

# BONHOMME BADGER

## WRESTLING CLUB

### Syllabus

Our **syllabus** was developed with the following goals in mind:

- Provide a *guide for the coaches* to keep us on track
- Demonstrate to parents *what we are trying to teach our team*
- Hopefully provide a *resource for our team members*

**We don't expect any wrestler to be able to absorb (much less master) these skills in a single year**

However, we **do expect** that if a young athlete comes to practice regularly, and stays with the program for four or five years, the athlete will have a good foundation to build on in High School.

### Syllabus Contents

#### I --WRESTLING FROM NEUTRAL POSITION

##### A -- BASIC SKILLS FOR WRESTLING IN NEUTRAL POSITION

###### 1. STANCE

- HEAD UP
- KNEES BENT
- HANDS AND ELBOWS IN
- SHOULDERS AND HIPS SQUARE AND ALIGNED
- SQUARE STANCE –FEET IN A STRAIGHT LINE, WEIGHT ON THE INSIDE YOUR FEET, CLOSE TO A 90 DEGREE ANGLE WITH YOUR LEGS, FEET AT LEAST SHOULDER WIDTH
- STAGGERED STANCE- CHEST AND HEAD OVER LEAD KNEE, RIGHT LEG IN FRONT THEN RIGHT ARM DOWN IN FRONT AS POWER OR PROTECTING ARM(IF LEFT JUST SWITCH),FEET STILL SPREAD WIDE NOT JUST BACK

###### 2. MOTION

- SHORT STEPS, LIGHT FEET, STEP SLIDE MOTION
- DON'T CROSS YOUR FEET OR CLICK HEELS
- KEEP YOURSELF UNDER CONTROL-NO BOUNCING UP AND DOWN, STAY LOW
- MAINTAIN GOOD STANCE, TOUCH THE MAT TO CHECK YOUR LEVEL, IF YOU CAN'T TOUCH THE MAT THEN BEND YOUR KNEES UNTIL YOU CAN.

###### 3. CHANGING LEVEL

- BEND AT KNEES, NOT AT THE WAIST
- TOUCH THE MAT TO MAKE SURE THAT YOU ARE LOW ENOUGH

###### 4. MAKING CONTACT

- COVER DISTANCE WITH FEET AND HIPS - DON'T REACH , STALK YOUR OPPONENT BY WORKING FROM DOWN LOW TO UP HIGH
- GET IN THE "BATTLE ZONE" –CLOSE TO YOUR OPPONENT SO YOU CAN REACH OUT AND TOUCH A LEG WITH YOUR HAND
- ELBOWS BENT -- WRESTLE WITH "SHORT ARMS"
- KEEP INSIDE CONTROL –YOUR ARM INSIDE OF HIS AT ALL TIMES
- SETUP YOUR OPPONENT WITH MOTION OR CONTACT THEN SHOOT

## **5. PENETRATION**

- STEPPING DEEP INTO YOUR OPPONENTS “DANGER ZONE”(between his legs)
- DROP-STEP PENETRATION IS THE BEST AND MOST EFFECTIVE KIND USING “DUCKWALK SKILLS”.
- YOUR AIM IS TO KEEP YOUR HIPS UNDER YOU. YOUR HEAD SHOULD BE UP ON ALL SHOTS—LOWER LEVEL BY BENDING KNEES, NOT YOUR BACK.

## **6. SPRAWL**

- A DEFENSIVE MOVE FROM AN OPPONENTS SHOT
- WHEN IN DOUBT, KEEP HIPS THRUSTING FORWARD AND DOWN AND LEGS BACK AND STRAIGHTENED AND FEET ON SHOELACES
- HIP PRESSURE WINS THE SPRAWL BATTLE
- WIGGLE, WIGGLE, WIGGLE POST THE HIPS, STUFF HEAD OR CROSSFACE---KEEP THE PRESSURE ON THE ENTIRE TIME

## **B) TAKEDOWNS**

### **1. DOUBLE LEG TAKEDOWN**

- GET IN THE "BATTLE ZONE"
- LOWER YOUR LEVEL BY BENDING YOUR KNEES
- PENETRATION STEP BETWEEN HIS FEET IN THE DANGER ZONE
- "THREE FEET IN A ROW"
- PENETRATION STEP GOES TOE TO KNEE
- HEAD TO THE OUTSIDE, AT THE HIP OF OPPONENT
- CUP YOUR HANDS BEHIND HIS KNEES
- TRAIL LEG COMES UP TO THE OUTSIDE AND SLANTS AT A 45 DEGREE ANGLE
- DRIVE ACROSS (NOT BACK) BY PUSHING OFF THE OUTSIDE FOOT AND STEPPING ACROSS YOUR OPPONENTS BODY WITH YOUR INSIDE FOOT.
- RUN YOUR FEET AND DRIVE ACROSS UNTIL YOUR OPPONENT GOES DOWN---HE BEFORE ME
- KEEP DRIVING THROUGH -- DON'T STOP IN THE MIDDLE
- FINISH ON TOP WITH WRIST CONTROL OR IF OPPONENT LANDS ON BACK THEN HALF NELSON

### **2. HEAD OUTSIDE SINGLE (HIGH CROTCH)**

- ELBOW CONTROL
- INSIDE KNEE DIP TO PENETRATE

- "COMB YOUR HAIR WITH HIS ELBOW" AND STEP TRAIL LEG UP TO THE OUTSIDE
- HEAD TO THE OUTSIDE, CLOSE TO HIS HIPS
- INSIDE ARM SNAKES THE LEG AND OUTSIDE HAND GRABS YOUR OWN WRIST
- FINISH THE MOVE BY...

1. **CHANGE OFF-** CHANGE TO A DOUBLE AND DRIVE ACROSS BY DRIVING OFF OF YOUR OUTSIDE LEG AND TAKING YOUR INSIDE HAND AND BRINGING IT ACROSS TO THE OTHER KNEE—REMEMBER DOWN AND IN NOT UP AND OVER WITH THE ARM THAT CHANGES OVER.
2. **RUN THE PIPE**--GET THE LEG UP BETWEEN YOUR LEGS AND PLACE THE OUTSIDE ARM ELBOW DEEP UNDER THE KNEE. LOCK YOUR HANDS WITH A "WRESTLERS GRIP". KEEP YOUR FOREHEAD RIGHT IN YOUR OPPONENTS CHEST ON THE SAME SIDE AS THE LEG THAT YOU HAVE RAISED. (TAKE A LITTLE STEP AND THEN A BIG STEP IN A CIRCLE.) YOUR INSIDE LEG SHOULD STEP FORWARD AND YOUR OUTSIDE LEG SHOULD STEP BACKWARD AND AROUND IN A CIRCULAR MOTION. USE HEAD AND BODY PRESSURE TO BRING YOUR OPPONENT DOWN. (SOME PEOPLE CALL THIS MOVE TAKING A BOW BECAUSE IT LOOKS LIKE A BOW WHEN YOU FINISH CORRECTLY). COVER YOUR OPPONENT AND GET WRIST CONTROL.
3. **PIPE KNEE BLOCK-** GET THE LEG UP BETWEEN YOUR LEGS AND PLACE THE OUTSIDE ARM ELBOW DEEP UNDER THE KNEE. LOCK YOUR HANDS WITH A "WRESTLERS GRIP". KEEP YOUR FOREHEAD RIGHT IN YOUR OPPONENTS CHEST ON THE SAME SIDE AS THE LEG THAT YOU HAVE RAISED. CONTROL THE LEG WITH YOUR INSIDE ARM BY GRABBING IT UNDER THE KNEE. TAKE YOUR OUTSIDE SHOULDER AND "POP" THE KNEE WHILE STRAIGHTENING YOUR OUTSIDE ARM IN A LOCKED OUT POSITION IN FRONT OF YOUR OPPONENTS OPPOSITE KNEE. STEP YOUR OUTSIDE LEG FORWARD WITH A SMALL CIRCLING STEP AND THE INSIDE LEG BACKWARD WITH A LARGE CIRCLING STEP TO BRING YOUR OPPONENT DOWN. THIS MOVE IS SOMETIMES CALLED "SWINGING THE CHAIN" BECAUSE IF IT IS DONE CORRECTLY THEN IT LOOKS LIKE YOU SWING THE MAN DOWN. COVER AND GET WRIST CONTROL.
4. **TREE-TOP-** GET THE LEG UP BETWEEN YOUR LEGS AND PLACE THE OUTSIDE ARM ELBOW DEEP UNDER THE KNEE. LOCK YOUR HANDS WITH A "WRESTLERS GRIP". KEEP YOUR FOREHEAD RIGHT IN YOUR OPPONENTS CHEST ON THE SAME SIDE AS THE LEG THAT YOU HAVE RAISED. TAKE A LARGE STEP BACKWARD WITH YOUR INSIDE LEG AND TKE YOUR INSIDE ARM AN UNDERHOOK THE OUTSIDE OF THE ANKLE. IDEALLY, YOU SHOULD PLACE YOUR OPPENENTS FOOT ON YOUR SHOULDER AND STANDUP WITH THE LEG SECURE. IF THE LEG IS NOT ON THE

