

Foundation Wrestling DVDs

(Techniques list)

Youth / Beginners series includes:

Foundation Wrestling Youth Series (Disc 1)

1. How to teach and drill wrestling and drill the workout room
2. Drills: Stance and motion, sprawling in a circle, level change and proper penetration steps, down-blocking, proper use of wrestling grips
3. Leg attacks
 - a. Double leg with setups and finishes
 - b. Single leg with set ups and finishes
 - c. Recovering from poor position
4. Secondary attacks
 - a. Duck under
 - b. Post over
 - c. Head and arm counters

Youth (Disc 2)

5. Front headlock
 - a. Down-block go behind
 - b. Head-in-the-hole
 - c. Snake
 - d. $\frac{1}{4}$ Nelson
 - e. Cement Mixer
 - f. Front headlock defense
6. Sprawl position
 - a. Cross face / back ankle
7. Top Position
 - a. Deep arm to $\frac{1}{2}$
 - b. Cross Wrist to rolling tilt
 - c. Double arm bar
 - d. Cross face cradle
 - e. Barb wire
 - f. $\frac{1}{2}$ nelson and counters
8. Bottom Position
 - a. Knee slide stand up
 - b. Sit out hook shot

Youth (Disc 3)

9. Counters to:

- a. $\frac{1}{2}$
- b. $\frac{1}{4}$ Nelson
- c. Cross face cradle
- d. Getting off of your back

10. Meaningful Wrestling Games

- a. Hand-fighting
- b. Scramble drills
- c. Cat Bands

Phase I includes:

Foundation Wrestling series Phase I (Disc 1)

1. Introduction into Foundation Wrestling and the PILLARS of wrestling (The Mental game, Hand-Fighting, Positioning, Technique)
2. Practice room demo (for use as visual aid for the coach and wrestler)
3. Hand-fighting – PUSH / PULL / HIT / PICK / PASS

FOUR PILLARS OF WRESTLING (The Foundation)

1. Mental approach
 - a. Shaking your fear of losing
 - b. Defining success
 - c. Making a decision to win
2. Positioning
 - a. On our feet
 - b. In on a leg attack
 - c. Sprawl position
 - d. Riding
 - e. Bottom
3. Hand-Fighting
 - a. Be aggressive by attacking the opponent's stance
 - b. Don't be easy to wrestle against
 - c. Don't stare at your opponent
 - d. Techniques -- PUSH / PULL / HIT / PICK / PASS
4. Technique - The BEST few techniques from the most common positions in wrestling

Phase I (Disc 2) / Technique (Pillar #4)

4. Leg attacks
 - a. Double leg
 - i. Set up
 1. Wrist Pick
 2. Elbow Pass
 3. Inside ties (ALWAYS a great set up)
 - ii. Finishes
 1. Corner double
 - b. High Crotch
 - i. Set ups
 1. Inside tie
 2. Right hand club
 - ii. Finishes
 1. Corner double
 2. Crackdown to:
 - * Head hunt
 - * Elbow trap
 - * Run the leg
 - c. Single leg
 - i. Set ups
 1. Inside tie
 2. Right hand club
 - ii. High level finishes
 1. Knee sweep
 2. Knee shove
 - iii. Low level finishes
 1. Snake in spin from power position (*can also sometimes just dive to your snake and spin finish without locking your hands as we do in youth series*)
 2. Split him to hip flip finish
5. Secondary attacks
 - a. PA (Pennsylvania) -from opponent's collar tie...a common wrestling position
 - b. Football grip to:
 - i. Pull down / go-behind
 - ii. Dresser dump

6. Front headlock position
 - a. Go behind
 - b. Down-block go behind
 - c. Circle shuck

7. Front headlock defense
 - a. Circle out to your feet

8. Top position (riding the CLAW!)
 - a. Cross wrist control to:
 - i. 2 on 1 tilt
 - ii. Easton Roll
 - iii. Rolling tilt

 - b. Chick Wing to:
 - i. Clarion tilt
 - ii. Stack
 - iii. Clarion lift

9. Bottom position
 - a. Knee slide with Post-Tension set up
 - b. Knee spin / slide to stand up (spiral ride counter)
 - c. Shoulder roll (the ONLY roll that will work verses top opponents!)

