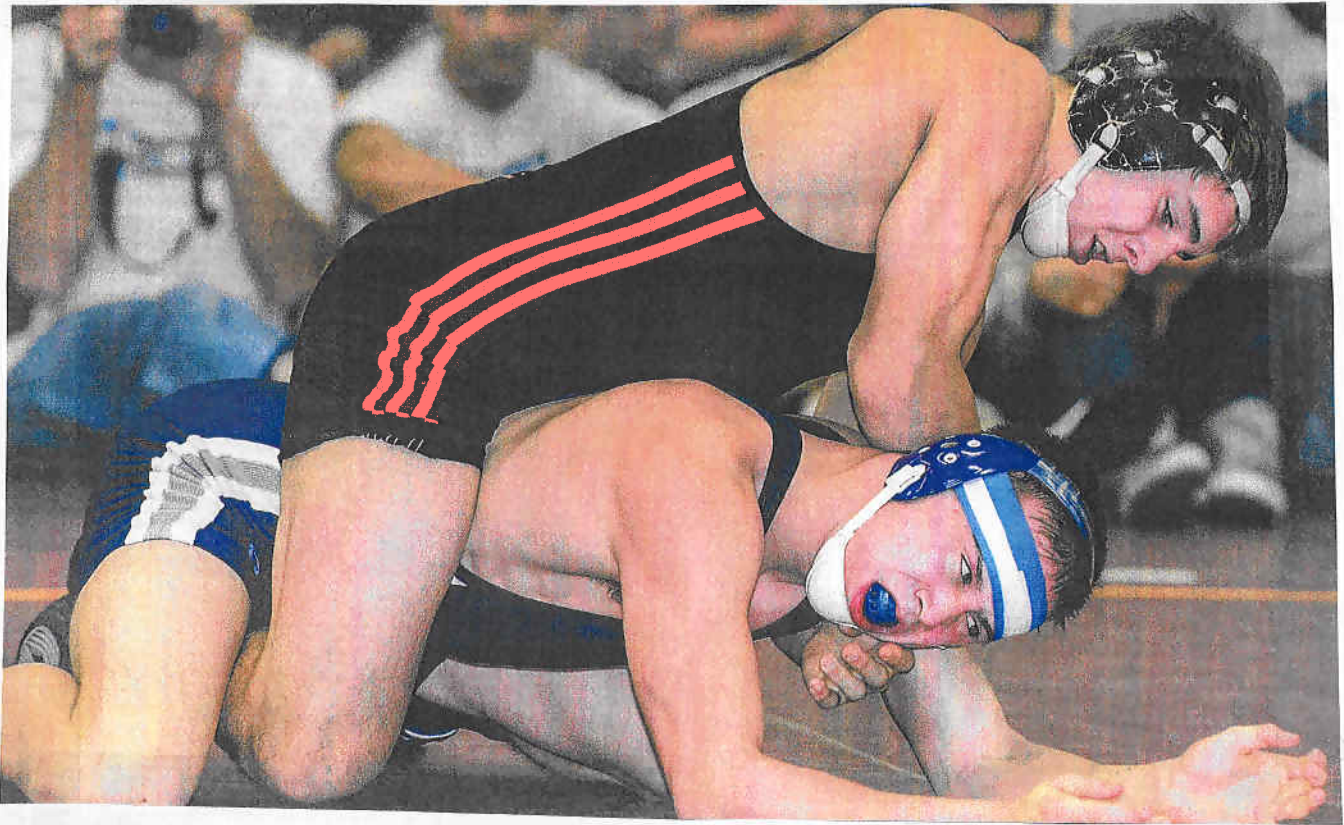


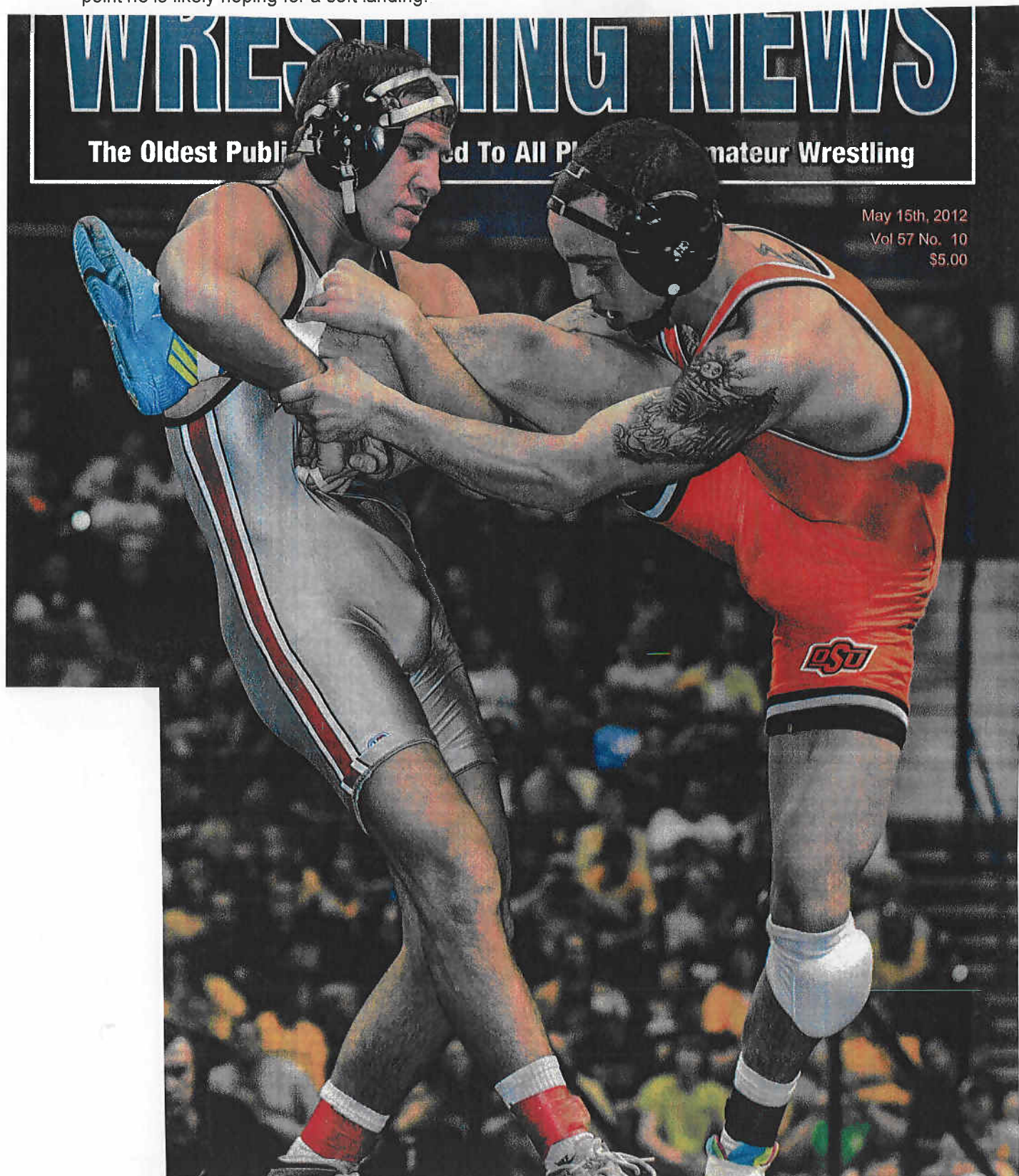
Riding Legs

If you are going to be a leg rider, stay in control, and turn guys you have to pick your style. There are two choices: Cross Body or Cowboy. Mix the two together and you're going to give up reversals. Cross body guys have the leg in deep, need to have a post leg out, be ACROSS the body, behind the guys arm, and lifting the ankle. Cowboy guys need to be on top (like the picture below). On a cowboy style ride, the leg is not in near as deep (hardly in at all), you should be sitting on the back and your opposite knee should be above his hip with the foot hooking the ankle. Once you get a guy flat, you have to keep changing holds or you risk getting called for a stalemate and all your work to get a guy flat has gone to waste. Figure out if you're a cross body guy or a cowboy guy but DON'T mix the two styles.