SHOULDER THEN RAISE IT AS HIGH AS POSSIBLE TO BRING YOUR OPPONENT DOWN. IF AN OPPONENT DOES NOT FALL, THEN SECURE THE LEG WITH THE BACK ARM AND GRAB YOUR OPPONENTS HEAD WITH THE FRONT ARM AND PULL THE HEAD TO THE SIDE AND TRIP THE FOOT THAT HE IS STANDING ON. COVER AND GRAB A WRIST.

### 3. HEAD INSIDE SINGLE (SWEEP SINGLE LEG)

- PENETRATION STEP TO THE **OUTSIDE**. TRY TO GET TOE-TO-TOE OR DEEPER. SHOOT STRAIGHT AND THEN ONCE FRONT KNEE HITS THE MAT, PIVOT ON THAT KNEE AND SNAKE THE LEG WITH YOUR OUTSIDE HAND COVERING THE WRIST OF YOUR INSIDE HAND
- CIRCLE TO GET THREE FEET IN A ROW (TWO OF HIS AND YOUR OUTSIDE LEG AT A 45 DEGREE ANGLE WITH THE GROUND
- YOUR SHOULDER SHOULD BE LOWER THAN HIS HIP AND YOUR HEAD SHOULD BE UP WITH YOUR EAR TO THE LEG (BOTH YOU AND YOUR OPPONENT ARE FACING THE SAME DIRECTION)

#### *FINISHES TO THE SWEEP SINGLE*

- **CUT-ACROSS** --IN THE SWEEP POSITION; DROP YOUR SHOULDER INTO THE SIDE OF YOUR OPPONENTS KNEE. SECURE THE NEAR LEG BY WRAPPING YOUR FRONT HAND AROUND THE FRONT OF THE ANKLE. TAKE YOUR BACK HAND AND REACH ACROSS TO THE OPPOSITE ANKLE. DRIVE ACROSS YOUR OPPONENT WITH BOTH FEET UNTIL HE DROPS. CLIMB UP HIS BODY AND GET INSIDE WRIST CONTROL
- **HE HAS A WIZZER SO BRING THE LEG UP-**  
SO YOU GET STUCK ON THE MAT WITH ONE LEG ON A SWEEP WITH YOUR HEAD STUFFED DOWN.....TAKE YOUR HAND FROM THE KNEE AND PLACE IT UNDER THE ANKLE . POST YOUR OUTSIDE HAND ON THE MAT AND LIFT THE ANKLE UNTIL YOU CAN SLIDE YOUR KNEE UNDER THE LEG. BRING YOUR OUTSIDE LEG DOWN TO A KNEE AND INSIDE LEG UP TO A STANDING POSITION. **FINISH WITH RUN THE PIPE, PIPE KNEE BLOCK, OR TREE-TOP**

### HEAD TO THE INSIDE

**C) SET-UPS FOR LEG ATTACKS-** (THERE MUST BE A SET-UP TO TAKEDOWN QUALITY OPPONENTS)

1. OPEN SHOT WITH A MAT POUND FAKE
2. "POST AND GO" -- POST BEHIND YOUR OPPONENT'S ELBOWS, ONE OR BOTH ELBOWS
3. SNAP DOWN -- FROM COLLAR AND TRICEPS OR DOUBLE INSIDE POSITION
4. PASS-BY-CUP HIS ELBOW WITH YOUR HAND, CIRCLE TO THE OPPOSITE SIDE, TAKE A STUTTER STEP BACK, PUSH THE ARM

- ACROSS YOUR BODY WHILE REACHING AND SHOOTING WITH THE OPPOSITE HAND
5. POUND, TAP, SHOOT- POUND THE HEAD, TAP THE FAR LEG AND STEP, SHOOT TO THE NEAR LEG
  6. DUCK THE ARM-WHEN YOUR OPPONENT REACHES FOR YOUR HEAD, ANTICIPATE THE ARM COMING AND DUCK THE ARM TO GET AN ANGLE AND SHOOT
  7. UNDERHOOK TO A SINGLE-LEG- UNDERHOOK WITH AN ARM AND STEP IN WITH THE SAME SIDE LEG. HIP IN AND THROW THE UNDERHOOK UP AND DROP DOWN FOR A SWEEP
  8. SHOULDER POP- CIRCLE AWAY FROM THE LEG THAT YOU ARE ATTACKING. POP THE OUTSIDE SHOULDER OF YOUR OPPONENT WITH AN OPEN PALM. CIRCLE BACK AND SWEEP THE INSIDE LEG
  9. WRIST LOCKOUT- GRAB YOUR OPPONENTS WRIST BY REACHING OUT AND TURNING YOUR THUMB DOWN TOWARDS THE MAT. YOUR ARM WILL BE "LOCKED OUT" AND CAN KEEP YOUR OPPONENTS ARM AT A DISTANCE TO CLEAR A PATH FOR EITHER A SWEEP SINGLE OR A HI-C.
  10. RUSSIAN TIE-UP- OPPONENT MUST REACH FOR A SHOULDER OR COLLAR-TIE UP, WHEN HE DOES, REACH ACROSS YOUR BODY WITH THE OPPOSITE HAND AND GRAB HIS WRIST AND TWIST IT TOWARDS THE MAT AND DOWNWARD. STEP TOWARDS YOUR OPPONENT AND PLACE YOUR OTHER ARM UNDERHOOKING THE BACK OF HIS ARM. YOUR SHOULDER SHOULD BE IN THE BACK OF YOUR OPPONENTS AND YOUR FOREHEAD SHOULD BE IN YOUR OPPONENTS EAR. YOUR OPPONENTS ARM SHOULD BE STRAIGHTENED AND PULLED INTO YOUR BODY. THIS SETS UP MULTIPLE SHOTS AS WELL AS SNAP DOWNS.

**D) DEFENDING LEG ATTACKS---** MAINTAIN GOOD POSITION AND STANCE, KEEP YOUR BODY FACING YOUR OPPONENT AT ALL TIMES AND KEEP YOUR LEVEL LOWER THAN YOUR OPPONENTS LEVEL.

