

PINS

PIN	HOW TO GET THIS PIN	DEFENDING THIS PIN/TURN
Half Nelson	Half after opp flat on belly; drive with feet, adjust/cautious. Variations: Force Half, spiral half, lift half, crab ride half . .	HELP: HEad up, Look away, Peel. Caging & Handfighting - C&H. Brace/resist. Last resort roll thrus.
Cow Catcher - CC	Get CC from front headlocks; practice throwing from either side. Variations: inside trip CC , from optional start . . .	Avoid frontheadlocks or get out of them fast. Face opponent and keep elbows tight to ribs. Hand control.
Head & Arm - H&A	Look for H&A in scrambles, from weak ties, from open, when standing w/ opp behind you, front quarter to H&A pancake . . .	Avoid H&A by stay open, control ties/hand control, shoot on legs, keep your elbow away from your head. Get out w/ "hand in the pocket" circle to front. Last resort roll thrus.
Near Cradle	Top opt start to NC , tight waste ride to NC , lowa ride to NC , single to NC , bow and arrow to NC . . . Variations: front headlock to shoot thru NC	Caging & Hanfighting. Keep knee and head apart. Arch back to break grip ASAP. Face opp if NC locked up.
Far Cradle	Cross face ride to FC , look for FC from sit outs, suicide crades on standups. . .	Duck for cover against cross face. Caging & Handfighting. Keep knee and head apart. Arch back to break grip ASAP. Keep a blade up.
Arm Bar	Wrist control to breakdown then digout wrist to back. Run bar. Variations: bar tilt, double arm bar, bar half . . .	Cagin & Handfighting. Protect wrists. Resist and rise to feet when opp tries to run bar. Last resort roll thrus.
Suck Back	Spiral ride forces opp to sit out, then apply suck back with head on one side.	Caging & Handfighting. Slide backward.
Front Quarter	Single defense to FQ . Opt start to FQ .	Keep head UP on single. Fight hand off head. Last resort roll thrus.
3/4 Nelson	lowa ride to blanket ride to 3/4 Nelson . Control far wrist until final lock.	Free the trapped lowa ride leg with a limp leg, Head Up.
Step Thru Turk	Hip dump to STT or finish double with STT. Clear low arm by turning to back. Turn opp with legs only first, then cross face.	Caging & Handfighting. Keep knees together.
Bundle (corkscrew)	Cross face, get 2on1, drive w/ feet.	Duck for cover against cross face. Caging & Handfighting.
Leg Rides to . . .	Master "leg-in-strategies" then master "leg ride home base". . . then pins	Keep legs out. Kick legs out. If legs in, then sit to leg-in side, defend force half.

Know most of these, defend most, but **perfect just one or two othese!**