

\*look for a half as you finish your flair on double or high-c

b. Turk

- from a near wrist lift the near leg and step through hook
- from a far wrist lift the near leg and step through and hook
- from a short drag lift at thigh and step through an hook
- from a flair finish lift and step through hook as he hits the mat
- \*after you step through go hip to hip and elevate the hooked leg/collect the head

c. Bar Arm

- from a near wrist
- go shoulder to shoulder, baseball bat grip, pull his wrist out and put it on his back
- can hold it on his back on a crab ride
- run the arm across his hip/either push or pull/collect his head as goes to his back
- lift the wrist and slide an arm bar (see below)

d. Inside Cradle

- head in his ribs if he is either flat or on knees
- pull in his head and knee
- lock with a butterfly grip

- pop your head out and drive him straight over/post on your head/be on your toes with feet wide
- inside and/or outside scrape option to finish

e. Cross Face Cradle

- from your tight waist ankle, once he goes flat, post his elbow, cross face to the tricep
- post behind his knee and circle his head to his knee, lock your hands (can keep tricep)
- switch your hips, put your knee in his butt and bring him back
- hook his free leg with yours and go temple to temple (squeeze)

f. Arm Bar

- from a head lever slide it in when he hits the mat
- from a chop slide it in as you drive to the chop
- don't force it and get to high
- once bar is in make a fist and catch his far wrist
- pin his shoulder to the mat and circle his head to put him on his back

g. Suck Back

- if he hangs his head when you sit suck him back and chin him down

h. Barbed Wire

- from a crossface tricep
- bring your free hand under his near arm and grab his far tricep also
- now with both hands pull his tricep in hard
- circle towards his head and trapped tricep until he goes to his hip
- switch your grip and keep him on his back

i. Tilt Series

- from a cross wrist show near, far, inside and outside grip tilts
- traditional inside grip, Zyphoid, Sante Fe

j. Legs

- Pressure, power half, L for lunch, Guillotine

3. CHANGE OFFS

- if he fights half with head up go cross face
- if cross face is not there slide an arm bar
- if the bar arm is not there, because he hips down on near side, hop over go half on the far side
- if the bar arm or turk is not there go cross face cradle
- if the wrist half is not working go near wrist bar arm on either side
- if he comes up on an outside cradle go pancake, barbed wire, or turk**

**BASIC BOTTOM**

We need a solid base. Your arms should be bent, back rounded, and your legs loaded up. You must stop his first move. We do not want to give up a wrist or get broken to our hip or flat. You can break down to an elbow or post your head but try not to get past this point. From the worst possible position in wrestling to the best here is the progression for the build up.

- on you back
- flat on your belly
- on one knee or one hand
- two knees or two hands
- on your hands and knees
- on your butt
- on one knee and half up to your feet
- on you feet
- on your feet facing the opponent (create distance)

You should never go backwards on this list in you position and you should never get broken off your base to one of the first two.

**Bottom Principles**

- Stay out of trouble (trouble = on back, on belly, cross wrist control, one on one, legs in)
- Develop the attitude: "NO ONE holds you down!"
- Bottom is NO place to rest (rest on feet if necessary)
- Imagine you are drowning (wrestle with urgency)
- Continually improve position – get to best possible (know the worst to best positions)

1. STAND UP-we will go with inside hand outside leg standup to start and teach it backward

- work footwork on the wall from your feet/cut in use your head to pivot
- step forward to clear the hip and pivot leg under and through to a stance (lower head/touch the mat)
- now footwork from your feet with a partner chest pressure to back
  - now partner puts hands on hips and work hand control and cut
  - work footwork from base on the wall (3 steps-hand foot, come to feet hand control, cut)
  - work stand up from base with partner (3 steps-hand foot, come to feet hand control, cut)
- four styles-old school, track start, push back, tripod/circle/knee slide

2. SIT OUT (Sanderson style push back into)

- step out and pivot back into him
  - cut/turn in and look for a leg
  - cut/turn in and peek out if he does not follow
  - hook shot if he hangs his head
  - cut and turn out if he crowds you

3. SWITCH-works best if he has a tight waist

- clear your arm
- reach back for you pocket grab his inside thigh
- hips up and hip heist to his hips

4. GRANBY FOR 5 OR 2 OR 1

- pivot and clear your hip away from him or sit
- grab his wrist and turn in to a head post
- as you pivot in and he follows go 5
  - catch his near leg(reverse grip), pull his wrist in and roll him through
  - lock your hands on his wrist and settle feet wide
- as you pivot in and he does not follow go 2
  - keep his wrist, sit to you near hip, and pop your head, go behind
- if he chops your arm granby/shoulder roll for 1\*you can set up your granby with a switch

**POSITION OFFENSE**- We approach our offense in a systematic manner where you should be able to score from almost any position. We will go over open, outside tie, inside/inside collar tie, underhook, 2-on-1, and outside collar tie. From each of these basic positions we will cover options for the attack and how to recognize these openings.

Notes:

<b>OPEN</b> -Open position is a non-contact position. You will set up your shots with good stance and motion. You will also be able to react quickly his movements. Keys are to maintain a good stance, with good motion and fakes while looking for your shot. Do not reach except to get your jab out there to check distance and get him off balance. Always keep the forward leg covered.		
<b>SHOT</b>	<b>SETUP/SIGNAL</b>	<b>EXECUTION</b>
<b>BLAST DOUBLE</b>	Fake/he closes gap and reaches	After fake, drop as he reaches, look for hole, jab step to flair
<b>POST DOUBLE</b>	Fake/he closes gap and reaches	After fake, drop as he reaches, if hole not quite there, post his arms (at tricep, jab step to flair
<b>POST HIGH C</b>	He reaches with forward leg arm	Post and drop as he reaches, snake leg then switch to double
<b>LOW SINGLE</b>	You circle and drop/watch his footwork for patterns as he shifts his weight towards you	As he plants his weight on his forward foot, you drop low, catch his foot behind the Achilles with your outside hand, your head should be up near the inside of his knee, your inside hand is panted on the mat, hips stay low and chest is up
<b>ARM DRAGS/SLIPS</b>	Anytime he reaches	Block inside with your arm and rotate our. As you roll his arm and pull it across catch his arm at the tricep/underarm with you other hand and continue to pull, circle to the angle For slips drop under the arm, slip outside and attack the angle.
<b>MISDIRECTION</b>	Good fake for an opponent who stays in decent stance and will not close	Give a good fake with a jab step to your single leg side as if attacking that leg. As he moves his leg back drive you knee down at a 90 angle toward the double side and shift/step you weight across to the hole on the far side. Once to the hole step again with the trail leg and drive back into him.
<b>ANKLE PICK</b>	Set up off the whistle/ or if he has low stance with his head close to his knee	Off the whistle start with your hand as if adjusting your head gear. On whistle club his head down as you pick his ankle/knee. You can also circle away from his forward leg and wait for him to square up on you. When he does, club his head down hard and pick his ankle/knee.
<b>SUPERMAN DUCK</b>	If he grabs you wrists	Give a good fake with a jab step to your single leg side as if attacking that leg. As he move his leg back drive you knee down at a 90 angle toward the double side and shift/step you weight across to the hole on the far side. Once to the hole step again with the trail leg and drive back into him
<b>SNATCH HC</b>	On his reac	When he reaches your are in a low 3 point stance. Leapfrog in and snatch his leg.

<b>SNATCH SINGLE</b>	Anytime he steps toward you and plants his foot	As he steps short drop and grab his leg. Your head should go to his chest/ribs and drive him off balance as you lock the single.
<b>KNEE DROP RESHOOT</b>	On his open shot	Match his forward leg with yours. As he takes a jab step shot you will sprawl to a knee. At the same time you sprawl reach out and grab is forward foot similar to a low single. This is a great timing shot.

<b>OUTSIDE</b> -Most teams will emphasize staying inside. We should be comfortable with outside and feel confident to attack from here. You should be head to head and your hands should be pinching at his elbows at the natural bone handles. We can pinch his arms or tug his arms to help get him off balance or into position. If he goes thumb down tug him in and go ear to ear.		
<b>SHOT</b>	<b>SETUP/SIGNAL</b>	<b>EXECUTION</b>
<b>PISTOL HIGH C</b>	Can set with elbow tug and back step/ear to ear	Drop your level and at the same time clear his arm past your head and put his elbow behind your neck. Jab step to a high c, hand snaking his leg and finish.
<b>PISTOL SINGLE</b>	Can set with elbow tug and back step/ear to ear	Drop your level and at the same time clear his arm past your head and put his elbow behind your neck. Take a swing step to the outside with an inside reach and finish.
<b>DROP DUCK</b>	Can set with a tug or hit when he pushes	Drop to the hole and pull him over the top.
<b>BOOT DUCK</b>	Best when he is pushing hard	When he pushes on your outside tie pick a side and drop to your butt hard as you clear his arm past your head. Post you inside hand on the <b>mat</b> to keep from falling back. As he passes by, catch his leg and turn and chase.
<b>CHOP DRAG SINGLE</b>	Good way to get to swing single if he stays inside hard	Outside chop to your single side then inside drag with a swing step to a single *note-can rotate to inside drag as an alternative
<b>CHOP/POST</b>	If he goes thumb down	Chop thru arms, drop and post to a HC or double
<b>PASSES</b>		Elbow pass-HC, double, single 2 on 1 pass-HC, double, single