1. FIRST LINE OF DEFENSE- HEAD POSITION
2. SECOND LINE OF DEFENSE -- INSIDE CONTROL ON TIE-UPS AND HAND CONTROL, UNDERHOOKS, CROSS-FACES, WIZZER, SNAP DOWNS, SHUCKS, FRONT HEADLOCKS, ETC.
3. THIRD LINE OF DEFENSE – HIP PRESSURE, SPRAWL, STUFF THE HEAD, CROSS FACE, WIZZER, LOCK THE CROTCH, POST THE HIPS, NECK WRENCH

WHEN AN OPPONENT SHOOTS A HEAD OUTSIDE SHOT AND BEATS YOUR HEAD AND ARMS (DOUBLE LEG, HI-C, ETC)

- STOP HIS MOTION BY STUFFING HIS HEAD OR CROSS-FACING THEN HIPPING INTO HIM LONG ENOUGH TO SPRAWL
- A GOOD SPRAWL IS ONE IN WHICH YOUR LEGS GO BACKWARDS AND STRAIGHTEN COMPLETELY AND YOUR HIPS GO DOWNWARD AND A LITTLE FORWARD. YOUR HEAD SHOULD STAY UP AND YOU SHOULD HAVE "BUSY HANDS" STUFFING THE HEAD, POSTING THE HIPS, LIFTING HIS ARMS UP, LOCKING THE CROTCH, OR CROSS-FACING
- ONCE YOU HAVE STOPPED HIS FORWARD MOMENTUM, THEN IT IS TIME TO SCORE POINTS BY WIGGLING YOUR BODY AND

SLIDING DOWNWARD UNTIL YOU FLATEN YOUR OPPONENT OUT OR FREE YOUR LEGS FROM HIS GRIP. THE FINISHES TO SPRAWLING WIL BE DISCUSSED IN THE NEXT SECTION

## **FINISHES TO A GOOD SPRAWL-HEAD OUTSIDE SHOT**

1. **BLOCK GO BEHIND-** IF YOUR OPPONENT IS FLATTENED OR EXTENDED YOU CAN SPIN BEHIND HIM BY TAKING YOUR OUTSIDE ARM OFF OF HIS HEAD AND BLOCK YOUR OPPONENTS OPPOSITE-SIDE ARMPIT ON THE OUTSIDE OF THE BICEPT. SCISSOR STEP THROUGH AND THEN SPIN AROUND YOUR OPPONENT TO EARN YOUR TAKEDOWN
2. **PANCAKE-** THIS WORKS WELL IF YOUR OPPONENT KEEPS HIS HEAD UP ON HIS DOUBLE LEG. THE KEY TO THIS MOVE IS TO OVERHOOK YOU OPPONENTS ARM ON THE SIDE OPPOSITE HIS HEAD AND LIFT THE ARM TO YOUR WAIST LEVEL. CROSS-FACE THE OPPOSITE SIDE BY TAKING YOUR ARM AND, GOING UNDER THE NOSE OF YOUR OPPONENT, GRAB HIS TRICEP. "PUNCH" YOUR ARM ACROSS YOUR OPPONENTS HEAD WHILE "HIGH LEGGING" YOUR FEET (OVERHOOK SIDE GOES BEHIND THE CROSS-FACE SIDE). SIT TO YOUR BUTT AND FINISH WITH A HEADLOCK POSITION-YOUR ARMS LOCKED CIRCLING HIS HEAD AND THE NEAR-ARM.
3. **NECK WRENCH-** THIS IS A DESPARATION MOVE. IF YOUR OPPONENT BEATS YOU ON THE SHOT AND IS TRYING TO CUT ACROSS YOUR BODY THEN GO WITH THE MOVE BRIEFLY WHILE GRABBING AROUND YOUR OPPONENTS HEAD AND CUPPING HIS CHIN (YOU CAN'T TWIST THE HEAD OR "WRENCH" THE CHIN). IN ONE MOTION YOU MUST THROW YOUR SHOULDER FROM THE SIDE WITH THE CHIN CUPPED FORWARD AND DOWNWARD AND POP YOUR SAME-SIDE HIP INTO YOUR OPPONENT. YOUR OPPONENT WILL BE KNOCKED OFF BALANCE AND LAND ON HIS SIDE OR BACK. HIGH LEG YOUR OUTSIDE LEG BEHIND YOUR INSIDE LEG AND "KICK OVER" ON TOP OF YOUR OPPONENT. FINISH WITH A HALF NELSON(EXPLAINED LATER)
4. **FRONT HEADLOCK -#2 SCORING TAKEDOWN** IN THE WORLD. SPRAWL AND THEN GET YOUR OPPONENTS HEAD DOWN. CUP THE CHIN OF YOUR OPPONENT WITH YOUR ELBOW HIGH BY HIS EAR AND YOUR SHOULDER IN THE BASE OF HIS NECK. YOU SHOULD BE ON YOUR FEET IN AN "ARCHED" POSITION. YOUR OPPOSITE ARM SHOULD GRAB YOUR OPPONENTS OUTSIDE TRICEP AND PULL IT UP AND IN TOWARDS YOUR BODY. THE KEY TO THIS MOVE IS TO TUCK YOUR

HEAD IN THE HOLE BY PLACING YOUR EAR ON  
YOUR OPPONENTS ARMPIT. SIX FINISHES

- A. **HEAD IN THE HOLE-CIRCLE**  
TOWARDS YOUR HEAD AND WALK  
AROUND UNTIL YOU CAN GRAB AN  
ANKLE AND THEN PULL THE LEG  
OUTWARD AND COLAPSE YOUR  
OPPONENT AND GO BEHIND
- B. **BOUNCE-** BOUNCE YOU OPPONENT  
BY HOPPING BACKWARD AND  
DRIVING YOUR SHOULDER INTO HIS  
NECK AND YANKING HIS TRICEP IN A  
CIRCULAR PATTERN AND SPINNING  
BEHIND
- C. **High Leg-**CIRCLE TOWARDS YOU  
OPPONENTS HEAD AND HIGH LEG  
YOUR TRICEP LEG OVER YOUR CHIN  
LEG. CONTINUE WALKING THIS WAY  
UNTIL ENOUGH PRESSURE BUILDS  
ON YOUR OPPONENT AND YOU CAN  
SHUCK HIS HEAD FORWARD AND  
SPIN BEHIND
- D. **CISCO-** CIRCLE TOWARDS YOU  
OPPONENTS HEAD AND HIGH LEG  
YOUR TRICEP LEG OVER YOUR CHIN  
LEG. TAKE YOUR TRICEP ARM AND  
SINK IT IN DEEP UNDER YOUR  
OPPONENTS ARM AND ON TOP OF HIS  
HEAD. CONTINUE TO WALK WITH  
THE HIGH LEG MOTION UNTEL YOUR  
OPPONENT EITHER FLATTENS OUT  
OR GOES TO HIS BACK WITH A  
REVERSE HALF.
- E. **BRANDS-** CATCH YOUR OPONENT  
WITH AN UNDERHOOK FRONT  
HEADLOCK OFF OF A SHOT. CIRCLE  
TOWARDS THE UNDERHOOK AND  
LIFT THE UNDERHOOK AND SINK  
YOUR ARM IN DEEP ACROSS YOUR  
OPPONENTS BACK TO HIS OPPOSITE  
SIDE HIP POCKET . WALK SLOWLY  
AROUND IN A CORKSCREW MOTION  
TOWARDS THE UNDERHOOK UNTIL  
YOU TAKE YOUR OPPONENT TO HIS  
BACK. YOU WILL END UP WITH A  
HALF NELSON AND A POST.
- F. **VENTRILQUIST-** CATCH YOUR  
OPONENT WITH AN UNDERHOOK  
FRONT HEADLOCK OFF OF A SHOT.  
CIRCLE TOWARDS THE UNDERHOOK  
AND “POP” THE UNDERHOOK  
UPWARDS. WHEN YOUR OPPONENT  
PULLS THE ARM DOWNWARD USE  
THE HAND ON HIS CHIN TO GRAB HIS

WRIST. CIRCLE TOWARDS THE UNDERHOOK AND THEN SQUEEZE TIGHTLY, TUCK YOUR HEAD IN THE HOLE AND ROLL UNDERNEATH YOUR OPPONENT AND THROUGH UNTIL YOU END UP ON TOP WITH A HALF NELSON AND AN ARM.

### **NO TIME TO SPRAWL ON HEAD OUTSIDE SHOT (DOUBLELEG)**

1. **CHEST WRAP-** REACH OVER THE TOP OF HIS BODY AND LOCK YOUR HANDS UNDERNEATH THE CENTER OF HIS CHEST. SQUEEZE TIGHTLY AND LIFT UPWARD WHILE PRESSURING IN WITH YOUR HIPS. SPREAD YOUR LEGS AS WIDE AS POSSIBLE AND TRY TO EXTEND YOUR OPPONENT UNTIL HE GETS INTO A “REGULAR” SPRAWL POSITION.
2. **LOCK N LOAD-** REACH OVER THE TOP OF HIS BODY AND LOCK YOUR HANDS THROUGH HIS CROTCH IN A REVERSE GRIP (THE HAND THAT IS ON TOP OF HIS BUTT SHOULD BE THE SAME SIDE AS HIS HEAD ON YOUR HIP). KEEPING A GOOD GRIP, ROLL THROUGH UNDERNEATH YOUR OPPONENT AND COME OUT HEAD TO TOE ON TOP. SCRAMBLE TOWARDS YOUR OPPONENT TO GET THE TAKEDOWN.

