

A summary of some **wrestling scoring basics: 4 Scores**

4 TAKEDOWNS Single Double High Crotch Front Headlock 4 Core Takedowns	4 ESCAPES Stand-Ups Sit-Outs Switches GrambyS 4 Ss on Bottom
4 RIDES Spiral Tight Waist Ankle Leg Rides 4 Top Rides - STAL	4 PINS Half Nelsons Arm Bars Cradles Cow Catchers (plus many more . . .)

Wrestling

101



About the author:

Coach Lance Johnson has been coaching wrestling in Oregon for the last 26 years. He credits his coaches (Tom Ogan, Dave Sanville, Doug Samarron, and Chris Horpel) and God (Ecc. 2:24) for inspiring excitement for coaching. Credits to Dave Schultz for inspiring the technical mastery of wrestling.

Wrestling 101

Table of Contents

Purpose

Chapter 1: Introduction

Chapter 2: A Wrestling Match

Chapter 3: Neutral Wrestling

Chapter 4: Top Wrestling

Chapter 5: Bottom Wrestling

Chapter 6: Pinning



Purpose of This Booklet:

Put a tool into the hands of wrestlers and coaches that accelerates

GETTING BETTER AT WRESTLING.

Chapter 6: Pinning

Pinning makes wrestling fun and exciting. The ever-present opportunity for “victory by pin” means that every wrestling match, regardless of score, could always “go either way.” The wrestler who continually scouts for that pinning opportunity and is known for pinning gains a valuable advantage: his or her opponent must respect the pin threat and thus wrestle more conservatively. Also, it’s much better to wrestle with optimism and creativity rather than fear. Fatigue seems to hide when the wrestler is “searching for that pin”; fatigue seems to magnify when the wrestler is “afraid of that pinner.” The art of pinning takes advantage of a variety of strategies like baiting, mis-direction, fatiguing, and storming.

Some **Common Pins**: How to **Get The Pin** and How to **Stop The Pin**

PIN	Get This PIN	Stop This PIN
Half Nelson	Half after opponent flat on belly; drive with feet, chest to chest. Force-half option.	HELP: HEAD up, Look away, Peel. Mostly head up and stand up. Roll-thru option.
Arm Bar	Insert bar. “Run” bar. Also bar tilts, double arm bars, bar halves, etc.	Caging & Handfighting. Resist and rise to feet when opponent “runs” bar.
Near Cradle	Bait opponent’s knee near head; lock hands tight. Tight waist, blanket ride tend to Near Cradles.	Caging & Handfighting. Keep knee and head apart. Arch back to break grip ASAP. Face opponent if locked.
Far Cradle	Cross face ride to Far Cradles, lock hands tight, scout for head near knee, be opportunistic.	Duck for cover against cross face. Caging & Handfighting. Keep knee and head apart. Arch back to break grip.
Cow Catcher	Get it from front headlocks or head down, inside trip and cement mixer options.	Avoid front headlocks or get out of them fast. Face opponent w/ elbows tight to ribs. Hand control.
Headlock (Head&Arm)	Attempt when opponent is out of position, scrambles, front quarter to head&arm pancake . . .	Avoid by staying open, controlling ties, head up underhooks. Counter w/ circle to front, roll thrus.

Chapter 4: Top Wrestling

The effective **Top Wrestler** will control or "ride" his/her opponent while looking for opportunities to pin or score nearfall points. The **Top Wrestler** must master several position basics: keep weight and pressure into bottom wrestler, generally stay behind the arms (avoiding "locked hands") and behind opponent, and capture/control wrists. Wrestlers learn the 4 common rides (**Spiral rides**, **Tight waist rides**, **Ankle drive/hip-dump**, **Leg rides** – "**STAL**") and several whistle-start tricks. (Many other rides are effective like cross face, blanket, crab, etc.)



Chapter 5: Bottom Wrestling

The effective **bottom wrestler** will engage in constant **Caging & Handfighting** while attempting to earn a 1-point escape or a 2-point reversal. Strong bottom or "base" positions include: on knees, in a sit-out, in a tripod, in a quadpod, and standing up to feet. The smart **bottom wrestler** is sturdy: he/she avoids exposing his/her back to the mat, resists crumpling to his/her belly, resists "reaching back" for the opponent, and resists letting the top wrestler control his/her wrists. Common **Bottom Scoring** technique include: **Standups**, **Sit-outs**, **Switches**, and **GrambyS (4 S's on Bottom)**.