<b>INSIDE/INSIDE COLLAR</b> -Most teams will emphasize staying inside. Inside is good way to go to control and slow down the match. You must move your opponent with your tie with pulling/tugging and circling while changing off to collar jam and snap to keep him off balance. Never bury your head on the collar tie and don't stay in the same tie for too long. Go to collar only briefly to move you opponent with jam or snap then transfer back to inside. Going thumb down can stop much of his offense.		
<b>SHOT</b>	<b>SETUP/SIGNAL</b>	<b>EXECUTION</b>
<b>SNAP DOWNS</b>	Head or arms especially if he leans on you(chest is past his knees)	Snap neck and pull tricep at same time. You will take a back step and drop your level as you snap to use you body weight to bring him down.
<b>ABBAS SNAP</b>	Good change of direction snap to catch him off guard	In this snap you will take an outside step with collar tie side leg. As you take the outside step drop and snap/pull the head down. At the bottom of the sap extend your arm and guide his head past and way from you as you go behind.
<b>CHOKE SHRUG</b>	If he is grinding with a tight collar tie the choke in his throat will create some space and give you some options	Can go with shrug or far side firemans... With a tight collar tie take you free hand over his collar tie and place it just below his adams apple. As you take a kick step to the side catch his inside tricep and pull it by. Look over you shoulder hard and turn 180 with the kick step.
<b>ELBOW SHRUG</b>	From collar quick pop if he pushes	With a tight collar your free arm will flex around his collar tie elbow. As you take a kick step to the side pop his elbow and guide it by. Look over you shoulder hard and turn 180 with the kick step.
<b>FAR SIDE FIREMANS</b>	Start from collar/can set up with choke shrug or snap	Start with the collar then as you drop to the farside hole your hand will rotate from his collar to his tricep with a monkey grip. Your momentum as you drop will bring his body over you. Make sure to pull down hard on the arm as you snake his crotch and take him over with the firemans.
<b>DROP DUCK</b>	From collar or inside, can set up with snap or it when he pushes (you can get him to push back by pushing into him) every action has an equal and opposite reaction	Drop to the hole and pull him over the top
<b>DOUBLE</b>	From collar-snap From inside-snap or pinch to drop	When you snap or pinch he should react by pushing back in the opposite direction. If you <b>snap</b> , change your level as part of your snap when his head comes back up, you will have maintained your level change and the shot will be there. If you <b>pinch</b> his elbows in he will

		want to force them back out. This will open the hole under the arm for you to drop and go.
<b>PASS HIGH C</b>	From collar and outside elbow control works when guys keep going for collar	On his collar you will control his collar elbow. Take a back step and rock you head back to extend his arm the pass it in front of you to get the angle. Keep control of the elbow as you attack the high c.
<b>BASEBALL SLIDE</b>	From collar	Jam to duck/slide. Pull his head down hard as you hit the slide. As he passes by catch his near ankle and turn and chase.
<b>SWING SINGLE</b>	From inside pull and circle or hook, post drop and go	The key is to circle away, skate from the leg you wish to attack and drop your level at the same time to bring his leg closer to you. This may require several quick lateral steps and a good tug to get the leg into position. Attack with a swing step and make sure to keep his far arm until you have snaked his knee.
<b>HANG SINGLE</b>	Same as swing single/hang if he sprawls	Same as swing single but because you kept his arm on the shot you have this second options which presents when he sprawls. On the sprawl pull the arm down hard and sit to his single leg and go high arm over to cove.
<b>FIREMANS/KNEE TAP</b>	Set with snap or when he pushes	Start with inside then as you drop to the nearside hole your hand will rotate over his tricep with a monkey grip. Your momentum as you drop will bring his body over you. Make sure to pull down hard on the arm as you snake inside his crotch and take him over with the firemans On the knee tap come thumb down on the outside of the near leg.
<b>HEADLOCK</b>	If his head comes up on a snap	As his head comes up, pull the arm down, club his head with your bicep, and hip in to the mat.
<b>SKATES</b>		Inside inside-single or hang Inside collar-single, hang, HC Hook post-single, HC
<b>DRAGS</b>		Inside drag-near single, double
<b>CHOPS</b>		Rotate hands outside and go chop series
<b>PASSES</b>	Inside collar	Snap pass to double

<b>UNDERHOOK</b> -This is a great position for us because it gives us an option when we get in close and tie up. You will want a shallow underhook with you hand placed near the center of his back. We do not want a tight underhook, at least not to start. Your head should be in his earhole on the underhook side and you should maintain a good stance. You should feel comfortable here as long as you keep your head position. You can also look to control his opposite wrist, bicep, or shoulder (thumb down).		
<b>SHOT</b>	<b>SETUP/SIGNAL</b>	<b>EXECUTION</b>
<b>CROSS PICK</b>	Circle his foot to you or when he comes upright form the under	Knee Pick-drop your level and block his far knee with your hand. With your underhook shoulder drive into his ribs. Your head will be across his chest as you run him over his own knee. Ankle Pick-pull down on the underhook as you drop levels. Grab his far ankle at the Achilles and pull. At the same time exted the underhook arm and drive him over his foot.
<b>SLIDE BY</b>	If he pushes.	Use a kick step to your underhook side. (Remember you will turn 180 on your kick step) Throw the underhook by as if you were steering a big wheel. You other hand should catch his foot as he passes by. Turn and chase.
<b>PISTOL HIGH C</b>	If he squares up on you.	Rotate you shoulders as you drop to the hole on the underhook side. Use the under hook to put his arm behind you head, jab step in to your high c.
<b>COW CATCHER</b>	If he is blocking a leg attack or gets caught underneath.	Back step and circle towards the underhook side. Pull down hard on the underhook to pull him underneath you chest. Catch his jawbone with your wrist and cinch up tight. Run you uderhook arm down his spine and put him on his back.
<b>PINCH HEADLOCK</b>	Use sparingly if down by 3 or more lat in match.	Jack up the underhook and at the same time get a tight collar tie on with your free hand. Lock you hands behind his neck (collar tie radius in the back of his neck) and pull his face down into your chest. Make sure to pinch your elbow in tight. You can throw this move either direction, head or underhook side, as long as you commit and get your hip in.
<b>INSIDE TRIP</b>	If he is blocking a leg attack.	Back step and circle towards the underhook side. Pull hard on the underhook to get him to square up on you. As his far leg steps to you, clamp an overhook with your arm and step between his legs with your free leg. Quickly hook your leg inside/out around his far leg, drop and drive to that knee, and square your hips to him. Your head will slide down and to the far side as he goes backward.

<b>SNATCH SINGLE</b>	Quick shot.	Jack the underhook up and quickly drop your level. Take a lateral step to his underhook leg, slide your underhook arm down and snatch up a single leg. You will not need to drop to you knees, just enough drop and lateral motion to get the leg.
<b>FOOT SWEEP</b>	Front or rear	Tighten your underhook on his near collar bone. Pull down and in and sweep his leg. If he maintains his balance there is often a pick on the far side.
<b>SWING SINGLE</b>	Circle and skate	As he squares up swing single the far side.

**OVER COLLAR**-On your opponent's collar tie up you are coming over his tie and securing your own collar tie over the top of his. Stay head up with him or work to get you head in his ear hole. With your free hand you should control his near elbow or his far wrist as you have really opened up your side.

<b>SHOT</b>	<b>SETUP/SIGNAL</b>	<b>EXECUTION</b>
<b>SHRUG TO SWEEP</b>	With elbow control.	You will have elbow control with an underhand grip. Take a kick step to you collar tie side. Tug his elbow past your head as you step and turn. Catch his ankle as he passes by. Turn and chase.
<b>TUG/SKATE TO SWING SINGLE</b>	With elbow control.	Give head a short snap with your outside collar and give a tug to the elbow, skate as you take several quick lateral steps away from the tie. At the same time drop you level. His near leg should have stepped to you. Release the collar and swing step to the single. You can guide the elbow past you head as you shoot.
<b>HE GRABS ELBOW HIGH C FAR SIDE/PISTOL</b>	With elbow control, if he reaches to grab your arm off his elbow.	When he grabs your elbow rotate you shoulders as you drop to the hole on his reach side. You will have to release your collar tie, take a jab step and snake his leg with your collar tie hand.
<b>ABBAS SNAP</b>	Anytime he pushes.	In this snap you will take an outside step with collar tie side leg. As you take the outside step drop and snap/pull the head down. You can use elbow control to guide his arm past your head. At the bottom of the snap extend your arm and guide his head past and way from you as you go behind.
<b>ANKLE PICK</b>	From wrist control good change of direction shot.	Circle towards you collar tie and get him to step with his far leg. You can tug the wrist to make the step happen. As he steps drop you level, catch his far ankle and drive him over his own leg.

**RUSSIAN 2 ON 1**-This is a good position if we need to slow down a quicker more athletic opponent who has a quick shot. Grab his wrist to get him to grab our collar. Then we can control his tricep with an overhook on the collar side. Gab his wrist and shrug it down and in. We want a tight overhook at his tricep and we want his wrist controlled. Put your head in his earhole and push. Keep pressure.