### **HIGH CROTCH NO TIME TO SPRAWL**

3. **CROTCH LIFT-** REACH OVER THE TOP OF HIS BODY AND LOCK YOUR HANDS THROUGH HIS CROTCH. STEP YOUR OUTSIDE LEG AROUND YOUR OPPONENT AS FAR AS YOU CAN. PULL YOUR OPPONENTS BODY TOWARDS YOU AND ACT LIKE YOU ARE “SITTING IN A CHAIR” AND LIFT THE CROTCH. YOU CAN EITHER THROW THE MOVE(FREESTYLE) OR LIFT AND TURN YOUR OPPONENT FOR A TAKEDOWN
4. **COLLAPSE THE LEG-** THE KEY TO THIS MOTION IS TO STEP AROUND YOUR OPPONENT AND SIT TO THE HIP OF THE LEG THE HE HAS. ONCE YOU SIT, SCOOT ON ONLY ONE BUTT CHEEK AND ELEVATE YOUR HIPS BY LOCKING THE CROTCH AND PULLING YOUR OPPONENT FORWARD AND PAST YOUR LEG. POP YOUR HIPS UP AND COVER FOR YOUR TAKEDOWN.

### **HEAD INSIDE SHOT DEFENSE**

WHIZZER THE SAVIOR OF A GOOD SWEEP OR HEAD INSIDE SHOT IS A WHIZZER. A WHIZZER IS A BASIC OVERHOOK IN WHICH YOU USE SHOULDER PRESSURE TO STOP THE LIFTING MOTION OF AN OPPONENT. THE WHIZZER PROVIDES A ROAD BLOCK TO FINISHING A HEAD INSIDE SINGLE. IT IS ALSO A GOOD IDEA TO CONTROL THE WRIST OF YOUR OPPONENTS OPPOSITE ARM FROM THE WHIZZER. IT IS NEARLY IMPOSSIBLE TO TAKE SOMEONE DOWN WITH ONE ARM.

1. **WHIZZER SIT-** WHEN YOUR OPPONENT HAS YOUR LEG, OVERHOOK THE ARM THAT IS BEHIND YOUR LEG. APPLY SHOULDER PRESSURE FORWARD AND DOWNWARD. THE LEG THAT YOUR OPPONENT HAS SHOULD BE BACK AND PUSHING INTO YOUR OPPONENT. THE OUTSIDE LEGS SHOULD BE EXTENDED AS A DRIVE FOOT PROVIDING PRESSURE INTO YOUR OPPONENT. THE GOAL IS TO GET ENOUGH SPACE BETWEEN YOU AND YOUR OPPONENT SO THAT YOU CAN TURN YOUR HIPS TOWARD YOUR OPPONENT AND “SQUARE UP” AND FACE HIM WITH HIP PRESSURE ON HIS SHOULDER. THEN IT BECOMES A REGULAR SPRAWL POSITION.
2. **GRAB FOOT AND ELBOW PULL-** WHEN YOUR OPPONENT HAS YOUR LEG, OVERHOOK THE ARM THAT IS BEHIND YOUR LEG. APPLY SHOULDER PRESSURE FORWARD AND DOWNWARD AND GRAB YOUR OWN ANKLE. NOW TAKE YOUR OUTSIDE ARM AND FACE YOUR OPPONENT AND CONTROL HIS INSIDE ELBOW BY LIFTING IT UPWARD. LET GO OF YOUR ANKLE AND STEP YOUR FOOT DOWN AND LOWER YOUR LEVEL.
3. **¼ NELSON-** WHEN YOUR OPPONENT HAS YOUR LEG, OVERHOOK THE ARM THAT IS BEHIND YOUR LEG AND USE YOUR OTHER ARM TO STUFF YOUR OPPONENTS HEAD DOWN. USE YOUR WHIZZER TO GRAB THE WRIST OF THE ARM THAT IS ON TOP OF YOUR OPPONENTS HEAD AND CIRCLE TOWARDS HIS HEAD. IF YOU APPLY ENOUGH PRESSURE YOU MAY TAKE HIM TO HIS BACK. IF NOT TO HIS BACK THEN SHUCK HIM BY ON THE OVERHOOK SIDE AND SPIN BEHIND HIM AND GET TWO POINTS.

## **DEFENSE LEG IN THE AIR**

#1 RULE –DO NOT PANIC, MOST GUYS MAKE MISTAKES BRINGING THEIR OPPONENTS TO THE MAT. LOOK FOR AN OPENING AND SEIZE IT.

1. **LEG UP BETWEEN HIS LEGS-** THE KEY TO BEATING YOUR OPPONENT HERE IS TO POP THE HEAD TO THE OUTSIDE BY LIFTING THE CHIN AND “RIPPING” THE HEAD ACROSS YOUR BODY AND THEN SIT AND SCOOT(SEE ABOVE). IF HE IS IN DEEP THAT MAY BE YOUR ONLY OPTION.
2. **LEG UP UNDER THE ARMPIT-**
  - A. TRY TO GET A WHIZZER IN FIRST, IF THAT DOES NOT WORK THEN TURN FORWARD AND LET YOUR OPPONENT

CHARGE YOU. WHILE HE IS CHARGING YOU, DIVE UNDERNEATH HIM ON THE INSIDE AND DO A FORWARD ROLL WHILE GRABBING HIS LEG. COME OUT THE BACKDOOR ON TOP.

- B. **LIMP KNEE-** WITH THE LEG UP POP YOUR KNEE DOWN AND GET COMPLETELY SIDEWAYS WITH YOUR OPPONENT. YOUR KNEE SHOULD BE FACING THE MAT AND BE LOW. "KICK" YOUR LEG BACK AND THEN YANK IT FORWARD. TURN AND FACE YOUR OPPONENT

ANKLE PICKS AND KNEE PICKS

FOOT SWEEPS

INSIDE REAP

ARM DRAG

DUCK UNDER

**THROWS- HEADNARM, SEAT BELT SERIES-HIP TOSS, LATERAL DROP, ARM SPIN, METZGER, BEAR HUG, DOUBLE OVERHOOKS, SHOULDER STEP THROW, HIGH FLIER, KNEE TAP**

DEFENSE- HEAD N ARM, DOUBLE UNDERHOOKS, LATERAL

## **II -- MAT WRESTLING**

WHEN SOMEONE GETS A TAKEDOWN AND BOTH WRESTLERS ARE DOWN ON THE MAT, YOU ARE **MAT WRESTLING**.

THE MAN ON **TOP** IS IN THE **OFFENSIVE** POSITION -- THAT IS, HE IS **ON TOP, IN CONTROL, TRYING TO PIN HIS OPPONENT**.

THE MAN ON **BOTTOM** IS IN THE **DEFENSIVE** POSITION -- THAT IS, HE IS **ON BOTTOM TRYING TO GET AN ESCAPE OR REVERSAL**.

THE STARTING POSITION FOR MAT WRESTLING IS CALLED **REFEREE'S POSITION**.

BOTTOM MAN (DEFENSIVE MAN)

- -- ON YOUR HANDS AND KNEES
- -- BUTTOCKS ON HEELS
- -- ELBOWS SLIGHTLY BENT
- -- THIS DEFENSIVE POSITION IS ALSO CALLED YOUR "BASE." "*GET TO YOUR BASE*" MEANS TO GET IN THIS POSITION.

