

# Skills & Drills

## Takedowns

- Single Leg
- High Crotch
- Double Leg
- Duck-Under
- Ankle Pick
- Snap Down
- Slide By
- Cement Job
- Front Headlock

## **From Behind**

- Back Heel Trip
- Bulldog
- Drop Single
- Russian Double
- T Bar Lift/ Hip Bump

## **Drills**

- Blocking Drill
- Cheap 2
- Shot/ Counter Shot
- 2 Shots
- Finishes from Knees/ Single/ Double-reshot/ High Crotch
- Sprawl/ Bury head/ Cross face
- Short Carry/ Outside Carry

## Mat Wrestling

### **Idiot Drills**

- Near Idiot Head
- Far Idiot Head
- Outside Idiot Leg/ Far Half Stack
- Inside Idiot Leg/ Far Half Stack
- Inside Ankle Crackdown
- Smart Leg Peterson
- Idiot Head down/ Sucker Stack

## **Breakdowns**

- Chop and Drive
- Tight Waist/ Far Ankle
- Far Knee/ Far Ankle
- Spiral Ride
- Heavy Half/ Near Ankle/ Thigh Tight Waist/ Sucker Stack/ Knee Drive
- Transition Breakdown

## **Moves From Bottom**

- Stand Ups- ¼ Turn/ Cut Thru/ Shoot
- Standing Peterson
- Standing Switch
- Switch/Power switch
- Petersons- Sneaky Pete
- Hip heist/ Peterson
- Step behind Peterson
- Outside Ankle Peterson
- Short Sit- Reflex series
- Grab wrists/ Hip Elevator/ Cut thru
- Hip heist/ Base up/ Out the back door
- Swim for the head/ Head hunt

## **Riding**

- Inside Outside
- Ball and Chain
- Tight Waist
- Spiral/Sleaze ride/ Leg Turk
- Navy/ Leg Turk

## **Drills**

- Wizzer Wars
- 50/50 Cradles
- Hand fights
- Spin Drill
- Base up/ Chop Down

## Pinning Combinations

- ½ Nelson
- Power Half
- Bar Arms/ Tight Waist/ Elbow to ear  
(chase far wrist or post)/ Stack/ Reverse  
Walkover
- Cradle/ Inside/ Outside/ Navy
- Pump Handles/ Half/ Inside Cradle/  
Sleaze/ Johnny Jones
- Tilts
- Barbed Wire
- Leg rides-Cross  
body/guillotines/splits/scissors

## Fundamentals

- Requirements for a successful shot
  - Good stance and close the distance
  - Lower your level
  - Penetration
  - Finish
- Always keep your head up
- Don't reach back
- Don't look into a half, lower the shoulder to the mat
- Don't stop moving
- Hand Control
- When on top, make your opponent carry as much of your weight as possible
- Stay tight when on top
- Create distance when on bottom to get away
- Keep your elbows in
- Reach inside legs, not outside
- When offensive, close the distance
- When defensive, create space
- When pushed on, lower your stance and shoot
- Side to Side, don't back up
- **Always keep your stance!**