<b>SHOT</b>	<b>SETUP/SIGNAL</b>	<b>EXECUTION</b>
<b>FAR SIDE DOUBLE</b>	He posts on you head or shoulder	Reach over grab tricep or post tricep to clear the arm drop and jab step to a far side double.
<b>PUNCH TO MAT</b>	When he pushes back hard.	When he pushes back you will take a quick back step drp you lavel and pull his arm down towards the mat. As he passes down and past you take a lateral step and go behind. If you don't get all the way behind you have a great angle for a double.
<b>SLIP/SLIP</b>	Set up with fake punching to the mat	Same as above but when you punch his arm down intentionally let your grip slip. You will drop your level hard as you hands slide down his arm. Go to a near side single.
<b>FIREMANS</b>	Good if you have head position and he is pushing back.	Keep his arm tight. As he pushes drop you level hard to you knees and rotate you head under his arm on your 2 on 1. Pull the 2 on 1 down hard, you can catch his crotch with your elbow. Your momentum as you drop will bring his body over you. As he hits the mat on the far side make sure to let go of the wrist, go high arm through, and pin his hip to the mat.
<b>NEAR SINGLE</b>	Quick shot.	Jack the 2 on 1 up and quickly drop your level. Take a lateral step to his 2 on 1 leg, slide your overhook arm down and snatch up a single leg. You will not need to drop to you knees, just enough drop and lateral motion to get the leg.
<b>FOOT SWEEP</b>	Good for heavyweights	Circle away from the 2 on 1 and get him to step. You will have to time this shot. Release the wrist and post it in his far shoulder. At the same time catch his near leg with you foot at his Achilles. Sweep the leg forward, push his shoulder back, and pull the overhook down and back over the sweep.

<b>SAG HEADLOCK</b>	Use sparingly if down by 3 or more late in match.	If he posts on you head or shoulder you will release his wrist on the 2 on 1 and monkey grip on his posted elbow. Pull it down and in to clamp it to your chest. Take you other arm and punch it down and across his neck as you sag you hip in.
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**COUNTER OFFENSE-** We look to score at all times. You should attack to score but should also welcome your opponents attack as an opportunity to score as well. Any time your opponent attacks, you should counter his move to punish and discourage him from attacking again because you should score. Control his head and wear him down. Again all of this stems from good stance and motion as well as reaction time and head position. We will approach this starting with his attack, your counter, what to do in each situation.

<b>DOUBLE-</b> In using counters the most basic are usually better. Blocking with the head, sprawling and stuffing the head are almost always better than letting him in on your legs. We still need to be able to counter if he does get to our legs and should still be able to score.		
<b>COUNTER</b>	<b>SITUATION</b>	<b>EXECUTION</b>
<b>HEAD BLOCK PASS DOUBLE</b>	His open double.	This goes back to one of our basic drills. When he shoots get you head between him and you by bringing your head towards your knee on forward side. Block him with your head then take a short <b>kick step</b> to the outside. Turn 90 degrees as you guide him by with your hand. There is often a double there to take when you get the corner
<b>HEAD BLOCK DUCK</b>	His open double.	Again you will bring your head down to block his forward motion. This time you will take a few small back steps as you block. At the same time reach and establish a tie up (inside or outside) with your opponent. As you give a little ground, and he did not get to your legs he should start coming back up to his stance and pressuring in to you. As he comes up hit a drop duck underneath to the hole.
<b>SPRAWL BUTT DRAG</b>	If he gets past your head.	Your hips go back and down. Feed him the hip away from his head to break his grip. Chest/shoulder to back then may have to switch your hips several times and scoot away to break the rest of his grip. Block his arm with one arm, circle and reach for his near hamstring with the other hand and go behind. If he comes off his knees on your spin hit a double.
<b>SHORT OFFENSE WIZZER/STUFF HEAD</b>	If he gets past your head.	Your hips go back and down. Feed him the hip away from his head to break his grip. Chest/shoulder to back then may have to switch your hips several times and scoot away to break the rest of his grip. Stuff his head with one hand while you other arm gets a belly wizzer behind his arm. Now you have several options. <ol style="list-style-type: none"> <li>1. cheap two-As you stuff the head, hip in and lift your belly wizzer to knock him to his far hip. Once he is off his base you should be able to go behind.</li> <li>2. back hand- Control his arm with near hand, far hand shoots between your chest and his head, back hand to tricep.</li> <li>3. short drag- Extend his arm to his ear, shoot your other arm, between you chest and his neck to a short drag. Pull arm and circle as you reach for near leg and drive. Look to turk.</li> <li>4. front head/head deep- Extend the arm to the ear, control the chin, go head deep in his armpit and circle behind. If he circles with you <b>shuck</b> him by.</li> <li>5. cowcatcher- Catch his jawbone with your wrist and cinch up tight as you get an underhook with the other arm. Run you underhook arm down his spine and put him on his back.</li> <li>6. gator roll-If he is tough against the cowcatcher his arm towards your chest with your underhook. Keep the chin go head deep on your underhook side and roll through. Punch your under hook across his back as you roll and cinch it tight when he ends up on his back.</li> <li>7. front ¼- Shove his head down hard and grip the back of his neck. With your belly wizzer arm come under his arm pit and lock on your own wrist. Now pump his head down hard and circle to his head. He should go to his back and you can secure a reverse half. If he circles with you <b>shuck</b> him by. If he brings his head up hard hit him with a <b>pancake</b>.</li> <li>8. lift his arm and circle the far side- If you have him extended and he refuses to let go, lift his arm at the elbow. This puts a lot of pressure on his shoulder and he will let go. Circle behind to the opposite side.</li> <li>9. underhook hip toss-catch him on the way in,jack him up and toss</li> <li>10. football carry-cross block and chop his head between your hands. Tug him down and go behind.</li> </ol>

<b>DIVE ROLL</b>	If he gets to your legs.	If he gets to a clean double and a sprawl is not going to work reach over with your arm (on his head side) and get a tight waist on him. As you hit the mat keep this tight so you don't go to your back or elbows. Adjust your legs out to the side where his head is. The reach with your free arm and grab inside his thigh and roll hard. You should end up belly to back underneath him with his feet by your head and one of his legs under your armpit. You can hook both ankles and go stalemate but should prefer one of our 3 scoring options. 1. <b>sit out low</b> -with your free hand grab the sole of his far foot. Lift it and throw it back as you perform a sit out. You will end up behind him. 2. <b>post low single</b> -Knees up and head down, post your free hand and pop out the back for an Iranian lift finish. 3. <b>hips up granby for 5</b> - Keep his leg hooked and come up to your knees with your head down. He will try to circle behind you to score. As he reaches for your hip, grab his hand and pull it down to your crotch and granby.
<b>MONKEY ROLL</b>	If he gets your legs.	Sprawl and hook a tight waist with your arm closest his head. Push him back on his heels and grab his near ankle with your free hand. Keep the tight waist and roll to the ankle side. As you roll thru go high arm thru and grab the far ankle. He will end up on his hip and you can go behind.
<b>STANDING SWITCH</b>	If he gets to your legs.	On his shot clamp his near arm tight to you. With your free arm, closest to his head reach inside his near thigh. Clear your legs and switch.
<b>TURN IT TO SINGLE</b>	Sprawl hard/hip in	Go single counters

<b>SINGLE</b> -For most of these counters to work always start with a basic near whizzer and hand fight to keep him tight to you. If he creates space on the single it will cut down on your options.		
<b>COUNTER</b>	<b>SITUATION</b>	<b>EXECUTION</b>
<b>SPRAWL BUTT DRAG</b>	On his single.	See short offense
<b>SHORT SPRAWL WIZZER/STUFF HEAD</b>	On his single	See short offense
<b>WHIZZER/INSIDE TRIP</b>	If he picks up single	Hook a whizzer on his near arm. Be sure to bounce so you don't get taken down. With your free hand grab his far wrist. Lift your whizzer, plant the single leg to the mat, and pry his far wrist off to break his grip. Hook your single leg foot behind his near leg, drop to that knee, and square your hip. Cinch down on your whizzer and get an underhook on the far side with your other arm.
<b>CRACK BACK</b>	If he picks up single	Hook a whizzer on his near arm. Be sure to bounce so you don't get taken down. Hook your single leg foot behind his far knee. Take a back step/bounce behind his near leg. With your free hand reach behind his near knee, (thumb down) and sit back. He will go backwards. If you keep it tight and sit up after you hit the mat you can also score back points.
<b>HAMMER LOCK</b>	If you end up on the mat or if he picks it up.	Start with a near whizzer to keep him tight. With your free hand grab his far tricep and pull it in tight to trap his head. Release your near whizzer and reach behind his far arm overhook. Release the tricep with your other hand and go to his far wrist. Grab your own wrist with your overhook hand to secure your hammerlock. Pull your hammerlock to your chest keeping his head trapped. Hook your single leg inside his thigh and kick into a backwards roll. He should end up on his back.
<b>DIVE ROLL</b>	Use sparingly. Not a first move.	If he picks up the single and brings it high. Shoulder roll between his legs. Catch his far leg with your far arm and come out the back door.
<b>CIRCLE FAR SIDE</b>	On your sprawl	Sprawl, stuff his head, and get a belly whizzer. With your free leg swing step and plant you knee in his far ribs. Lift his elbow at the same time. He will let go and you can go behind.
<b>SCOOP</b>	If you end up on the mat or if he picks it up.	Start with a near whizzer to keep him tight. With your free hand grab his far tricep and pull it in tight to trap his head. Release the whizzer and put your tricep in his far ribs. Use your weight to push his head towards his far knee. Now grab inside his far knee with your arm in his ribs. Release his tricep and lock your hands around his leg. Hook your single leg behind his near leg. Once you have hooked both legs you can sit and put him on his back for nearfall or a pin.
<b>FRONT ¼</b>	On his single.	See double counter
<b>CIRCLE TO CRADLE</b>	See Leroy	

<b>FAR ANKLE HIGH LEG OVER</b>	On your sprawl and he wont let go	If you can not break his grip after you sprawl and circle away form the single now we will switch directions. Circle towards the single and reach over and grab his far ankle. After securing the far ankle take a big backstep over your own leg (the single leg) then continue behind. Puts a lot of pressure on his shoulder and will let go.
<b>STANDING CRADLE</b>	His head goes outside.	Secure the head, step to the hips, pulling his head to his knee. Lock your arm, elbow deep at his knee.