TOP MAN (OFFENSIVE MAN)

- -- OUTSIDE HAND AT OPPONENTS ELBOW
- -- OUTSIDE KNEE ON THE MAT

- -- INSIDE ARM AROUND OPPONENTS WAIST, PALM ON HIS BELLY BUTTON
- INSIDE KNEE OFF THE MAT

## A) BASIC SKILLS FOR MAT WRESTLING

- 1) HIP HEIST
- 2) HIGH LEG OVER
- 3) GET TO YOUR BASE
- 4) FLATTEN OUT

## TOP MAT WRESTLING

THE MOST IMPORTANT THING TO REMEMBER ABOUT MAT WRESTLING IS TO **CONTROL YOUR MAN**. THEN YOU **BREAK HIM DOWN**. THEN YOU **TURN HIM FOR THE PIN**. **CONTROL - BREAKDOWN - TURN**.

TO CONTROL YOUR OPPONENT, YOU *RIDE PARALLEL, KEEP A TIGHT WAIST, KNEE IN THE BUTT, AND STAY BEHIND THE ARMS*. CONTROL YOUR MAN AT HIS WAIST AND HIPS. ONCE YOU HAVE YOUR MAN IN CONTROL, YOU CAN BREAK HIM DOWN AND PIN HIM

## DEFENSIVE OR BOTTOM MAT WRESTLING

THE MOST IMPORTANT THING TO REMEMBER ABOUT DEFENSIVE MAT WRESTLING (WRESTLING ON BOTTOM) IS TO **KEEP MOVING. KEEP YOUR HEAD UP, ELBOWS IN, THUMBS UP, AND KEEP COMING UP FROM THE MAT**.

## B) BREAKDOWNS

1. ARM CHOP -- HIP PULL
  - CHOP HIS ARM IN AT THE ELBOW, OUT AT THE WRIST
  - PULL HIS HIP TO GET YOUR OPPONENT OFF HIS BASE
2. TIGHT WAIST AND ANKLE
  - MAKE THE "QUICK SWITCH" BY MOVING YOUR HANDS AND BODY FROM THE REFEREE'S POSITION TO THE FAR HIP AND ANKLE
  - DRIVE HIS HEEL TO HIS BUTTOCKS
3. TWO-ON-ONE
  - BLOCK HIS LEG AND PULL HIM TOWARD YOU
  - CHOP HIS ARM TO HIS FAR HIP
  - GRAB HIS WRIST WITH YOUR WAIST ARM
  - THREAD THE NEEDLE
  - GO "TWO-ON-ONE" -- *YOUR TWO HANDS ON HIS ONE FOREARM*
  - KEEP HIM "IN THE POCKET"
4. SPIRAL RIDE
  - ELBOW ARM CHOPS OUT
  - THIGH-PRY WITH WAIST ARM
  - RUN AROUND TO MAKE A T WITH YOUR BODIES AND SPIRAL DOWN TO THE MAT
5. ARM LEVER
  - GRAB THE INSIDE WRIST ON THE WHISTLE

- USE YOUR FOREHEAD TO HIS TRICEPS AND ATTEMPT TO DUCK YOUR HEAD UNDER THE ARM IN ORDER TO THROW A HALF NELSON
- 6. SHOULDER DUMP
  - ON THE WHISTLE SWITCH YOUR HANDS TO FAR KNEE AND ANKLE
  - DROP YOUR SHOULDER INTO HIS HIP AND PLACE YOUR HEAD BY HIS BUTT
  - DRIVE INTO HIM AND DUMP HIM ONTO HIS HIP AND CLIMB ON TOP AND GET A WRIST.
- 7. JAM-
  - ON THE WHISTLE TAKE BOTH ARMS AND SINK THEM DEEP INTO YOUR OPPONENTS CROTCH.
  - GET HIGH ON YOUR OPPONENT WHILE RUNNING YOUR FEET FORWARD AND DRIVING HIM INTO THE MAT

### C) PINNING COMBINATIONS --

1. **HALF NELSON** THE BASIC HOLD TO PIN YOUR OPPONENT IS THE HALF NELSON. THERE ARE **GOOD** WAYS TO GET A HALF, **BETTER** WAYS TO GET A HALF, AND **MONSTER** WAYS TO GET A HALF.
  - **GOOD HALF -- UNDER-OVER**
    - YOUR OUTSIDE ARM GOES UNDER YOUR OPPONENT'S ARMPIT AND OVER HIS TOP NECK, PALM DOWN ON HIS TOP NECK.
    - TURN HIM TO HIS BACK
    - GET YOUR LEGS OUT TO TURN YOUR OPPONENT (STAY PARALLEL TO RIDE AND CONTROL, PERPENDICULAR TO TURN AND PIN)
    - KEEP THE HALF OR REVERSE THE HALF, DO A CHIN HAMMER.
    - FINISH CHEST TO CHEST, LEGS OUT TO THE SIDE.
  - **BETTER HALF -- UNDER-OVER-UNDER (HALF AND A WRIST)**
    - YOUR OUTSIDE ARM GOES UNDER YOUR OPPONENT'S ARMPIT AND OVER HIS TOP NECK, PALM DOWN ON HIS TOP NECK.
    - YOUR INSIDE ARM GOES UNDER HIS OTHER ARMPIT AND GRABS HIS FAR WRIST. DRIVE THE HOLD TOWARD THE HEAD
  - **MONSTER HALF -- UNDER-OVER-AROUND (DEEP HALF)**
    - YOUR OUTSIDE ARM GOES UNDER YOUR OPPONENT'S ARMPIT, OVER HIS TOP NECK, AND AROUND HIS TOP NECK SO THAT YOU CAN CUP HIS CHIN IN YOUR PALM.
    - YOU LIFT HIS HEAD AND TURN HIM ON HIS BACK.
    - GRAB HIS OUTSIDE WRIST AND POST IT WHILE STAYING CHEST TO CHEST AND ON YOUR TOES
2. **PINNING COMBINATIONS -- 2 ON 1 SERIES.**  
 WE ARE GOING TO DRILL PINNING COMBINATIONS OFF A TWO-ON-ONE BREAKDOWN, ILLUSTRATING THE CONCEPT OF *ATTACKING YOUR OPPONENT WITH A SERIES OF MOVES, ONE MOVE LEADING TO OR SETTING UP THE NEXT.*

- IF HE POSTS HIS FAR ARM UP, GO TO A **FAR SIDE HALF NELSON**
  - SHOOT THE FAR HALF WITH YOUR INSIDE ARM
  - SWITCH SIDES
  - FINISH WITH A MONSTER HALF OR HALF-AND-A-WRIST
- IF THE FAR SIDE HALF IS NOT OPEN, GO TO A **CROSS-FACE**
  - YOUR OUTSIDE ARM GOES ACROSS HIS FACE
  - CUP YOUR HAND ABOVE HIS ELBOW -- *"LITTLE FINGER ON HIS ELBOW"*
- **CROSS FACE CRADLE**
  - IF HIS OUT SIDE KNEE COMES UP WITH YOUR CROSS FACE, POST YOUR INSIDE ARM BEHIND HIS KNEE,
  - TAKE HIS NOSE TO HIS KNEE, KEEP HIS ARM, AND GRAB YOUR OWN WRIST.
  - TO FINISH , PUT YOUR KNEE IN HIS HIP, WALK UNTIL YOU GET HIP TO HIP AND THEN SIT THROUGH AND PULL HIM BACKWARD---IF HE DOES NOT GO OVER THEN WALK INTO HIM WITH YOUR HIP OR "BUMP" HIM SEVERAL TIMES UNTIL YOU CAN KNOCK HIM ONTO HIS HIP AND TURN HIM OVER..
  - FINISH WITH YOUR KNEE IN HIS HIP, YOUR FOREHEAD IN HIS EAR
- **FAR ARM PULL THROUGH OR BARB WIRE** -- IF HIS OUTSIDE KNEE DOES NOT COME UP WITH YOUR CROSS FACE ...
  - **FAR ARM PULL THROUGH** -- HIS INSIDE ARM SHOULD FOLD OVER HIS CHEST. LIFT HIS HEAD TO FINISH.
  - **BARB WIRE** -- DOUBLE YOUR ARMS ON HIS FAR TRICEPS. ADJUST YOUR GRIP AS YOU WALK AROUND THE HEAD
- IF HE DUCKS HIS HEAD OUT AND TURNS IN, DO A **NEAR CRADLE** (SOMETIMES CALLED A BOW AND ARROW CRADLE)
  - NEAR CRADLE -- YOUR OUTSIDE ARM AROUND HIS NECK, ELBOW ON THE TOP OF HIS HEAD (PINCHING IT IN) AND GRABBING THE CHIN, YOUR INSIDE ARM AROUND HIS NEAR LEG BEHIND THE KNEE, POST THE HAND ON THE MAT TO BLOCK THE KNEE.
  - FIVE RULES FOR NEAR CRADLES
    - 1) HIGH ON HIS HEAD
    - 2) SHOULDER TO SHOULDER
    - 3) TUCK YOUR FOREHEAD INTO THE RIBS
    - 4) ELBOW DEEP ON THE BACK OF THE KNEE
    - 5) BRING THE HEAD TO THE KNEE AND LOCK HANDS
  - FINISHES TO A NEAR CRADLE
    - TRIPOD FINISH- WITH YOUR HANDS LOCKED AND YOUR FOREHEAD IN HIS SIDE, DRIVE FORWARD UNTIL YOU CAN POST YOUR HEAD ON THE MAT (NEXT TO YOUR OPPONENTS HIP) IN A TRIPOD POSITION WITH YOUR OPPONENT ON HIS BACK.
    - COBRA CRADLE FINISH- THIS IS A GOOD FINISH FOR A TOUGH OPPONENT. LOCK YOUR HANDS IN THE CRADLE POSITION AND WALK YOUR NEAR LEG BEHIND HIS LOCKED LEG. HIGH LEG YOUR

