Some Common Folkstyle Wrestling Positions and Techniques

Neutral/Set-Up Positions

open
inside tie
russian 2on1
collar tie
outside tie
head tap/push
head pull/snap
underhook
wizzar
double underhook
double wizzar
over/under
single wrist
double wrist
cross wrist
double head grab
crunch
wrist hook (arm th)

from Open
stagger stance
square stance
drop step
knee down
both knees down
hand(s) down
all kinds of fakes
etc.

Offensive Takedowns

front headlock (head down)
double leg
high crotch
single leg
low single
duck under
fireman's carry (cross)
head and arm
ankle pick
knee tap
inside trip
over/under (lateral)
wizzar kick-up
russian kick-up
hip throw
body lock
bear hug
crunch
salto
sag
head butt double
foot sweep
under arm spin
arm throw
double leg kick-up
seat-belt
hip grab spin
outside leg trip
slide by

Rides and Break-Downs

tight waist
spiral
hip dump
ankle drive
blanket ride
leg ride
double leg ride
cross face ride
opt start to nr cradle
opt start to lift
opt start to head down
head pry
claw
crab rides

Turns and Falls

half nelsons (force)
cow catchers
arm bars (double)
near cradle
far cradle
cross cradle
step through turk
2 on 1 tilt(s)
stacks
1/4 Nelson
3/4 Nelson
corkscrew
suck backs
leg ride cross face
leg ride force half
guillotine
banana split
navy tilt

Escapes and Reversals

inside stand-up
outside stand-up
no-hands stand-up
quad-pod stand-up
tri-pod stand-up
sit-out, turn/heist/head
switch
gramby escape
gramby reversal
arm/wrist rolls
airplane a leg rider
jump over a tight waist
turn and face opponent

Common Counter Takedowns

sprawl to front headlock (below)
wizzar, sprawl, head down
hip heist, wizzar, head down
single roll/throw
high crotch roll/throw
high c near cradle roll
chin whip
head and arm
lateral
crotch lift
spladle
front quarter
Single to 3-in-a-row
etc. . . .

A Few Common Takedown Finishes

from Double
turn corner, drive
turn corner, spin
turn corner, lift
back trip
step through turk

from Single
dump
inside crux, trips
outside crux, trips
knee tap
foot block
spin behind, limp arm

from High Crotch
switch to Double
dump
lift
drive w/ head
crack down - lots

from Low Single
head in thigh
lift, go out the back
step through turks

Finishes from Front Headlock (Head Down)
spin(s)/go-behinds
front head-lock, ankle grab
front head, knee tap
front head, shuck by
front head, near cradle
front head, shoot-th cradle
knee block spin
cow catcher
cow catch inside trip
cow catcher cement mixer

front body lock
T-rex
push on knees
football position
many to leg attacks . . .
etc. . . .