<b>HIGH C-</b> The high c is great to counter and get into a scramble situation. Remember to keep him extended and do not let him switch off to his double and we should be ok.		
<b>COUNTER</b>	<b>SITUATION</b>	<b>EXECUTION</b>
<b>HEAD BLOCK PASS DOUBLE</b>	On a open/post high c	See double counter
<b>SPRAWL BUTT DRAG</b>	On his high c	See double counter
<b>SHORT SPRAWL WIZZER/STUFF HEAD</b>	On his high c	Hip down/ leg back/ shove his head down (see double counter) 1. short drag 2. front head/head deep 3. block arm go behind
<b>HEAD DOWN CHEAP 2</b>	If he gets to your leg	Short sprawl and hook your belly whizzer under his high c arm. Your other hand should have gone to his head on you sprawl and push it down. Now push his head down hard and hip into him with your belly whizzer. He should break down to his far hip and you can go behind.
<b>SCOOT TO IOWA</b>	If he gets in deep on high c	Your arm he just cleared must reach over his back and lock onto his ribs tight. Your other arm will lock in his crotch. At the same time you must sit (not sprawl) to your own butt and pull him in tight. Stay tight to him so he can not get his arm through as you use your free leg to scoot and hook an Iowa (hook his near leg with your leg). Once you sink the Iowa release the arm in his crotch, grab his waist and pull yourself up. Even if he keeps the leg as long as you secure your Iowa, pull yourself up, and hit a crossface, you get the takedown.
<b>CROTCH LIFT ROLL TO IOWA</b>	If he gets in deep on high c and won't let you scoot to the Iowa	Your arm he just cleared must reach over his back and lock onto his ribs tight. Your other arm will lock in his crotch. At the same time you must sit (not sprawl) to your own butt and pull him in tight. Now he prevents you from scooting to the Iowa you can keep everything tight and roll over your own back driving with your heels. On the way through hook an Iowa and look to crossface.
<b>RESHOT HIGH C</b>	On your sprawl and he is holding tough	If your initial sprawl did not work but you do have him extended. Take you near hand (the one that was stuffing his head) and reach for a high c on your opponent (grab inside his near leg). Keep it tight, sit your near hip in (knee slide) and finish your own shot. You can use your other hand to grab his near ankle to help bring him around.
<b>FRONT ¼</b>	On his shot	See double counter
<b>STANDING CRADLE</b>	His head is up and driving	Secure the head, step to the hips, pulling his head to his knee. Lock your arm, elbow deep at his knee.

<b>LOW SINGLE-</b> Always keep his head down on the mat and keep on of your legs free and mobile.		
<b>COUNTER</b>	<b>SITUATION</b>	<b>EXECUTION</b>
<b>LACES DOWN SINGLE LEG AWAY</b>	On his low shot	Keep his head down. Take a backwards step with your free foot. Sit on his near shoulder putting all of your weight down on him. Now take a swing step towards his butt with your free leg, dragging your trapped leg out of his grip, shoe laces down. Reach back an hook his body similar to a low single while the other hand reaches for the ankle. Pull yourself behind
<b>STEP OVER CROTCH LIFT</b>	On his low shot	Keep his head down. Take a big backwards step with your free foot all the over his back so you are now straddling him. You can now sit on his back and lock in his crotch. Look for scramble score or stalemate.
<b>STEP OVER CHOKE</b>	On his low shot	Keep his head down. Take a backwards step with your free foot. With your near hand reach down around his neck, you other hand will go between your legs and lock around his neck, arm, and your own leg. Cinch this tight, sit back to your near side and hold him for back points.
<b>STEP OVER ARM BAR KIMORA</b>	On his low shot	Keep his head down. Take a backwards step with your free foot. Sit on his back and lock your hands around his bicep. Now sit back, pull his

		bicep out, and use you legs to hold him on his back. The lock must stay in his elbow/bicep or it will be illegal.
<b>LEG CRADLE</b>	If he gets you to the mat on your butt and he ducks leg	If you go to your butt you should keep him tight and try to scoot towards his butt like on our lowa scoot. Keep his head down and trapped under you leg/knee. Hook an lowa and lift his butt/drive him over his head. Hook you ankles together to form a leg cradle squeeze and hold him for back points.
<b>INSIDE STACK</b>	If his head pops to outside	If his head comes to outside keep his head down and lift his butt. Step/scoot toward his legs and drive him over his own head to his back for a stack.
<b>ABBAS ROLL THRU</b>	If he goes Iranian lift	As he begins lift you will summersault over his back. At the same time shoot your near arm deep through his legs from behind and push him backward (your hand will be on his chest) onto the mat. Be sure to get your head high after the roll to get the better of the scramble.

<b>RUSSIAN 2 ON 1</b> -Never panic in this situation. Keep your calm and look for your counter. Look to get head position on him by getting your forehead in his temple on the near side.		
<b>COUNTER</b>	<b>SITUATION</b>	<b>EXECUTION</b>
<b>LIFT HIS FAR ELBOW TO NEAR UNDERHOOK</b>	On his 2 on 1	With your free hand lift his far elbow up and away from the body. As you lift, bring your other hand down and across to secure an underhook on the near side. Get your head position in his ear.
<b>LIFT HIS FAR ELBOW TO DRAG</b>	On his 2 on 1	With your free hand lift his far elbow up and away from the body. As you lift, bring your other hand up also to secure his far tricep. Now pull and drag it across.
<b>THUMB DOWN SPIN TO SINGLE</b>	On his 2 on 1	With the arm that is trapped turn you thumb down. Drop and spin 360 degrees pulling your arm out as you go. As you cut back into him look for a single leg.
<b>HANG SINGLE FAR SIDE</b>	On his tight 2 on 1	Circle into his near side and try to get him to square up to you. As he brings his far leg around take a swing step single to the far side. If he loses his grip you come up with the single. If he holds tight you can finish like a hang single.
<b>REVERSE SINGLE</b>	On his 2 on 1	Crowd him and and step your near leg behind his near leg. At the same time reach behind his near leg with your near free arm. Your trapped arm slides down and get a reverse lock on his near leg.
<b>PINCH HEAD TO HEAL TRIP</b>	On his 2 on 1	Get head position with your forehead in his temple. With your free hand pull his head in tight to yours (squeeze his neck). Keep this tight, put your trapped arm elbow in his armpit and start to drive him back.. As he goes backward step across with your near leg and sweep his far leg.
<b>CROSS KNEE PICK</b>	On his 2 on 1	Put your trapped arm elbow in his armpit and start to drive him back. At the same time your free hand should pick his far knee. Drive him over his knee as you slide you trapped arm free.
<b>GRANADA "ALLIGATOR" CHOKE</b>	On his 2 on 1	With your free hand get a collar tie up on him and pull down hard. Slide your 2 on 1hand up and grab his chin. Keep his head pinched between you two hands.
<b>HOOK HEAD AND CROWD THE BODY</b>	On his 2 on 1	This is a good one to frustrate your opponent. Cup you free hand on his neck on the near side preventing him from getting head position. Now crowd and push into him.

<b>FRONT HEAD/COW CATCHER</b> -Always control his elbow pulling it down and in and try to keep your shoulders square.		
<b>COUNTER</b>	<b>SITUATION</b>	<b>EXECUTION</b>
<b>FH-CROSS DRAG</b>	If elbow is deep on the head	With your arm he has trapped reach under and across to get his near tricep. Step up with your outside leg and pull/drag his arm across. With you free hand reach for his near ankle or thigh. Your body will turn 180 and your head will pop free as you drag.
<b>FH-NEAR SIDE DRAG</b>	If elbow is shallow on the head	With your free arm reach up and get his near tricep. Step up with your outside leg and push his arm down and across. Force you trapped arm down to loosen his grip. Your body will turn 180 and your head will pop free as you push.
<b>CC/FH-DOUBLE OR HC</b>	If you are on your feet and he has a cow catcher or front head	You must be willing to commit to this one. Jab step in hard and drive your head up and in under his arm as you reach for a double or high c. get to the leg/legs and drive, plant him on his hip, then keep your hips flat so he can't roll you through.

<b>CC-BARREL ROLL OR SHORT FIREMANS</b>	If he has a cow catcher on you and has you down or on your feet	Clamp down hard on his underhook with your overhook making sure to grab the tricep. With you free hand go thumb down and block the outside of his near knee. Drive into him and pull down hard on his tricep as you pry his knee away. As he hits his hip go arm hgn and through to cover his hip with your free arm.
<b>FH WHIPOVER</b>	From your feet.	Reach over with your hand and grab his lat. Pull the lat, sit back, and arch into him.

**FINISHES**-Each takedown opportunity has numerous ways to finish. It is important to know the basic finishes but also important to recognize when a second or third attempt or finish is needed. Remember it is our goal to score at every opportunity. Just because an opponent counters or initial takedown attempt does not mean we will not score. It means we must make an adjustment and finish the shot another way. This is where the term "chain wrestling" comes into play.