FAR LEG OVER YOUR NEAR LEG AND SIT TO YOUR HIP AND SCOOP HIS LEG UNDER YOUR LEG. HIS LEG WILL BE IN YOUR LAP. WALK HIS LEG UP TOWARDS HIS HEAD WITH YOUR BODY AND STACK HIM ONTO HIS BACK.

3.
  - IF YOUR OPPONENT GOES BELLY OUT ON YOUR 2 ON 1, GO TO **A BALL-AND-CHAIN**
    - INSIDE KNEE UP THE CROTCH
    - TAKE HIS WRIST THROUGH HIS CROTCH
    - SWITCH SIDES
    - SWITCH HANDS
    - LIFT THE ARM AND MAKE HIM POST
    - FINISH WITH A HALF
    - IF HE DOES NOT POST THEN SLIDE YOUR HAND AND WRIST (PALM UP) UNDER HIS TRAPPED ARM ELBOW. YOUR ELBOW SHOULD BE IN HIS LOWER SIDE-BACK. USE YOUR LEVERAGE TO LOAD HIM UP INTO YOUR LAP BY TAKING HIM OVER HIS NON-TRAPPED SHOULDER. IN A DESPERATION SITUATION YOU CAN HIT A FORWARD ROLL TO TURN HIM AS WELL. THIS MOVE IS CALLED THE SHIRELLA TILT, OR SHIRELL STACK.

#### **4. PINNING COMBINATIONS- LEG RIDING**

GETTING LEGS IN, THE TOUGH PART- IN ORDER TO SINK A LEG IN YOU WILL NEED TO SET-UP YOUR OPPONENT. GET HIM THINKING OF ANOTHER MOVE AND THEN PUT THE LEG IN. YOU MUST BREAK YOUR OPPONENTS BASE BY GETTING WEIGHT FORWARD AND OPENING A SPACE TO THROW A LEG IN. HERE ARE TWO OF THE WAYS TO SINK LEGS.

1. TWO ON ONE PINCH- BREAK YOUR OPPONENT DOWN WITH A TIGHT WAIST CHOP AND SECURE A 2 ON 1. WHILE YOU ARE ON TOP OF YOUR OPPONENT TAKE YOUR KNEES AND PINCH HIS KNEES TOGETHER. HE WILL REACT BY IMMEDIATELY TRYING TO COME UP. STEP YOUR FOOT UP TO THE OUTSIDE OF HIS HIP (ON THE SAME SIDE AS YOU HAVE THE ARM TRAPPED) AND “RELEASE” THAT LEG. HE WILL NOW BASE UP WITH THAT LEG AND LEAVE AN OPENING FOR YOU TO SINK THE LEG.
2. DESPARATION LEGS- IF YOU ARE LOSING IN A MATCH WITH ONLY A SHORT TIME HERE IS SOMETHING TO TRY. USING A FREESTYLE START, WHEN THE WHISTLE BLOWS JUMP ON YOUR OPPONENT LIKE HE WAS A BULL. SINK BOTH LEGS INSIDE OF HIS AND GRAB UNDER ONE SHOULDER AND AROUND HIS CHIN AND YANK HIS BODY STRAIGHT BACK OVER YOUR BODY

TO HIS BACK. ELEVATE HIS OUTSIDE LEG WITH YOUR TOP LEG TO HOLD HIM THERE.

LEG STYLES---THE CHOICE---PARALLEL LEGS OR CROSS-BODY RIDES THERE ARE TWO DISTINCT STYLES OF LEG RIDING OUT THERE. BOTH METHODS ARE EFFECTIVE IF UTILIZED PROPERLY.

**CROSS-BODY RIDES** ARE AN OLDER STYLE OF LEG RIDING AND HAVE BEEN USED VERY SUCCESSFULLY FOR MANY YEARS. A CROSS BODY RIDE IS WHEN THE TOP MAN THROWS A LEG IN DEEP AND HOOKS HIS LEG ON HIS OPPONENTS CALF. HIS SAME SIDE ELBOW IS DIGGING INTO HIS OPPONENTS OPPOSITE SIDE ARMPIT. HE IS SAID TO BE ACROSS HIS BODY.

**PARALLEL LEGS** ARE A NEWER STYLE OF LEGS IN WHICH INSERTED LEGS ARE "SHORT LEGS". A LEG IS ONLY PLACED DEEP ENOUGH TO REACH AN OPPONENTS KNEE, BUT THE RIDING MAN HAS HIS HIPS COMPLETELY ON TOP OF HIS OPPONENT AND FACING EXACTLY THE SAME DIRECTION (SQUARE HIPS). ARMS ARE UNDERNEATH THE OPPONENTS ARMPITS AND SHOULDERS. DOUBLE LEGS CAN BE USED FOR TOTAL CONTROL OF AN OPPONENT.

**Power half-ONE LEG** WITH A CROSS BODY RIDE, BREAK YOUR OPPONENT DOWN AND PLACE YOUR FOREARM ON THE BASE OF HIS NECK WHILE UNDERHOOKING HIS OUTSIDE ARM AND GRABBING YOUR OWN HAND. USE A PRYING MOTION TO TURN YOUR OPPONENT OVER. TRY TO STAY AT HIS ELBOW AND STRETCH HIM A BIT.

**POWER HALF,DOUBLE LEGS-** WITH PARALLEL DOUBLE LEGS AND YOUR OPPONENT BROKEN DOWN, BREAK YOUR OPPONENT DOWN AND PLACE YOUR FOREARM ON THE BASE OF HIS NECK WHILE UNDERHOOKING HIS OUTSIDE ARM AND GRABBING YOUR OWN HAND. USE A PRYING MOTION TO TURN YOUR OPPONENT OVER. TRY TO STAY AT HIS ELBOW AND STRETCH HIM AND POP YOUR HIPS UP ON TOP AND SCISSORS THE BODY.

**STEP THROUGH TURK-** FROM A BASE POSITION, JAM YOUR OPPONENT FORWARD AND GET A WRIST. LIFT THE INSIDE LEG AND STEP THROUGH BETWEEN HIS LEGS. HOOK THE LEG AND ARCH YOUR BACK AND POST YOUR HAND ON THE OPPOSITE SIDE OF YOUR OPPONENT. ELEVATE THE LEG AND GET THE FALL.

**HIP OVER TURK-** FROM A CROSS BODY RIDE, BLOCK YOUR OPPONENTS OUTSIDE KNEE AND HIP OVER WHILE REACHING BACK FOR HIS HEAD. ELEVATE THE LEG AND ARCH UPWARD.