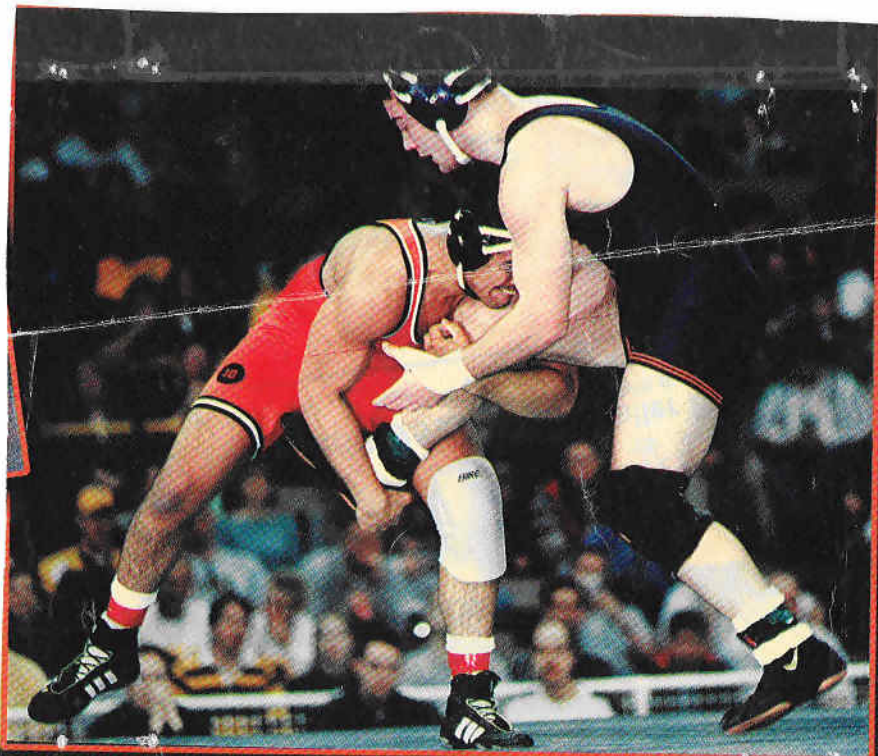
Front Trip / Back Heel – Lock in the foot

When we pick a guys heel, we talk about the importance of bringing it high in the armpit and locking in the foot. The picture below does a great job illustrating this technique. The Ohio State wrestler has secured Oklahoma States foot preventing him from kicking it free. Ohio State is in position and he has started his front trip back heel finish to this single. The Oklahoma State wrestler is smart to attack the wrist but at this point he is likely hoping for a soft landing!



“Pick the Heel”

After securing a single, our first reaction should typically be to squat. Often the defensive wrestler will be attacking the wrist (he should be). If the squat fails, look to pick the heel. First, you will have to “karate chop” the guy off your wrist. Then immediately slide down to the heel. By stepping in with your outside leg like Munoz below, you will expose the guys foot. Stepping in to clear the foot ensures you will not lose your balance like you might if you try to step your leg over his foot. After picking the heel, bring the foot up fast and lock it under your armpit so he can’t kick-out. Then you can start your front trip/back heel finish.