<b>DOUBLE-</b> Remember basic double position is chest up, head pressure, trail leg cocked, hands snaked behind both knees.		
<b>FINISH</b>	<b>SITUATION</b>	<b>EXECUTION</b>
<b>FLAIR</b>	Clean double to position	Drive into him with your head. Feet driving into him at an angle. Pull his legs in and to the side to drive him over your hands and plant him on his hip.
<b>TURN CORNER LIFT</b>	If he has good hips and you want to get him off the ground. You can also knee slide in on a flair to this if the guy won't go down.	From double position continue to turn the corner until you are perpendicular to him. Slide your far arm deep in the thing and slide it up tight in the crotch. The near arm slide up to his lat. Come up to a squat position, then pop your hips in and lift him off the mat. Once he is in the air pull his lat down hard and continue to lift his crotch. Plant him on his far shoulder blade.
<b>RUN PIPE</b>	If he stops your flair or lift	On the flair or lift you will be driving into him with your head. Now we will switch directions and bring him down to the near side. Step back with your far/trail leg and rotate/pivot back. Pull his near leg in and plant him on his butt.
<b>SINGLE</b>	If he is crossfacing hard	If as you are driving in on the double he is crossfacing you hard you can step across/outside with your inside leg and swing step/slide over to a single leg. This will take the pressure off his crossface and you can circle to the hole(see single leg finishes).
<b>PEEK OUT/CUT BACK DOUBLE</b>	If he sprawls and gets you extended	You can step up with either leg to make up some space. Knee slide in with your other leg and peek under his arm. Look up high than turn back in to him to finish.
<b>INSIDE TRIP</b>	If he is bouncing on your flair	If you can't pull his far leg in as you are driving with the flair because he is bounding step deep with your near leg between his legs. Now hook you near leg behind his far leg as you drop to that knee for an inside trip. You will come down between his legs/ keep him split and look for back points.
<b>EXTRA POINTS</b>	Turn your takedown into a 5 point move.	Shelf leg & crowd head, climb to half, or turk

<b>HIGH CROTCH-</b> Remember basic high crotch position is chest up, head pressure, trail leg cocked, both hands snaked/locked around the near leg.		
<b>FINISH</b>	<b>SITUATION</b>	<b>EXECUTION</b>
<b>DOUBLE(SEE ABOVE)</b>	If you go to a double	See double finishes
<b>DUMP</b>	If don't go to double and stay on the HC leg only	Keep your hands locked on the high crotch leg. As you come up to drive with your head your lock will slide up tight into the crotch. Pop your hips in, use your head and drive him over your near shoulder.
<b>RUN PIPE</b>	If go to dump and can't	If you can't lift and dump switch directions and bring him down to the near side. Step back with your far/trail leg and rotate/pivot back. Pull his near leg in and plant him on his butt.
<b>BUMP HIGH</b>	If he blocks you from switching to a double	While on your knees keep your lock on the HC and slide it high in the crotch. Pop you hips in and get his feet off the ground. <ol style="list-style-type: none"> <li>1. when his feet come up switch to your double</li> <li>2. bump high come out the back door</li> <li>3. when his feet come up catch a reverse arm thru</li> </ol>
<b>CRACK DOWN</b>	If he sprawls and gets you extended or he tries to scoot for an Iowa	Keep your lock at his knee, swing step back and crack him to his near hip. Keep your hips high and circle towards his head so he can't slide to an Iowa. <ol style="list-style-type: none"> <li>1. near arm high and thru, pin his hip and circle to the far side</li> <li>2. elevate his leg and shelf it on your thigh (Sanderson)</li> </ol>

		<p>3. swim to head or hands</p> <p>4. hop over legs</p> <p>5. if he has a tight waist, hook his elbow, roll thru go hand to hand, then bridge to his legs</p>
<b>GRANBY FOR 5</b>	If he reaches to your hip or a spin behind	<p>You can keep your head down and his leg tight and bait him into circling behind. When he grabs you far hip to pull himself around grab his wrist and pull it down and in tight to your crotch. You can keep you high-c on the near leg or get a reverse grip around his far leg.</p> <p>1. Shoulder roll towards his head, put him on his back and lock both of your hands on his wrist, (keep the leg as well).</p> <p>2. if you can't shoulder roll, step up with your outside leg and take him straight back, put him on his back and lock both of your hands on his wrist, (keep the leg as well).</p> <p>*Make sure not to let him hook you near leg as he circles behind or this will not work.</p>

<b>SINGLE-Remember head is up and in ribs, hands locked on single, body position(compare to double).</b>		
<b>FINISH</b>	<b>SITUATION</b>	<b>EXECUTION</b>
<b>TRIP</b>	Clean single to position	<p>Push(drive with your head) forward, then pull back and step over his leg to create some space. Bring his leg up to your arm pit.</p> <p>1. hook your foot behind his far Achilles and drive him over (trip)</p> <p>2. sweep your foot in front of his far leg and trip</p>
<b>DUMP</b>	Clean single to position/blocks your run the pipe	<p>Keep your hands locked on the single leg. (You would use this before pulling back to create space). Slide your head to the outside and drive. Your lock will slide up tight into the crotch. Pop your hips in, use your head and drive him over your near shoulder. If he stops your dump go to run the pipe.</p>
<b>RUN PIPE</b>	Clean single to position/blocks your dump	<p>Keep your hands locked on the single leg. (You would use this before pulling back to create space). If you can't lift and dump switch directions and bring him down to the near side. Step back with your far/trail leg and rotate/pivot back. Pull the single leg in and plant him on his butt. This can also be a first choice finish. If he stops your run go to the dump.</p>
<b>CUT BACK DOUBLE</b>	If he has whizzer, fights hands and plants his foot	<p>Most well coached wrestlers will go straight to the whizzer on your single if you don't pull to create space. They will fight you grip with their far hand and try to plant the single leg on the mat. As you lose your grip drop your level and take a jab step between their legs. Drive into a double leg on the far side (see double leg finishes).</p>
<b>JACKSON</b>	If he has a whizzer hooked tight and you head is forced inside	<p>Let him get the whizzer tight but keep his single leg tight between your legs. Use you head in his chest/belly and push back. At the same time use you legs/knees to bring his single leg forward. He should fall backward onto his butt on the single side.</p>
<b>BARZGAR</b>	If his foot hooks outside your near leg	<p>Hike his near leg up to your hip, drop your level so that your head is across his chest, block his far knee with your free hand and run him over.</p>
<b>HIP WIZZER</b>	If his foot hooks outside your near leg	<p>Hike his near leg up to your hip. Sink your near arm under his so you have a whizzer on his leg. Rotate your near hip forward and shoulder down to plant him on the mat.</p>
<b>WELCH LEG SWING</b>	Good against counter wrestlers	<p>On a clean shot where you get the single, push him, then pull to get the leg up and create space this is a great finish. Once you have created space swing his leg down then up in a big arch. You can take it inside or outside and it should take him off his feet.</p>
<b>CIRCLE TO HOLE</b>	If he sprawls	<p>If he gets you extended quickly circle towards the single leg making sure to keep your near hand hooked/snaked behind the leg. Stay off your knees and keep your hips high.</p> <p>1. Step your near leg behind his near leg and plant you knee "in the hole". Take your far hand and lift the single leg foot and "shelf" it on your far thigh. Plant your shoulder on his butt, grab both of his thighs and drive forward.</p> <p>2. If you can't step to the hole keep the single leg with your far hand and reach across to his far leg with your near hand. Pull both in tight and he should go to his hip.</p>

<b>POST IRANIAN</b>	If he sprawls and squares up as you circle to hole	As he squares up plant your far hand on the mat between his legs. Knee slide your hips in to your posted hand and pop your head up between his legs. 1. Push Pull the near leg down, and push the far leg up and put him on his hip. 2. Hi arm thru. Clear one leg off your shoulder, step up and come out he back door. Be sure to reach back and secure his hip before turning. 3. Turk his leg. Trap his ankle over your shoulder and pull it down to a turk. Post your free hand on the mat and put him on his hip. Now push his leg off your head.
<b>PEEK THE WIZZER</b>	If he sprawls and has a belly wizzer as you circle to the hole	Step up with your near leg and post your far hand on the mat. Release the single leg and peek out hand under the whizzer. Make sure to throw your arm back hard to clear the whizzer and create space.
<b>KNEE TO KNEE FUNK TO SHOOT THE MOON</b>	If he is bouncing on one leg and you can't get him down	John Smith camp move. Drop to your near knee, turn away from your opponent, and put his leg on your near shoulder. Immediately turn back into your opponent, pivot to your other knee, and put his leg on your other shoulder. Now stand up and you should have his leg trapped up on your shoulder.
<b>REAR DOUBLE</b>	On initial shot.	Continue to circle and climb to the far leg. Finish driving to both legs from the rear.