Chapter 1: Introduction

This Wrestling 101 booklet identifies and explains wrestling's basic terminologies, techniques, and positions. **Wrestling is body chess**, and as in chess, the successful competitor must understand and use effective strategies, positions, set-ups, and baiting tactics. Those who have taken on the task of **GETTING BETTER AT WRESTLING** understand wrestling requires study (visualization, review, experimentation, assessing failures, etc.); hence, the "academic" title – Wrestling 101.

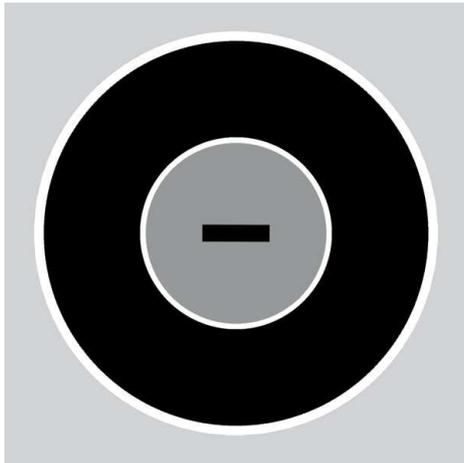
This booklet focuses on **folkstyle** wrestling which is popular in US youth and high school programs. Some of this information applies in the two other Olympic wrestling styles, **freestyle** and **Greco Roman**.

This booklet introduces the basics of **NEUTRAL**, **TOP**, and **BOTTOM** positions and techniques and helps the athlete remember and prioritize the presented techniques. The information herein is a start; it barely scratches the surface of the volume of infinite techniques (past and future) in this world's oldest & greatest sport.



Chapter 2: A Wrestling Match

A wrestling match has a **simple objective: Pin your opponent or score more points.** (The coach in me will digress for a moment here. The objective of *some* matches may be to perfect/practice/test certain techniques and positions, and this objective may at times override the earlier stated “pinning/winning” objective.)



A Wrestling Match consists of three rounds, about two minutes each, with rare overtime periods. The first round begins in the **NEUTRAL** position with both wrestlers on feet. The second and third rounds begin with one wrestler selecting a start position: **TOP**, **BOTTOM**, or **NEUTRAL**. During the match, wrestlers attempt to pin opponent, avoid getting pinned, and score points.

Wrestling Scoring is pretty simple; **Takedown (T2)**, **Escape (E1)**, **Reversal (R2)**, **Nearfall (N2 or N3)**, **Penalty (P1 or P2)**. If the score gap reaches 15 points, that's a **technical fall** and match is over. A **pin** (also called a **fall**) is a win - match over.

Chapter 3: Neutral Wrestling

Each match begins with wrestlers shaking hands and facing each other in the Neutral Position. Neutral Position simply means that neither wrestler has secured a takedown for control yet. In the Neutral Position wrestlers may be in the **Open Position** (not touching), in the **Tie Position** (binding/grabbing/pushing/pulling etc.) or in the **Pummeling Position** (more like “hugging”).

The effective **Open Position** wrestler stays active yet relaxed. The wrestler moves his/her feet/hands often, circling, shuffling, staying low, faking shots, faking head attacks, hands front and center, changing elevation, sprawling, facing opponent, and keeping eyes focused on targets of feet/knees/hips. The **Open Position** wrestler uses this relentless yet controlled motion to become a difficult moving target, to keep opponent guessing, to fatigue opponent, and to ultimately get a **TAKEDOWN**.

In the **Tie Position**, wrestlers still face each other in athletic positions while engaging strategic hand-to-hand, hand-to-head, hand-to-body, head-to-head, and head-to-body contact. The wrestlers will be faking, grabbing, catching, binding, holding, pushing, pulling on wrists, arms, head, neck, and upper body while on their feet/knees. Common ties include inside tie, collar tie, Russian 2on1 tie, wrist ties, and head ties. The goal of a wrestler's favorite **Tie Position** is to secure a **TAKEDOWN**.

The **Pummeling Position** refers to more upright, close, and often chest-to-chest wrestling where wrestlers dig and “pummel” for desired underhook positions with ultimate goal of securing a **TAKEDOWN**.

Neutral wrestling ends when one wrestler scores a **TAKEDOWN**. The common **4 CORE TAKEDOWNS** are **Single Leg**, **Double Leg**, **High Crotch**, and **Front Headlock** (or Head Down Go-Behind).