

## Attack System Wrestling:

1. Position yourself so you can't be attacked (including the Gold Standard: the Inside Series)
2. Put them on Defense *immediately*...and **keep them there**
3. Break their position: Attack and Score

**Goal: They can't get to your legs**

## Short offense:

Block- go behind: near arm, back hand, near hip

Block-go behind- granby

Front headlock: Chin, shoulder on neck, wrap and pull

Move and flatten

Shuck (3 steps and 3 steps)

Head in hole

They grab elbow (hand to chest, shuck down)

Chin and underhook:

Pancake

Cement Mixer

Wrist and spin

## Notes:

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## **Defense Series:**

4 steps defense: Take angle; chest high; feet wide; smash head

Low single: Post and spin

Standing Single: Peel hands, snap head down (give ground), shoulder under head and peel at elbows

Hi-C: Rib Tug; Crackdown

## **Inside Series (off the whistle) Circle fake shot crowd**

*3 main set-ups: fake shot, chop, hit head*

*Attacks: Single, Hi-C, Firemans, Outside Dump, Snap-Go behind (+Vice Grip)*

*Note on Single: Turn corner until knee hits their leg, opposite knee off the mat, shelf it*

### *Handfight Series:*

*Grabs head: clear the arm to Hi-C, Single*

*Puts hand on you: baseball grip to Hi-C, Baseball grip-quick drag to single*

*Grabs wrist: Post the wrist and single, Pledge - Hi-C*

*Grabs both wrists: Early Christmas*

## **Notes:**

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