



# *Randy's Attack System Wrestling*

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## **Observations from the Freestyle Ledge**

**Observations from the last freestyle state and regional tournaments: Top 3 things I saw, and Top 3 most surprising things *not* seen.**

2019's Cadet/Junior Freestyle/Greco state tournament was very competitive and a very telling indication of the things you can do to score more points and capture more wins. Take what is in this report, and run with it this season.

### **Top 3 observations:**

**1. Don't change direction? Lose points.**

A while back, the governing bodies started emphasizing attacking over **playing it safe**. When they did that, they changed the rules to reward the attacking wrestler. One of the big ones, that was on full display last state and regional, was this: *If the countering wrestler doesn't change the attacker's direction - the attacking wrestler gets all the points*. If you take a shot and drive to finish - even if they stop your motion, lock you up and expose your back - *you get all the points* if the action continues the same direction.

## **2. The Deadly ankle lace and its variations ends matches (or your knee).**

Every time I saw the ankle lace used with precision, the match was **greatly altered** - and oftentimes *ended* (usually due to points). I also saw a lot of guys limp off the mat due to a deadly variation used, that puts a lot of pressure on the knees.

To know the technique is to use it - and able to counter it - and we will cover it in Club practices this spring.

## **3. The most effective takedown resulting in a lot of points?**

Firemans carry. Its a great move (especially when set up via our powerful inside series) and results in a very high percentage of 4 point moves - which gives the attacking wrestler a **huge** edge.

## **Top 3 surprising things *not* seen**

### **1. Setups.**

They were close to non-existent. A lot of guys chose instead to rely solely on their athleticism. The few guys I saw executing precise setups, were able to *even the playing field* by gaining an edge over quicker, stronger more athletic opponents. Handfighting superiority leads to greater set-ups. *Hence the emphasis this season on handfighting.*

### **2. Block and go behind was used more often than crotch lift, waist roll and gator roll combined.**

For all the allure of the front headlock gator roll, I saw very few of them at the state and regional level. More common was the folk style blocking, flattening out the opponent and going behind for a simple takedown (this is something I talked about recently in the room as well as covering in my emails).

### **3. My “he who hesitates” philosophy came to fruition: folks not moving from upper body positions.**

“He who hesitates gets tossed” is what I have often repeated in the room. And I saw it repeatedly in upper body positions such as over/under, and underhooks. A lot of guys still sit there and wait - and then get thrown.

Use this report to further your wrestling - these are the trends at the state and regional level in freestyle and greco wrestling.

-Randy