**Guillotine-** FROM A CROSS BODY RIDE, REACH UNDERNEATH YOUR OPPONENTS ARM AND PLACE IT BEHIND YOUR HEAD. REACH AROUND HIS HEAD PULL HIS HEAD TOWARDS YOU AND SETTLE BACK AND "STRETCH HIM" AND GET THE FALL.

**BANANA SPLITS-** FROM A CROSS BODY RIDE, REACH DOWN AND GRAB AROUND THE OUTSIDE OF YOUR OPPONENTS LEG. LOCK YOUR OWN HAND AND PULL HIS LEGS APART AND LEAN BACK. WITH YOUR OPPONENT ON HIS BACK, STRETCH HIM OUT AND GET THE FALL.

## **PINNING COMBINATIONS -- ARM BARS**

AN ARM BAR IS ANOTHER TYPE OF HOLD USED TO TURN AND PIN YOUR OPPONENT. BEGINNING WRESTLERS GET ARM BARS AND HALF-NELSONS CONFUSED

- HALF NELSON -- KIND OF LIKE AN UNDERHOOK -- IT GOES IN UNDER YOUR OPPONENTS ARM
- ARM BAR -- KIND OF LIKE AN OVERHOOK -- IT GOES IN OVER YOUR OPPONENTS ARM
- HALF NELSON -- KIND OF LIKE A LEVER -- YOU USE A PRYING MOTION
- ARM BAR -- NOT A LEVER -- USE IT TO DRIVE YOUR OPPONENT'S SHOULDER OVER TO THE MAT
- ARM BAR --GETTING THE ARM BAR
  - **THE EASY WAY-** AFTER BREAKING YOUR OPPONENT DOWN, LET HIM ATTEMPT TO BASE UP BY PUTTING HIS ARM ON THE MAT. TAKE YOUR ARM AND REACH OVER HIS ARM BY THE WRIST AND SINK YOUR ELBOW DEEP AND “PINCH” THE ARM WHILE THREADING YOUR ARM UNDER HIS. FINISH WITH YOUR SHOULDER ON HIS TRICEPT AND YOUR CHEST ON HIS ELBOW AND MAKE A FIST AND PLANT IT FIRMLY IN THE CENTER OF HIS BACK WITH YOUR THUMB FACING UPWARD.
  - **THE “REAL WAY”-** AFTER BREAKING HIM DOWN TO A 2-ON-1 AND FLATTENING HIM OUT, KEEP HIS WRIST WHILE YOU PLACE YOUR ELBOW ON HIS TRICEP. HIGH LEG TOWARDS HIS HEAD AND KEEP YOUR SHOULDER IN HIS UPPER BACK. USING YOUR FREE HAND, REACH AND GRAB HIS WRIST AND “RIP IT” OUT AND PLACE IT STRAIGHT ACROSS HIS BACK (IT MUST BE AT A 90 DEG ANGLE TO BE LEGAL). REVERSE HIGH LEG AND BOLOCK HIS TRAPPED ARM’S ELBOW WITH YOUR OUTSIDE KNEE WHILE YOU CONTROL THE ARM WITH BOTH HANDS AND “SIT” ON YOUR OPPONENTS LOWER BACK. TAKE YOUR OUTSIDE HAND AND THREAD IT UNDERNEATH YOUR OPPONENTS TRAPPED ARM AND LET THE ARM DOWN WITH THE OTHER HAND. FINISH WITH YOUR SHOULDER ON HIS TRICEP AND YOUR CHEST ON HIS ELBOW AND MAKE A FIST AND PLANT IT FIRMLY IN THE CENTER OF HIS BACK WITH YOUR THUMB FACING UPWARD.
  - **HEAD POST CAPTURE-** BREAK YOUR OPPONENT DOWN AND THEN COME TO THE SIDE OF YOUR OPPONENT WHILE KEEPING YOUR CHEST ON THE BACK OF YOUR OPPONENT. POST YOUR HEAD ON YOUR OPPONENTS BACK AND SINK YOUR FRONT ARM THROUGH TO BAR YOUR OPPONENTS ARM, WHILE PLACING YOUR OPPOSITE HAND ON YOUR OPPONENTS BACK. GRAB YOUR OWN WRIST AND PRY IN THE ARM BAR AND COME BACK ON TOP OF YOUR OPPONENT.

**ARM BAR AND WRIST** – ONCE THAT YOU HAVE THE ARM BAR, SECURE THE WRIST ON THE OPPOSITE SIDE. GET YOUR BODY TO THE SIDE OF YOUR ARM BAR AND YANK THE WRIST UNDERNEATH. THE KEY TO TURNING YOUR OPPONENT IS TO “JAM” YOUR CHEST INTO THE ELBOW OF YOUR OPPONENT WHILE YOU SCISSOR STEP FORWARD. TRY TO PUT ALL OF THE WEIGHT ONTO THE TRAPPED WRIST SIDE. WALK YOUR FEET FORWARD UNTIL YOUR OPPONENT TURNS OVER TO HIS BACK AND THEN HOLD THE MOVE OR SQUEEZE HIS ARMS TOGETHER AND SIT-OUT FOR THE PIN.

**ARM BAR AND HALF-** ONCE THAT YOU HAVE THE ARM BAR, SECURE THE HALF NELSON ON THE OPPOSITE SIDE. GET YOUR BODY ON THE SAME SIDE AS THE HALF-NELSON. JAM THE HALF AND PRESSURE THE ARM BAR SHOULDER UNTIL YOUR OPPONENT TURNS OVER. INSTANT PIN!

**ARM BAR REINFORCED-** ONCE THAT YOU HAVE THE ARM BAR, LIFT THE ARM BAR AND LEAN TOWARDS THE NON-ARM BAR SIDE. REACH YOUR OPPOSITE ARM UNDER HIS WAIST AND GRAB YOUR OPPONENTS WRIST. PLACE YOUR OUTSIDE KNEE NEXT TO HIS ARM BAR KNEE AND YANK THE WRIST AND HIP INTO YOUR OPPONENT. POST YOUR FOREHEAD FOR BALANCE AND TRY TO TRI-POD FOR SUPPORT. YOUR OPPONENT SHOULD BE ON HIS BACK.

**ARM BAR REINFORCED TILT-** ONCE THAT YOU HAVE THE ARM BAR, LIFT THE ARM BAR AND LEAN TOWARDS THE NON-ARM BAR SIDE. REACH YOUR OPPOSITE ARM UNDER HIS WAIST AND GRAB YOUR OPPONENTS WRIST. LOAD YOUR OPPONENT UP ON YOUR HIPS AND TURN HIM TO HIS BACK WHILE ELEVATING THE BOTTOM LEG.

**ARM BAR AND ELBOW BUMP-** ONCE THAT YOU HAVE THE ARM BAR, WALK YOUR BODY ONTO THE OPPOSITE SIDE OF THE ARM BAR. TAKE YOUR OPPOSITE ELBOW AND PINCH THE HEAD OF YOUR OPPONENT TOWARDS YOU IN A SCOOPING MOTION. SCOOT TOWARDS HIS FEET UNTIL HE TURNS TO HIS BACK. LOCK YOUR HANDS AND PIN HIM.

**DOUBLE ARM BAR-**GET A SINGLE ARM BAR AND THEN USE THE EASY METHOD TO SECURE A DOUBLE ARM BAR. LOCK YOUR HANDS TOGETHER AND JAM YOUR OPPONENTS OPPOSITE SHOULDER INTO THE MAT AS YOU WALK AROUND HIS HEAD WITH SCISSOR STEPS. ONCE HE TURNS OVER SIT OUT AND PIN HIM.

**ARM BAR TILT(SCHATZMAN TILT)-** ONCE THAT YOU HAVE THE ARM BAR, HOOK UNDERNEATH THE OTHER

ARMPIT OF YOUR OPPONENT WITH AN UNDERHOOK. STEP THE UNDERHOOK LEG UP NEXT TO YOUR OPPONENTS HIP AND FALL BACKWARD TOWARDS THE ARM BAR SHOULDER. GET YOUR BACK POINTS AND THEN ATTEMPT TO CLIMB ON TOP WITH A HALF NELSON AND GET THE FALL.

