

MAT WRESTLING

NOR CAL WRESTLING ACADEMY TECHNIQUE FLOW CHART

NEUTRAL POSITION

OFFENSE

DEFENSE

Critical Movements

- Stance & Motion
- Leg Attack Mechanics
- Fakes
- Throw Mechanics

Critical Movements

- Lines of Defense
- Closing Gap/Down Block
- Sprawl Mechanics
- Short Offense Position/Go Behinds
- Re-Attacks

Entering Ties/Controls

- Inside Control/Collar Tie
- Underhooks
- Russian 2-on-1
- Over-Under
- Wrist Ties/Baseball Grip
- Elbow Control From Collar Tie
- Seatbelt/Whizzer Position

Escaping Ties/Controls

- Inside Control
- Collar Tie
- Russian 2-on-1
- Underhooks
- Wrist Ties/Baseball Grip

Offensive Attacks/Entries

- Inside Control/Collar Tie**
 - Double Leg
 - High Crotch
 - Single Leg
 - Carries
 - Ankle Pick
 - Snap to Front Headlock
 - Pass Bys
 - Arm Drag
- Wrist Ties/Baseball Grip**
 - Wrist Control to Double Leg
 - Baseball Grip to Hi-C
 - Cross Wrist to Low Single
 - Wrist tie to Sweep Single
 - Reverse wrist grip to drag
 - Duck Under from Wrist Control
- Elbow Control/Outside Ties**
 - Elbow Pull Double
 - Duck Under
 - Elbow Pass to HiC/Double
 - Elbow Pass to Single Leg
 - Elbow By to Low Single
 - Outside Tie to Low Single
 - Overtie to Single Leg
 - Outside Tie to Headlock
- Underhooks**
 - High Crotch
 - Throw By Single
 - Knee Tap
 - Underhook to Post Double Leg
 - Pinch Headlock(beef wellington)
 - Double Underhook Bear Hug
 - Double Under Shuck By
 - Double Under Foot Sweep
- Russian 2-on-1**
 - Single Leg Snatch
 - High Crotch/Carries
 - Double Leg from Post
 - Knee Tap
 - Inside Trip
 - Elevator ankle pick
 - Push and Shovel
 - Headlock from Collar Tie
 - BOOM Throw
 - Front Headlock Counter
 - Low level Knee Pick
- Over-Under**
 - Lateral Drop
 - Belly To Belly Throw
 - Arm Spin
 - Step Across Throw
 - Head in the Hole Single
 - Cross Knee Block
 - Cross Ankle Pick
 - Inside Trip

Offensive Finishes

- Double Leg**
 - Head Pressure Finish
 - Lift Finish to Turk
 - Re-Attack Elbow Post Double
 - Blast Double
 - Knee Slide Elbow By
 - Misdirection Double
- High Crotch**
 - Leg Scoop Finish
 - Foot Hook Finish
 - Lift Near Leg Run Over
 - Hip Sit Head Hook
 - Defending Corner Cut
 - Elbow Hook Finish
 - Transition to Double Finish
 - Fish Tail Cut Corner Finish
 - Lift Finish
 - Dump Finish
 - Knee Slide to Back Door
- Carries**
 - Fireman's Carry
 - Double Penetration Step Carry
 - Knee Tap From Failed Shot
 - Outside Carry
 - No Leg Fireman

Offensive Finishes

- Single Leg Standing**
 - Leg Outside Sweep
 - Leg Outside Wheelbarrow Finish
 - Leg Outside Golf Swing
 - Single Leg Dump
 - Barzigar Finish
 - Wheelbarrow Finish from Knees
 - Bump and Limp Arm
 - Ankle Whizzer Counter 1
 - Ankle Whizzer Counter 2
 - Finishing From Head Post
 - Failed Shot: Iranian Finish
 - Failed shot: shin grab and circle
- Low Single/Picks**
 - Ankle Pick Set-Ups
 - Ankle Pick Finishes
 - Low Single Set-Ups
 - Standard Low Single Finish
 - Head Through Iranian Finish
 - Head Through Sit Through Finish

Front Headlock

- Snap to Go Behind
- Circle Uppercut Passby
- Head in Hole
- Knee Tap
- Clearing Hooked Elbow
- Underhook bounce and circle
- Cement Job
- Cement Mixer/Twister
- Whip Over
- Inside Trip
- Clear to Double Leg
- Head in Hole to Single/Cradle
- Ankle Pick
- Dresser Dump

Defending Attacks

Double Leg Defense

- Sprawl to Go Behind
- Sprawl to 3/4 Nelson
- Sprawl Chest Lock to Pancake
- Advanced Options
- Pull up Whizzer to Headlock/Lat Drop
- Tightwaist Ankle Roll when lifted
- Hip Heist Defense from Butt
- Abas Roll

High Crotch Defense

- Basic Defense
- Squat, Block, Sprawl Go Behind
- Step Back to Cow Catcher
- Tightwaist Ankle Roll
- Defending Crackdown
- Cutting the Corner

Single Leg Defense

- Whizzer Hand Control Kick Out
- Sprawl Cover Head Circle to Cradle
- Limp Leg Defense
- Lateral Drop/Butterfly Throw
- 3 Legs in Row Cutback
- Sprawl, cover head, circle go behind
- Knee trapped, tightwaist roll to reverse half
- Post on Head Spin Behind
- Spladle from knees
- Ankle Whizzer Defense
- Rubber Knee Defense

Low Single/Picks Defense

- Defending Picks
- Low Single Basic Defense
- Knee Drop Kick Out
- Funk Roll
- Sit on head to Crotch Lift

Carry Defense

- Palm Down Limp Sprawl defense
- Syracuse Trap

Front Headlock Defense

- Elbow by Defense
- Elbow Drag Defense
- Hand Control Escape
- Defending Cow Catcher

Defending Throws

- Head and Arm Throw Defense
- Arm Spin/Throw Defense
- Lateral Drop Defense
- Double Underhook Defense 1
- Double Underhook Defense 2

Seatbelt/Whizzer Position

- Hips in front Rib Crusher
- Knee Tap Roll Through
- Over the hips leg in
- Limp Arm
- Hip Toss
- Lateral Drop

Scramble Situations

- Scrambling Defense
- Scrambling Defense 2
- Scrambling Defense 3