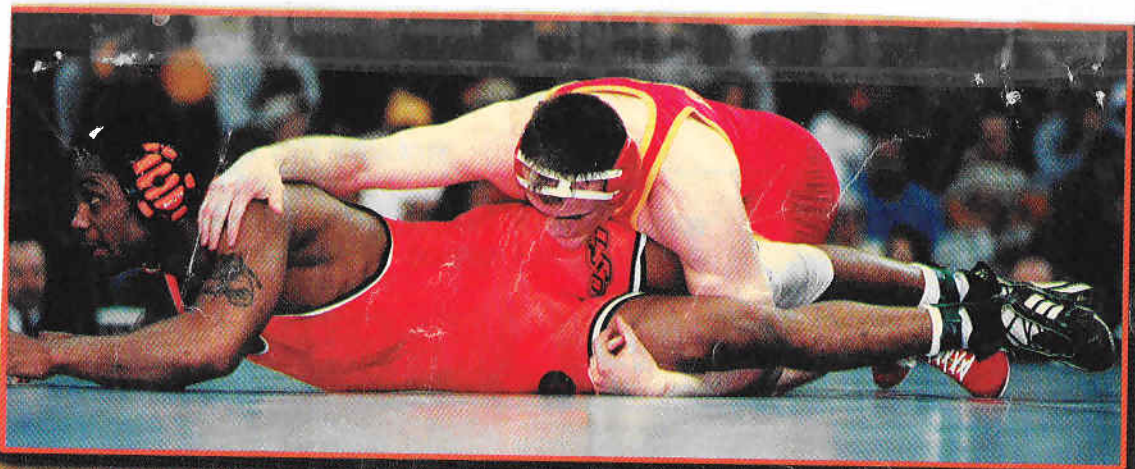


197 lb. Mark Munoz, Oklahoma State defeated Pat Quirk, Illinois 5-3.

“Navy”

Having a good navy is essential because navy rides turn into hand turks and hand turks turn into leg turks, and leg turks turn into back points!!!

Notice Sanderson is above the knees with his arm and he is elbow deep. He is also cupping the shoulder to prevent Cormier from crawling forward to clear his legs. It's hard to tell from the picture, but Sanderson has also pulled his knees into the small of Cormier's back. If we could fast forward the picture we would expect to see Sanderson post the shoulder and step up with his left leg. When we get a guy in a navy, we want to make him “flip” and turn in, that enables us to get a lock-up a leg turk and start looking for BP's!!

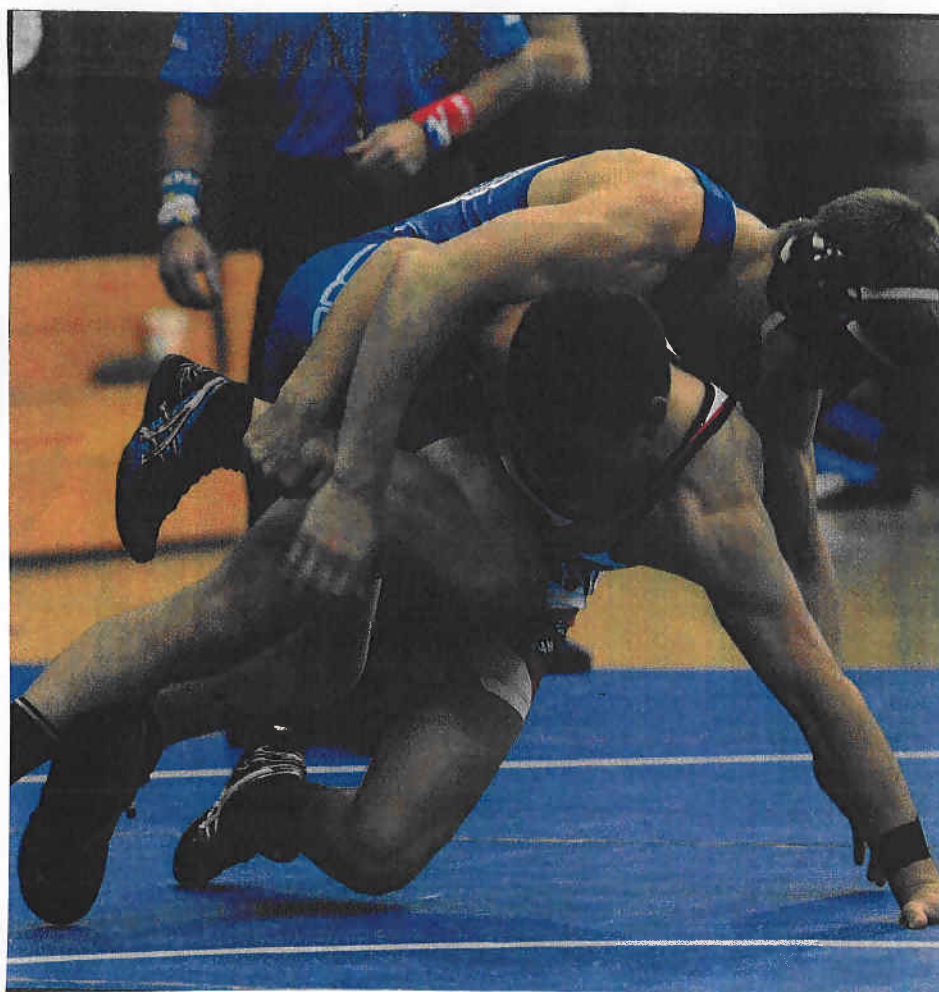


184 lb. Cael Sanderson, Iowa State defeated Daniel Cormier, Oklahoma State 8-4.