**ARM BAR TURK-** ONCE THAT YOU HAVE THE ARM BAR, BLOCK THE OUTSIDE ARM AND WALK TOWARDS THE ARM BAR UNTIL YOUR OPPONENT IS PARTIALLY ON HIS HIP. TAKE YOUR BLOCKING HAND AND REACH AROUND HIS TOP LEG AN LIFT IT AND STEP BETWEEN THE LEGS AND HOOK THE BOTTOM LEG ANKLE DEEP. ELEVATE THE LEG AND COME BACK FOR THE HEAD FOR THE FALL.

**ARM BAR FIGURE FOUR-** ONCE THAT YOU HAVE THE ARM BAR, SECURE THE WRIST ON THE OPPOSITE SIDE. GET YOUR BODY TO THE SIDE OF YOUR ARM BAR AND YANK THE WRIST UNDERNEATH. WHEN YOU JAM HIS SHOULDER OVER PULL YOUR WRIST ARM OUT AND POST ON THE FAR SIDE. TAKE YOUR LEAD LEG AND HOOK THE HEAD OF YOUR OPPONENT AND FIGURE FOUR THE HEAD BY PINCHING YOUR FOOT ON THE BACK OF THE OPPOSITE KNEE. SETTLE AND PIN.

**THREAD THE NEEDLE-** WITH THE YOUR OPPONENTS ARM STRAIGHT ACROSS HIS BACK, HOLD IT THERE WITH YOUR OPPOSITE HAND AND WALK AROUND IN FRONT OF YOUR OPPONENT. GO UNDER HIS OPPOSITE ARM AND GRAB HIS WRIST OF THE ARM ON HIS BACK. TAKE YOUR OTHER ARM AND CROSS-FACE YOUR OPPONENT AND RUN HIM TO HIS BACK FOR THE FALL.

## **D -- DEFENSIVE MAT WRESTLING -- WHAT TO DO WHEN YOU ARE ON BOTTOM**

**INSIDE LEG STAND UP** FROM REFEREE POSITION, WHEN DOWN ON THE MAT (YOUR WEIGHT SHOULD BE OFF OF YOUR HANDS.) TAKE YOUR INSIDE LEG AND STEP WHERE YOUR OUTSIDE ARM WAS PLACED. BLOCK WITH YOUR INSIDE ELBOW TO PREVENT YOUR OPPONENT FROM BEATING YOU INSIDE. GRAB THE WRIST AROUND THE WAIST AND COME UP TO YOUR FEET. HERE ARE THREE FINISHES..

1. **TURN AND FACE-** DROP YOUR LEVEL, HIPS FORWARD AND TURN TOWARDS THE HAND ON THE WAIST
2. **HIP HEIST TURN-** CREATE SPACE BY POPPING HIPS FORWARD AND FAKING A SWITCH AND STEPPING FORWARD AND LEANING BACK INTO YOUR OPPONENT.

HIP HEIST YOUR LEGS AND TURN AND FACE YOUR OPPONENT

3. STEP BACK AND WHIZZER- CREATE SPACE BY POPPING HIPS FORWARD AND FAKING A SWITCH AND STEPPING FORWARD AND TURNING QUICK TO GET A WHIZZER
4. REACH BACK THROW- LIKE A NECK WRENCH, GRAB THE LAT OF YOUR OPPONENET AND STEP BACK AND TOSS HIM TO HIS BACK
5. STANDING ROLL- SAG GRAB THE WRIST AND HOOK YOUR OPPONENTS OUTSIDE ANKLE. TOSS YOUR HIPS IN AND ROLL YOUR OPPONENT TO HISBACK
6. STANDING GRANBY- ONCE YOUR OPPONENT LIFTS YOU UP, TURN SIDEWAYS HARD ANDROLL FOR AN ESCAPE.

### **STANDUP DEFENSE-**

7. DUMPS-WHEN YOUR OPPONENT COMES UP, LOCK YOUR HANDS AND STEP TO THE SIDE. PLACE YOUR KNEE IN FRONT OF HIS LEG AND SAG YOUR BODY TO PLACE ALL OF YOUR WEIGHT ON HIS ONE LEG. COVER ON TOP WHEN HE FALLS AND GET A WRIST. IF HE DOES NOT FALL THEN LIFT AND DUMP HIM DOWN.
8. STANDING FARCADLE-(WORKS GREAT ON AN OUTSIDE LEG STANDUP)WHEN YOUR OPPONENT COMES UP, JAM HIS HEAD TO HIS KNEE AND LOCK YOUR HANDS AROUND HIS HEADN AND NEAR LEG. TAKE HIM BACKWARDS TO THE MAT AND POST THE BOTTOM KNEE.
9. STANDING NEAR-CRADLE- (WORKS GREAT ON AN INSIDE STANDUP) WHEN YOUR OPPONENT COMES UP REACH OVER THE TOP OF HIS HEAD AND JAM HIS HEAD TO HIS KNEE. BLOCK HIS INSIDE LEG WITH YOUR LEG AND LOCK BEHIND THE KNEE. LOCK YOUR HANDS TOGETHER AND DRIVE HIM OVER.

#### **• 2) SIT OUT AND SWITCH (POWER SWITCH)**

CRAWL FORWARD AND HIP HEIST. KEEP THE BACK ARCHED AND HIPS OFF THE MAT. REACH INSIDE THE THIGH -- NOT OVER THE BACK

- THE POWER OF THE MOVE COMES FROM ELEVATION AND A STRONG BACK ARCH

## SWITCH AND SITOUT DEFENSE-

10. RESWITCH- DO ANOTHER SWITCH IMMEDIATELY
  11. CHIN DROP- CIRCLE BEHIND YOUR OPPONENT AND DOUBLE UNDERHOOK HIM FROM BEHIND. USING YOUR BODY, POP HIM BACKWARDS AND USE YOUR CHIN ON ONE OF HIS SHOULDERS AND COME OVER THE TOP OF HIS FACE WITH THE OPPOSITE ARM. GET THE FALL.
  12. CRUNCH CRADLE- CIRCLE BEHIND AND CRUNCH THE HEAD TO THE KNEE WITH DOUBLE UNDERHOOKS AND LOCK UP A FAR SIDE CRADLE
  13. HEAD FRONT DROP- PLACE YOUR HEAD ON THE SIDE AND GRAB INSIDE THE NEAR LEG AND GRAB YOUR OPPONENTS TRICEP. LIFT THE LEG AND BRING HIM DOWN.
  14. PANCAKE- COME OUT IN FRONT AND PUNCH ACROSS HIS FACE FOR THE PANCAKE
- **2) SIT OUT - TURN IN ON THE HEAD**
    - STARTS AS A POWER SWITCH, THEN YOU CHANGE DIRECTION
    - FINISH NEUTRAL, DRIVING ON A LEG, OR FRONT HEAD LOCK
  - **3) SIT OUT - SHRUG**
    - TAKE THE WRIST
    - TURN IN HARD TO A TRIPOD ON THE HEAD
    - SPIN AWAY FROM YOUR OPPONENT
  - **4) SIT OUT- HE HANGS HIS HEAD OR ARM**
    - REACH UP AND GRAB THE ARM OR HEAD AND ROLL THE OPPOSITE DIRECTION INTO A TRIPOD POSITION AND SPIN AWAY FROM YOUR OPPONENT. IF HE FOLLOWS THEN TRAP THE ARM AND ROLL HIM FOR 5 POINTS WITH A PETERSON ROLL.
  - 
  - **5) GRANBY ROLL**
    - KEY POINTS ARE TO GET ELEVATION, CLEAR YOUR INSIDE LEG, AND CLEAR YOUR INSIDE ARM
  - **5) FINISHES FOR SHRUG AND GRANBY**
    - HOW YOU FINISH DEPENDS ON HOW WELL YOUR OPPONENT FOLLOWS YOU. YOU MAY FINISH NEUTRAL, BACKDOOR, OR IN PETERSON POSITION