<b>SHORT OFFENSE-Anytime you snap or sprawl and your opponent is on his knees it is a great opportunity to score. Keep his head down and apply down pressure. Spin moves, front head, and cowcatch finishes all come into play in this position.</b>		
<b>FINISH</b>	<b>SITUATION</b>	<b>EXECUTION</b>
<b>BACKHAND</b>	On snap or sprawl	Keep chest/shoulder pressure to back. Your near hand should shoot between your chest and his head to block his near tricep. Block the arm with the back of your hand, circle behind, looking for the near ankle or thigh for an anchor to drive him over to his far hip.
<b>SHORT DRAG</b>	On snap or sprawl	Keep chest/shoulder pressure to back, extend his near arm to his ear with your far arm, (keep his head down with your near elbow in the back of his head). Once you have extended his arm grab under his tricep with your near arm and drag. Circle behind, looking for the near ankle or thigh for an anchor to drive him over to his far hip.
<b>SD TO DOUBLE</b>	If he comes to his feet on you drag	Once you have started to drag he may come off his knees and try to square up on you. Drop your near knee in and switch to a double leg finish to drive him to his hip.
<b>FRONT HEAD/HEAD DEEP</b>	On snap or sprawl	Apply chest/shoulder pressure to his back, extend his near arm to his ear, your other hand grabs his chin. Go head deep in his armpit and circle behind.
<b>FH CROSS PICK</b>	If he comes to his feet while you are head deep	If he comes to his feet as you circle behind keep your head deep and reach under his body and catch his far leg. Keep his chin with your near hand and drive him over his leg to his butt and a possible cradle.
<b>FH SHUCK BY</b>	If he is on knees and circles hard with you	Often he will circle with you so you can not get behind. When he squares up with you use his momentum to shuck him by. Your hand on his chin will throw "shuck" him in the direction he was circling as you take a lateral step the other way to get behind for the score.
<b>FH/CC INSIDE TRIP OR HEAL TRIP</b>	If he comes to his feet while you are out front	If he comes to his feet on and stay square with you take you inside leg and step deep between his legs. Drop to you knee and hook your leg around his far leg and drop to trip. Keep his head, crash him down, and keep his legs split. Look for back points.
<b>FH TORNADO ROLL</b>	If he comes to his feet while you are head deep and we need a quick pin	Make sure to adjust your grip from his chin to his near tricep with your near hand and maintain a tight grip. Now quickly hit a shoulder roll towards your far shoulder. Shoot your far arm between his legs and grab his near leg as you roll through. He will end up on his back.
<b>COWCATCHER/BULL DOG</b>	On snap/or if he pulls his arm down hard on a front head	Your near hand will have a tight grip on his chin and your far arm will have an underhook on his far arm. Drive his butt back on his heels and run your underhook down his spine towards his far hip. Circle him to his back and look for the fall.
<b>GATOR ROLL</b>	If he pulls arm down hard on the cowcatcher	As he elbows down hard on the underhook, pull the arm down and in by grabbing his tricep with the underhook hand. This should extend his near arm and open a hole behind his arm. Drop your head in the hole and shoulder roll to your far shoulder. Keep his chin tight as you roll

		and you come through punch your underhook arm back across the spine to have a tight bulldog with him on his back.
<b>COWCATCHER TRANSFER</b>	If he is good at countering with barrel roll/short firemans	Using your cowcatcher position take a short sprawl back and pull him to you. This should extend him. Before he can get his knees back under him transfer your cowcatcher to the other side. (release his chin with your near hand and go under hook on his far arm/release the underhook with your far hand and grab his chin).
<b>FRONT ¼ POP</b>	“Rolandelli”	Your near hand should have a tight grip on the back of his neck and your far hand should go from a short whizzer, slide under his near arm, and grab the wrist of your hand on his neck. Circle towards his head and push it down into the mat hard. He will often pop right to his back. Works good on a high-c.
<b>FRONT ¼ PANCAKE</b>	If his head pos up on the Rolandelli	If he won't go over initially he might force his head up. Keep your overhook but release the grip on the back of his head so he can bring his head up. Once his head comes up cossface him to his back with your near arm.
<b>FRONT ¼ SHUCK BY</b>	If he circles to stay square on the Rolandelli	When he squares up with you use his momentum to shuck him by. Your hand on his chin will throw “shuck” him in the direction he was circling as you take a lateral step the other way to get behind for the score. You will have to release the wrist lock. You can also shuck the other direction using your far arm and short whizzer.

<b>LOW SINGLES</b> -Using good motion attack his foot as he is transferring his weight onto the foot. Your head should be up and have an inside shade on his knee, outside hand should hook his Achilles, and your inside hand should be planted on the mat. Your knees should be loaded and under you.		
<b>FINISH</b>	<b>SITUATION</b>	<b>EXECUTION</b>
<b>BUMP TO HIP</b>	If he stays tall	Head pressure to the inside of his knee as you circle to his far leg. Bump him down to his hip(you free arm can help bump). Once he hits the mat continue to circle the same direction to a leg lace then shelf the lace.
<b>IRANIAN</b>	When he sprawls	<ol style="list-style-type: none"> <li>1. Push Pull the near leg down, and push the far leg up and put him on his hip.</li> <li>2. Hi arm thru. Clear one leg off your shoulder, step up and come out he back door. Be sure to reach back and secure his hip before turning.</li> <li>3. Turk his leg. Trap his ankle over your shoulder and pull it down to a turk. Post your free hand on the mat and put him on his hip. Now push his leg off your head.</li> </ol>

<b>DUCKS AND SHRUGS</b> -Anytime you get behind your opponent and need to take him down to the mat.		
<b>PULL</b>	On shot	As you duck or shrug you should be pulling down hard on the neck to bring his head to the mat.
<b>CIRCLE</b>	He stays on his feet.	Keep the claw and circle him to the mat applying pressure to the outside of the knee.
<b>TILT</b>	He stays on his feet.	You can go standing zyphoid or sante fe. Your collar hand will slide down to his cross wrist and you will continue to circle and peek around the corner as you pull him down.
<b>JUMP TILT</b>	He stays on his feet.	Go to tilt position and jump to a crab ride applying pressure to the inside of his knees.

**TOP**- While on top we want to apply constant pressure to our opponent. Stay off your knees and butt as you drive with your feet and keep pressure down. Stay under his arms and keep your head behind his shoulders. You need to control one of his arms/wrists or his legs. A cross wrist, an arm bar, an Iowa, or high leg over leg ride is there on an elbow chop. A near wrist, bar arm, or high leg over leg ride is there on a spiral ride. An arm bar is there on a head lever. If we can break him off his base to his hip as in a kneebreaker this is as good a controlling a limb. We can also help keep him down with a crab ride once he goes flat. Cinching a good tight waist will help top control in most instances. Chain wrestling is a key to being effective on top. Every time your opponent counters your top move it will open up a new move for you. Look to put him on his back and end the match.

<b>BREAKDOWNS</b> - To beat your opponent on the whistle have your breakdown in mind before you take top position. Often the breakdown you plan on using will dictate which side you line up on. If your first breakdown does not work change off to another and another until you can secure a limb.		
<b>MOVE</b>	<b>SITUATION</b>	<b>EXECUTION</b>

<b>TIGHT WAIST ELBOW CHOP</b>	First move	Cinch a tight waist and elbow chop to a x-wrist . Drive him forward into the chop using your legs and near knee in his butt. Once you have the x-wrist get an outside grip 2 on 1 and keep him flat on mat with a crab ride. (go tilts or turk series)
<b>TIGHT WAIST ANKLE NEAR OR FAR</b>	First move	Cinch a tight waist with one hand and his opposite ankle with your other hand. Drive with your legs and lift his ankle to his butt until he goes flat. When he goes flat crab ride and look for a half, cross face, or wrist immediately
<b>SPIRAL/CLAW</b>	First move	Your near hand slides form his elbow to his near side shouder (half) or far side shoulder (claw). Your far arm slides down to pry the inside of his far thigh. Pry the leg and arm and corkscrew him down and collect the near wrist when he goes to an elbow. (go bar arm or turk series) *We can go straight to a claw/half on a spiral and pull him in for a quick back exposure (Kalika). We can also roll throughand hip ove on top with t deep half (Sanderson).
<b>KNEE BREAKER</b>	First move	Line up on your double side. Your hand from his elbow drops under and grabs far knee (should drops into ribs) Your hand from his belly drops to a near or far ankle. Drive him to his hip and look for a half. (go turk series once he hits his hip)
<b>HEAD LEVER</b>	First move	Slide your hand from his elbow down to his wrist. Put your head in his armpit, keep a tight waist, extend his arm and drive his near shoulder to the mat. 1. slide a bar 2. peek head to half 3. run no arm-arm bar
<b>REDROP</b>	If he stands up	Line up on your double side. As he stands up slide your hand from his elbow across to a claw. Your hand from his belly slides back between his legs and grab deep to his near thigh. As he comes to his feet come to your feet, step your near leg in front and pop your hips. Using his momentum and your thigh deep grip lift him off mat. Then pull down hard on the claw and plant his back on the mat.
<b>STANDING TILT</b>	If he stands up and you have a x-wrist	Secure an outside grip 2 on 1 and keep him tight. Drop you tricep grip elbow in front of him towards his crotch. Look around the corner, sit down, and pull him down into your lap. He will go to his back in tilt position.
<b>SANTA FE</b>	If he stands up and you have a x-wrist	Keep the x-wrist tight as you both come to your feet. Look around the corner then reach your free hand around front and between his legs. Go thumb down behind his far knee and sit. He will go to his back.
<b>LIFT SWEEP</b>	If he stands up	Lock your hands around his waist as he comes to his feet. Use his momentum and pop your hips to lift him off of the mat. Sweep his legs with either of your knees and bring him down to his side on the mat.
<b>SUCK BACK</b>	If he sits out	When he sits to this but slide both of your hands up under his armpits and pull/suck him backward. You can use your chin in his shoulder to help bring him down to his back.