“Flick”

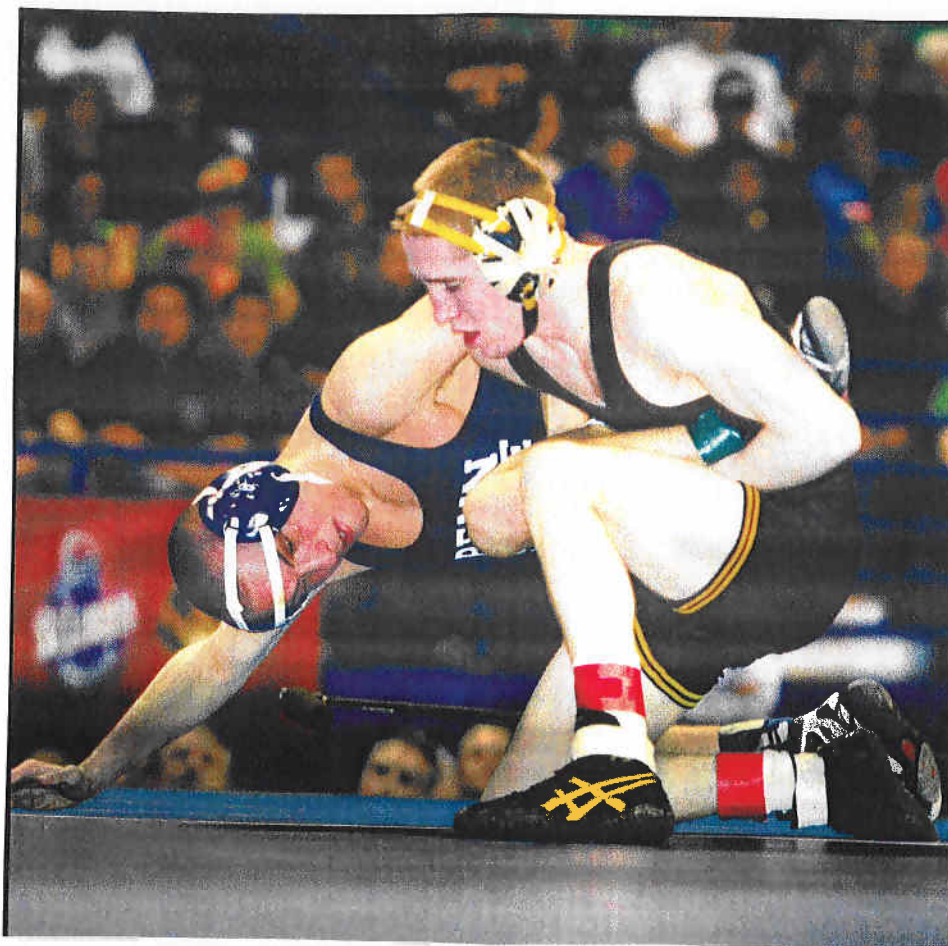
When a guy has a blanket ride on you consider using a Flick to create some space. You will find yourself in this position when competing against leg and cradle guys. A Flick is probably not going to get you out but it will give you some room to work and probably provide you with an opportunity to get out from bottom.

The bottom guy in the picture is on the shin but we prefer a five finger cup across the laces. That will give you even better leverage. Next the outside knee comes off the mat slightly as you extend the flick arm like you are doing a triceps kickback. Extend the arm hard and flick the guy off your back at the same time you go to a short sit. What you do next is going to depend on his reaction and the specific situation. If you hit it clean, you can likely turn toward the head and face your opponent.



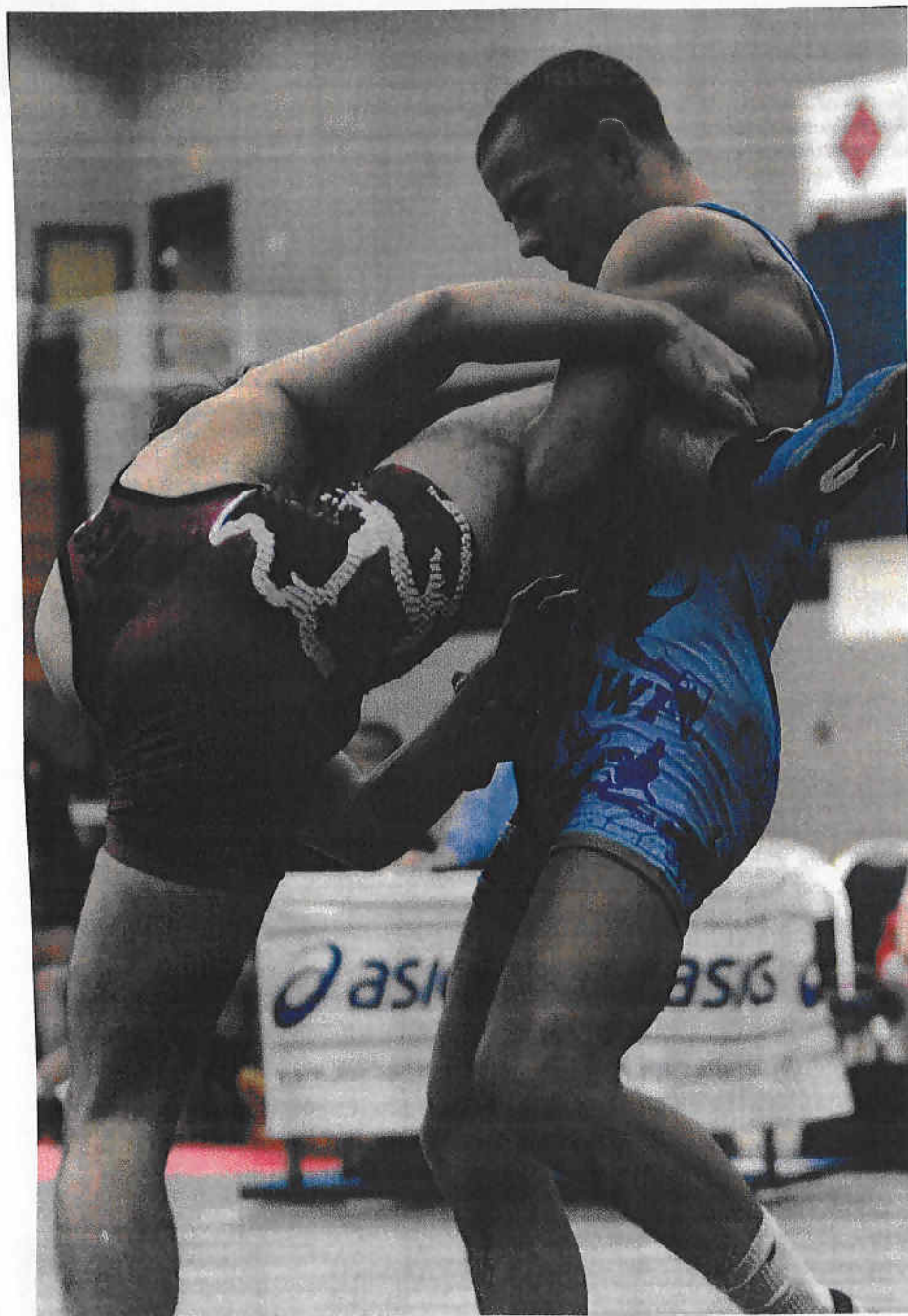
Low Single - Put it on the Shelf

There are several options for finishing a low single. The first should be getting your hips up to a tri-pod position, posting the elbow, turning the corner, and finding the far ankle. But some guys can make doing this really difficult or if you can't get to the far ankle, you need to think about coming to your feet with the single. Notice how NCAA Champion Matt McDonough (Iowa) has taken the Penn State guy's ankle and put it in on his thigh ("the shelf") and stepped up with his outside foot. This position puts a lot of pressure on the Penn State guy's far hand that he is using for a post and his far leg and it allows McDonough to stand and get to his feet. Also notice how McDonough has the ankle locked in under the arm. Penn State is going nowhere and when McDonough gets to his feet he is going to be in great position to start a front trip back heel finish.