<b>BASIC CONTROL POSITIONS-</b> Once we break an opponet down we want to keep him down. We have to tie up a limb or limbs and control him.		
<b>MOVE</b>	<b>SITUATION</b>	<b>EXECUTION</b>
<b>NEAR WRIST</b>	On spiral or ankle	When he drops to a near elbow on the spiral or ankle drive grab his wrist. You have the wrist on the same side that your hand is on. (You right hand has his right wrist). Keep it tight and apply shoulder pressure. 1. If he rolls his wrist out of a near wrist lift the arm high at the bicep as his wrist comes free. Shove his head under his armpit and slide a <b>high half</b> .
<b>CROSS WRIST</b> 1. <b>OUTSIDE 2 ON 1</b> 2. <b>INSIDE 2 ON 1</b>	On chop	As you tight waist chop drive his near wrist into your hand that is on his belly. You will have his wrist with your hand. (you right hand has his left wrist). On an outside 2 on 1 your free hand would grab the tricep of his arm you have the x-wrist. On an inside 2 on 1 your free hand would reach under his armpit and grab the forearm of his hand you have the 2 on 1. Keep it tight.
<b>IOWA</b>	On chop or spiral	On your chop slide your rear leg between his and hook under his near ankle as he bellies out or comes back to his base. His leg will be

		trapped in place by your calf and hamstring. Keep you heal to your butt and keep a tight waist.
<b>BAR ARM</b>	On spiral/near wrist	You will have to start this with a near wrist. Put your shoulder into his shoulder (near wrist side on both) and circle towards his head. Keep his wrist tight and pry it out from under his belly as you circle forward. Once his wrist comes out put it on his back and come back to a crab ride.
<b>LEG VINE/HIGH THIGH</b>	On chop or lift	Your leg steps over his body on the chop. Your foot goes between his legs and toes over his same side ankle for a leg vine. Same on the high thigh but you will hook on your own ankle in his crotch. You can put both legs in and "spur" him. In all situations apply hip pressure.
<b>CRAB RIDE</b>	When goes flat	When he is flat you will straddle his back. Your knees will be on the outside and your toes will be hooked on the inside of his legs.
<b>SEATED CRAB RIDE</b>	When he sits	If he sits you can sit with him and hook a crab ride. Your toes will be hooked under and inside his ankles. Stay under his arms and keep him tight.

<b>TURKS-</b> A great basic turn for quick back points. Turks are available any time you put your opponent on his hip or when you come to the side. The key is to lift the near leg and drive him over as you step though.		
<b>MOVE</b>	<b>SITUATION</b>	<b>EXECUTION</b>
<b>TURK</b>	Near wrist	Keep your shoulder pressure. If he brings his hips up use your free hand, grab his near hamstring and lift. Keep the wrist and drive him to his far hip. As you lift his leg step through his legs with your back leg and hook behind his far leg (turk him). At this point release the near wrist. Continue to drive him towards his back and at the same time elevate your hooked leg. Stay hip to hip on him and apply pressure with the turk. 1. half 2. L for lunch/trap his arm when he rolls back into you 3. whizzer and plant his shoulder
	Cross wrist	See near wrist (keep cross wrist)
	Crossface tricep	From a crossface tricep the turk execution will be the same as described above. If he will not go over with the turk hit him with a barbed wire.
	Knee breaker	Step through once he hits his hip.
	Redrop	You can hook your turk while you have him in the air.

<b>CRADLES-</b> Cradles can seal a match for you. Once you have his leg and head trapped together he should be pinned. A cradle is extremely difficult to escape from if you have it locked tightly. Any time he brings his knee near his head there is an opportunity for a cradle. Lock your hands with your biceps at his knees and neck, not at his butt.		
<b>MOVE</b>	<b>SITUATION</b>	<b>EXECUTION</b>
<b>X-FACE CRADLE</b>	Head to knee	From a crossface tricep when he is flat plant your back hand behind his far knee. Drive in a circle around his head and push his head down towards his far knee. Once you have his head to his knee lock your back hand under his leg onto your wrist of the hand on his tricep. Keep the lock tight and squeeze(you can also go butterfly lock). Bring you hips back behind his, put your near knee in his back and pull him into you and towards his back. Once on his back put your near knee in his hip and hook you back leg on his free leg. *If he is on his knees and you have the cradle locked* 1. Slide your knees between his near leg and arm. Spread your knees and he will go flat. Finish as above. 2. Keep the lock and hop over onto the same side as the cradle. Step up with your outside leg and take him straight back over his butt. 3. Keep your hands locked tight and summersault over him. This is commonly known as a "suicide cradle" and should be used sparingly.
	Knee to head (Leroy)	From a crossface tricep when he is flat you will plant your knees between his legs. Keep his head and tricep trapped now scoot your

		knees towards his head. Once his knee is to his head lock your cradle, hop over to the far side and pull him to his back.
<b>INSIDE CRADLE</b>	Bow and arrow	On his near side hook/grab inside his hamstring with one hand and grab his chin/neck with the other. Put your head/chest in his side and drive him to his far hip. Pull his head to his knee and lock your hands. 1. Drive him straight over and stay chest to chest. Post your forehead on the mat and keep your feet wide. 2. Inside scrape-Hook his near leg with your back leg, then sit to your back hip. Bring your forward leg back and slide it behind his near leg as well. Once his leg is trapped at your hip drive him straight over and stay chest to chest. Post your forehead on the mat and keep your feet wide. 3. Outside scrape-Lift his near leg and hook his far leg with your forward leg. Drive him to his back and you will be splitting his legs.
	Iowa Cradle	Keep your Iowa hooked and extended back. Keep a tight waist with your back hand. With your forward arm place your tricep against his far ear. Hook his chin with that hand. Sag your chest into his near side and use your tricep to pull his head down and into you. Use your back hand to help bring his near leg to his head. Drive him to his hip and lock the cradle. See bow and arrow for finishes. *If he is being tough and will not bring his head down* 1. ¾ nelson-Keep the Iowa and the tricep in his ear. Take your back hand and reach under his near arm. Lock your hands and pull his head down and in until his butt goes over his head. Keep the Iowa.

<b>ARM BARS</b> -Make sure to keep your arm bar tight. Make a fist with the arm with the bar and keep your bicep flexed. Run the bar to his neck and keep the far shoulder pinned down. Make sure not to place your hand over his shoulder on the arm bar.		
<b>MOVE</b>	<b>SITUATION</b>	<b>EXECUTION</b>
<b>RUN TO FAR SHOULDER</b>	Near wrist run	Once you have a near wrist hop your body over to the far side of your opponent. Slide an arm bar by catching his arm at the bicep and pulling it back. Then slide your arm under his and make a fist in his back. Keep your bicep flexed and your weight on him. Drive the arm bar toward his neck and keep the far shoulder pinned to the mat. As you walk to the neck/head he will go to his back. 1. sit on bar 2. step over his head and hook a figure 4
	Near wrist stack	If he will not go over as you run the bar you can bring him back into you. Cinch a tight waist with the hand that was on his wrist. Plant your near side knee by his hip and rotate him over your hip. Lift at the waist and put his shoulders on the mat.
<b>WEENIE BAR</b>	Cross wrist run	Once you have a cross wrist hop your body over to the far side of your opponent. Slide an arm bar by catching his arm at the bicep and pulling it back. Then slide your arm under his and make a fist in his back. Keep your bicep flexed and your weight on him. Drive the arm bar toward his neck and keep the far shoulder pinned to the mat. As you walk to the neck/head he will go to his back. 1. sit on bar 2. step over his head and hook a figure 4
	Cross wrist stack	If he will not go over as you run the bar you can bring him back into you. Keep your cross wrist. Plant your near side knee by his hip and rotate him over your hip. Lift at the waist and put his shoulders on the mat.
	Cross wrist tilt	If he comes to his knees and you can not run or stack the bar tilt him. Keep the bar and the x-wrist and shoulder roll under his body on the bar side. As he rolls with you pull into your lap in tilt position.

<b>BAR ARMS</b> - From a near wrist you will drive him shoulder to shoulder. Take a baseball grip on the near wrist with both of your hands and work to pull it out from under your opponent. Once out place his arm across his back and go back to the saddle with a crab ride. Be sure not to take his arm off the back and towards his head.		
<b>MOVE</b>	<b>SITUATION</b>	<b>EXECUTION</b>
<b>AZEVEDO BAR</b>	First move for back points	As you are working to pull his arm out circle towards his head and place your near knee over his head. Continue to pull up on his arm and at the same time use your knee to scrape his head towards his shoulder. Once his arm comes free pull it to your chest and drop to a near side cowcatcher. Run his spine and put him on his back.

<b>CROSS HIP</b>	Bar arm is on his back	While in a crab ride pull his trapped wrist across your far hip. Keep it tight and move you body forward. He will start to go to his back. At this point sag down and put his arm on your far shoulder. Hop to the near side and drop to a cowcatcher. Run his spine and put him on his back.
<b>RUN/PULL ACROSS</b>	Bar arm is across his back	Take the bar arm down and across his far hip. You can push this across using your legs and chest (good for heavyweights) or you can hop over and pull the arm across. He should go to his back.
<b>FISH HOOK</b>	Bar arm is across his back	Keep the bar on his back. Come out front and reach under his far arm and grab his wrist. With your other arm come over the chin like a cowcatcher. While on your knees lift his body up to your hip the run him to his back either direction.
<b>KNEE TILT</b>	Bar arm is across his back	Keep the bar on his back with your near (same side) wrist. Place your near knee in the back of his tricep, pinning it to the mat. With your far arm hook under his far arm or slide a half. Pull him into you and put the spurs into him as he goes to his back.
<b>BALL CHAIN STACK</b>	If he fights 2 on 1	If his hips come up as your are trying to roll the near wrist reach your back hand between his legs and grab his near wrist. Pull his hand down tight to his crotch and lift. With your near arm push his head down. Take his hips over his head and stack him on his back.
<b>BALL CHAIN TILT</b>	If he fights 2 on 1	See tilt finishes below
<b>TURK</b>	If he fights 2 on 1	See turk finishes above
<b>REVERSE GRIP TILT</b>	If he fights 2 on 1	See tilt finisher below