Club Finish

When you are on a single and the guy get his foot on the outside, things change. One of the first things you should do is bring the leg high and bring your hips so you're standing in a solid position. Notice how blue is elbow deep at red's knee. That makes him very strong and able to secure that leg with one arm. At this point there are several options for finishes. However, if I am the guy in blue, I am thinking of a Club in this case. He could step-in, cut the waist and back trip but he has a lot of ground to cover. He could also attack the far knee and barzagar but there is an easier way – Club. Blue is going to step-in with his left foot just behind red's leg. Next, all he needs to do is take his right hand (because he is controlling the wrist, he can let go at any point) and come across the guy's ear pad from right to left and knock him off his post leg.



Swim – To Beat Power-Half Cowboy Ride

Hopefully you put a guy to his hip BEFORE the power half comes along. But if you missed that opportunity, the swim is a great option. You have to have some staying power in your base to complete this move but if you can maintain your base you can find a lot of success with this move.



1
If your opponent has legs in and is working to power half, sit back into him. Make sure to keep your left-side elbow in so he can't extend you out. Don't let him.



2
As you're sitting back on him, use your left hand to knock him off so all his weight goes to his far side.



3
As you're throwing him off, it should feel like his body is just falling off.



4
As he's falling, your right arm should shoot through and it should feel like he's falling off the "cliff" to your side.



5
Sometimes obviously you're going to have to shake your opponent off a bit, but the key is sitting back into him and rotating, throwing that weight off you.



6
Once he's off you, switch your knees so your right leg comes up.



7
Cover your opponent, make sure to keep good hip pressure down into him and go for the fall.

“Butcher/Crossface Cradle”

If you want to have a good butcher or cradle, you need to learn how to seal a guy's arm by controlling the triceps. Jake Long (2012-13) had a great cradle and butcher series and that was because he was serious about sealing a guy's arm. Notice how he gets his grip right at the triceps. Jake also liked to setup his cradle series by blanket riding his guy and lifting hard on the far or inside ankle. If the guy stepped-up with his outside leg or caved, Jake would cradle. If not he would look to butcher.

If you're going to lock a crossface cradle, don't let go of the triceps. Instead, lock on your own wrist so the guy can't get his arm free.



“Elbow Crease”

Being on an elbow crease (thumb inside, fingers outside on the elbow) is the best place to be when you feel you are in danger or could be in danger of being attacked. If you're coming off the mat on a missed shot, this is the place to be before you come to your feet. Otherwise, you are vulnerable to a headlock. Likewise, if you are caught on an overhook (like Jake Long below) being on the elbow crease (along with pushing the hip away) allows you to reestablish position and stay out of danger. In the case below, Lynch (Lake Zurich) is not in position to throw as long as Jake stays on the elbow crease. If you like underhooks, staying “palm down” on the opposite side is a must – having a wrist, an elbow crease, or simply blocking palm down blocks a guys ability to carry and hit a handful of other offensive techniques. Bottom line – Elbow creases are a lifeline.



“Rear Stand Lift & Return”

Many matches are decided in the rear stand position. There are several options for the guy in back and a lift and return is good one when you don't have a wrist trapped. I would NOT lift a guy when you have an arm trapped as that is risking a slam call because a guy can't protect himself. When you don't have an arm trapped, you have the green light to lift. Get off to the side, lower your level, twist the arms to turn the guy parallel and knee the legs out. Be ready to unlock the hands and land in a spiral when the guy lands and quickly find a wrist because an experienced guy is going to re-load and immediately hit his feet again. In the picture below Jake Long just kneed out the legs and is off to the side ready to spiral as soon as he hits.