<b>TILTS-</b> Tilts are a great way to score nearfall quickly, but you will not get the fall. You can tilt with a cross wrist or no wrist (tight waist only). You should also be able to take the tilt either direction depending on the situation. You must keep the tilt tight and keep your opponent in your hips/lap while you work to stay perpendicular.		
<b>MOVE</b>	<b>SITUATION</b>	<b>EXECUTION</b>
<b>NEAR SIDE</b>	From a 2 on 1	Once you have secured a x-wrist grab his trapped arm tricep with your free hand (outside grip 2 on 1). Tuck your forward knee in front of his on the x-wrist side. Keep the 2 on 1 tight and pull him into your lap as go to the mat. Your forward knee should be pointing up and your heel should be in the mat so you can adjust. Keep him tight in your lap and use you back leg to elevate his legs and get back exposure.
<b>ZYPHOID (FAR SIDE)</b>	From a 2 on 1	If he won't go to the near side we can take him to the far side. With the arm on his tricep dig your elbow into his crotch. Tuck your head and shoulder roll to that side. As your come through pull him to your lap and settle in tilt position. 1. You can hit the zyphoid from flat much like a gut wrench in freestyle. Drive your shoulder into his back and lifr on the 2 on 1. This will create a space under his hips for your to tuck the elbow and begin your shoulder roll.
<b>SANTA FE</b>	From a x-wrist	This works if he is on his base or feet. After you secure the x-wrist, tuck your head on the far side, reach your free hand around front and between his legs. Go thumb down behind his far knee and sit. He will go to his back.
<b>TIGHT WAIST</b>	From a tight waist	Cinch an extremely tight, tight waist. With your other arm chop his arm at the tricep and push it in until your elbow is in his crotch. Tuck your head and shoulder roll to that side. As your come through pull him to your lap and settle in tilt position. You must keep the waist and elbow tight. If you fee in trouble roll back to base position.
<b>REVERSE GRIP</b>	From a near wrist	This one works if he is hip down hard on the near wrist and bring shis far hip up. With your free hand reach over his body and grab an underhand grip 2 on 1 on the near wrist. Now put your far elbow in his crotch and shoulder roll the far side to a tilt.
<b>BALL CHAIN TILT</b>	Fights near wrist	If his hips come up as your are trying to roll the near wrist reach your back hand between his legs and grab his near wrist. Now switch hands and hop to the far side. Slide your free arm across his back and under the bicep of his trapped arm and put elbow pressure on his back. Pull him into your hips for a tilt.

**LEGS-** Your foot goes between his legs and toes over his same side ankle for a leg vine. Same on the high thigh but you will hook on your own ankle in his crotch. You can put both legs in and "spur" him. In all situations apply hip pressure. It is also a good practice to

stay on in the saddle and secure a secondary anchor (elbow in the ribs, grab his far ankle, hook his toe with yours, power half) so you do not fall of the side.

MOVE	SITUATION	EXECUTION
<b>POWER HALF</b>	Cross body or high thigh	Put your forward elbow/forearm in the back of his head and lock your hands under his far armpit. Arch with your hips and pull his shoulder to your chest tight. Once you get his back exposed you can high leg over and go double vine or spurs as you throw a deep half. Arch and go scissors. If he tries to roll into you on your half, step over and put both legs in for a <b>Saturday Night Ride</b> . -If he is flat on your leg ride you can set up a great power half with a near wrist on the far side. Pull the near wrist in and as he tries to roll it free lift the arm high at the bicep as his wrist comes free. Shove his head under his armpit and slide a <b>high half</b> .
<b>GUILLOTINE</b>	From a cross body or if he reaches back	Hook your forward elbow in his rib cage on the far side, hook under his arm and grab his bicep. With your back hand grab his far wrist and lift his arm up and over your head. Lean back to put pressure on his shoulder. When he goes toward his back reach under his arm and behind his head with the forward arm. Once he reaches near fall criteria you can lock your hands around his head. Figure 4 your legs to be safe. -Watch or if he grabs your back hand wrist.
<b>SPLIT</b>	If he tripods on a leg vine	Reach over and lock your hands behind his far leg at the knee. Arch and collapse his knees in and take him to his back.
<b>REVERSE X-FACE</b>	If he goes flat on your leg ride	Put your forward arm tricep in his ear on the far side. Crank his head to the side that your leg is in and grab his near arm. Put your high leg over and sput him as you pull him to his back. Keep his arm trapped tight across his chest.
<b>L FOR LUNCH</b>	If he sits to his near hip as your power half	Pull his arm pit hard with your far arm and crossface him hard with your near arm. Roll him to his back, elevate his leg with the vine and go L For Lunch (make an "L" around his face with your arm and bend his neck under your chest).

**BOTTOM-** We must maintain a good base, stay compact and keep your hips underneath so you can stop his first move explode. The longer you stay down the more opportunity you give your opponent to turn you. You can go to an elbow or head post but don't get broken past your base. Your back is the worst place to be in wrestling. Flat on your stomach is next to worst. Your base is better and getting to your feet and away is the best. If you do get broken to an elbow rotate your hand out so he can't get hand control. Always have your first move in mind on the whistle.

**ESCAPES AND REVERSALS-**We have five main first moves on bottom. Each has variations and adjustments depending on what the top man does. As long as you don't stop and belly out if he stops your first move you should be able to transition to another move.

MOVE	SITUATION	EXECUTION
<b>STANDUP</b>	Explosive move from bottom	Make sure you have your hips loaded so you can come up hard. Thro your inside arm up an across. Your chest will come up, bring your far leg up hard (like a sprinter out of the blocks) and bring your far hand to cover his hand on your stomach. Come up to both feet and use both of your hands to push his hand off your belly and towards your back hip. Clear your hips forward and take a back step and pivot with your inside foot. Cut to a low stance facing your opponent with elbow control. <ol style="list-style-type: none"> <li>1. Old school</li> <li>2. Track start</li> <li>3. Push back</li> <li>4. Tripod/knee slide</li> </ol>
<b>TRIPOD</b>	We are looking to go Granby series.	Take a short step with your outside foot and step your near leg through to a tripod. Bring your near hand up to stop him from following. <ol style="list-style-type: none"> <li>1. <b>Granby 1</b>-if he chops your arm</li> <li>2. <b>Shrug single</b>-If he follows and you catch his near leg drop to a near side single leg and circle to the hole.</li> <li>3. <b>Shrug 2</b>-if he give you space, sit and peek out the back door. Keep his hand an circle behind him. You can put his arm on his back for a bar arm</li> <li>4. <b>Shrug roll</b>-catch his near leg, shove his hand between your legs and roll.</li> <li>5. <b>Granby 5</b>-If he follows and your stopper comes up between his legs hook a reverse grip on his near leg. Shove his hand on your belly into</li> </ol>

		<p>your crotch and shoulder roll to that side. Keep his leg and hand trapped and lock both of your hands on his hand.</p> <p>6. <b>Wayne roll</b>- your hand catches inside his far leg. Roll like ganby and look to switch off.</p> <p>7. <b>Iowa roll</b>-If he has an Iowa hooked, catch his wrist on you belly, shove it down and sit in looking for a wayne roll. Hook your toe.</p> <p>8. <b>Standing rolls</b>-You can hit any of the forced rolls from standing. The key is to secure hand control and shove his hand down as you roll.</p> <p>9. <b>Fat man roll</b>-Hook his arm and pull it to your crotch. Once he has fallen off to the side you will need to step over.</p> <p>10. <b>Half roll</b>-Often on his half, if you are still on a base you can secure his half tricep with your half hand. Pull this over your head as you sit out the back door.</p> <p>*On any of the forced rolls if you can't take him to toward his head you can go to your near knee, far knee (shoot you hip in) far elbow and rock him over. You may also step up and bridge him back to avoid a crucifix.</p>
<b>SIT OUT/ TURN OUT</b>	Pressure back into him	Take a short step with your outside foot and sit your near leg through. Now use your heels and pressure back into him. If he hangs his head <b>hook shot</b> with your far arm. If he does not adjust to your sit, switch your hips and <b>turn out</b> (changeover)towards his feet. Circle to face if he follows.
<b>SWITCH</b>	Works best if he has a tight waist	Clear your near arm across your far arm. Sit and reach back for you pocket then grab his inside thigh. Bring your hips up and hip heist behind him. *A switch is a great way to set up a granby 5

<b>COUNTERS- On bottom just as on our feet we must be able to adjust and score depending on our opponents movements.</b>		
<b>MOVE</b>	<b>SITUATION</b>	<b>EXECUTION</b>
<b>LEGS</b> -keep your legs together and elbow in when wrestling a leg rider.	He knees in	Hook your near hand on his near shin. Sit into him and throw the leg back hard. Be sure to turn back in quickly and hip heist away
	He has you flat on a double vine	Fight one leg free towards the middle then scissor your legs together to get the other one free. Elbow to knee, elbow to knee to get back to your base so he can not follow. From your knees mule kick and scissor.
	Power half	Throw your near shoulder down hard. Bring your trapped arm back then around in a swimming motion to get him to slide off your back to the near side. Your free arm needs to swim back and between your bodies and catch him on the mat.
	Guillotine	As he lifts your hand to put it behind his head turn your wrist and grab his wrist. As he pulls you back keep the wrist then hip heist out. Your will catch him on his back.
	If you sit and he has you in a crab	Pick a leg to fight. Grab the instep of that leg and pull it out of the ride and place it on the mat on the outside. Reach under you leg and grab his leg. Step your hips over his leg and turn into a Navy ride.
<b>HALF</b>	Elbow down wing roll	Elbow down on the half and step over him as he goes to his shoulder/hip
	Grab tricep and sit in	If he is putting in a half while you are on your base bring your hand back on the half and hook the tricep. Sit into the near side and pullhis tricep down hard. Circle behind.
<b>ARM BAR</b>	Sit up when he runs it	As he runs the bar sit up when he plants your far shoulder. He will go to his back.