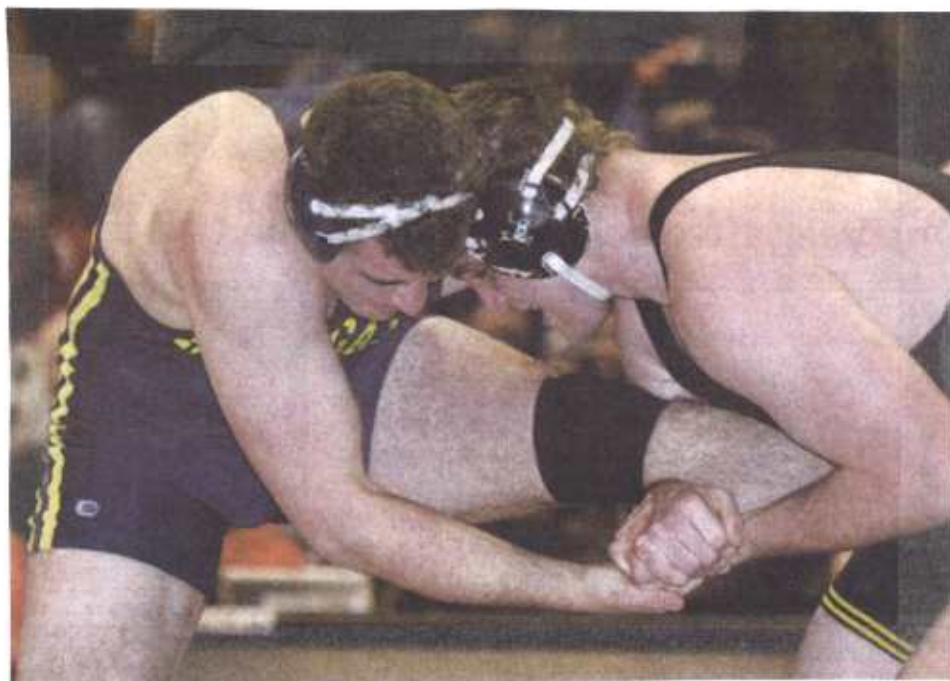
“Ready on the Line”

You never know when a guy has a quick shot so you need to be prepared and focused every single time you step on the line. Hands in front protecting your lead leg are important elements. Being low and being ready (like Jake Long is in this Sectional finals match against Lynch - Lake Zurich) to react to a shot is important. Circling to the guy's lead leg and lowering your level if he attacks will keep you out of trouble. Of course a quick shot can come anytime but they are common on the opening whistle of a match or on re-starts when there is short time on the clock. Be ready - ALWAYS



“Five on Five & Outside Hand on Top”

You don't need to tell the Iowa guys how to hold a single leg! They know that having the correct grip with thumbs in and 5 on 5 is the way to go AND you need the outside hand on top to fight the counter pressure correctly. Let's add in having elbows in tight, back flat, and forehead on the bull's-eye. The odds of Telford finishing this let attack are certainly in his favor despite the fact that Coon from Michigan is looking to get a wrist (I would rather have the other wrist) and is lowering his shoulder.



Spiral Ride to a Gable-Lock Bar Arm



With your spiral ride, drive your opponent forward to the mat and to his near-side shoulder. Get control of that side's wrist.



Once you've broken down your opponent, the pressure with your chest is the key to getting control of the bar arm. Turn your rear towards his head to keep pressure down on him and "double up" on his wrist beneath his body with both your hands to get the bar arm.



Circle around his head and get your right knee over the top of his head. From there, drag his face across the mat to your other leg. By doing that, you're shutting down the strength in his neck and the ability to counter.



A very important transition is switching control from the wrist to the bicep with your right hand. Then you should make a cross with his spine and your forearm. You will have a great amount of leverage no matter how strong he is.



Pull your opponent into your lap and pinch his head between your knees. A common mistake is to go "high on the arm" to turn him. All that's needed to turn him is to think of "twisting his head" off by turning your feet clockwise and staying tight to his shoulder.



Squeeze the head with your knees so he can't roll you through. Then, make sure to get your back points.



Once you get the near-fall points, raise your level, and push him with your lower knee underneath your body and get the fall.