Phase II includes:

Foundation Wrestling series Phase II (Disc 1)

1. Leg attacks
 - a. Quick Double
 - b. Fireman's carry
 - c. Drive single
 - d. Drive high crotch

2. Advanced finishes
 - a. Double leg finishes from the mat
 - i. Joe Seay finish / crotch lift counter
 - ii. Push up finish / body lock counter
 - iii. Elbow trap / side body lock counter

 - b. Single leg finishes
 - i. Post arm and circle up
 - ii. Split him to leg hook (one of the best finishes there is)
 - iii. Hip slide

 - c. High Crotch finishes
 - i. Knee pull from fail HC attempt
 - ii. Crackdown to shoulder sink

3. Secondary attacks
 - a. Collar jerk
 - b. PA – from forehead position
 - c. Duck under from under hook
 - d. Throw by (controlling the opponents attack hand / arm)

4. Front headlock position
 - a. Wrist trap
 - b. Wrist trap reverse
 - c. Cement mixer
 - d. Double leg tackle (FHL defense maneuver)

5. Hip pressure offense
 - a. Throw the foot
 - b. Bundle the arms (from modified hip pressure position)

6. Bottom position
 - a. Reach back finish to the stand up

7. Sit out position
 - a. Hook shot
 - b. Shot put the head to hip heist
 - c. Change over to stand up (ONE SERIOUS STAND UP!!!)

Phase II (Disc 2)

8. Leg riding
 - a. Positioning, set ups, "Pinch Rides"
 - b. Break downs
 - i. Straight arm hook
 - ii. Back ankle
 - iii. Snap the hands
 - c. Turns from stomach
 - i. Power 1/2 to: sink elbow and Plan 'B' finish
 - ii. Turk
 - iii. Arm bar
 - d. Turns from knees
 - i. Power 1/2 to: lock down and punch away 1/2
 - e. Turns when opponent is on his hip
 - i. Lock down
 - ii. Cross face
 - iii. 2 on 1 tilts
9. Leg riding defense
 - a. Ankle trap
 - b. Hip smash / elbow in
 - c. Hip smash / head hunt (high bridge)
 - d. Hip smash / kick out
10. Various ideas and strategies for teaching and learning how to ride legs in live wrestling.

Phase II (Disc 2)

11. How to teach wrestling technique and drill the room
12. Group drill session (demo of 'what right looks like')
13. Physical drill session (one-on-one drill session demo)

Phase III includes:

Foundation Wrestling series Phase III (Disc 1)

1. Additional Hand-Fighting skills
 - a. Post
 - b. Fake
 - c. Demo – WRESTLING to the leg!
 - d. PUSH / PULL / HIT / PICK / POST / PASS & FAKE demo
2. Double leg attacks with advanced set ups
 - a. Back step / post double
 - b. Back step / pull double
 - c. Take away hands to double
3. High Crotch leg attacks with advanced set ups
 - a. Stab / post
 - b. Smash / post
 - c. Force him inside
 - d. Elbow control HC (includes tricks to break the thumb)
 - i. Finish to Double or Iranian lift finish
4. Advanced High Crotch finishes
 - a. Crackdown fake to double
 - b. Knee slide lift (from his squat & block defense)
 - c. Crack down knee the foot
 - d. Newby finish from his crotch lift
5. Single leg attacks with advanced set ups
 - a. Elbow control / juke step
 - b. Force him inside
 - c. Inside pull
 - d. Post
 - e. Circle post
 - f. Smash post
 - g. Stab post
6. Advanced low / mid / high-level single leg finishes
 - a. Shoot to snake and spin
 - b. Pull & shoot to snake and spin
 - c. Pin wheel
 - d. Peak out
 - e. Split the middle to
 - i. Swisher and sit finish
 - ii. Elbow trap

- f. Quick change off
- g. Run the pipe / quick change off

Phase III (Disc 2)

- 7. Advanced leg attacks
 - a. Near arm far leg
 - b. Snatch single
 - c. Cross-grain single
 - d. Low single with setups & finishes
 - i. Crack down
 - ii. Bump and adjust to crack down
 - iii. Split him to back stroke
 - iv. Elbow trap

- 8. Advanced secondary attacks
 - a. Football grip to:
 - i. Ankle pick
 - ii. Snake
 - iii. Single leg (switch to left-handed front headlock)

 - b. Slam pick
 - c. Snap down go-behind
 - d. Throw by snag (from feet and knees!)

- 9. Advanced counters
 - a. Under hook counters
 - b. Chin drop counter
 - c. Ankle pick defense
 - d. Spin drill counter
 - e. Leg attack scramble counter
 - i. Ankle pullover
 - f. 2 on 1 counter
 - g. Whizzer / hip lock counters
 - i. Knee slide step to leg ride
 - ii. Dive under roll
 - iii. Attack the shoulder

- 10. Front head lock offense
 - a. Wrist pull shuck
 - b. Roll out go-behind
 - c. Throwing a knee
 - d. Circle snap go-behind
 - e. Dresser dump (he gets to feet)
 - f. 2 knee duck under (your in FHL on feet)

11. Hip pressure defense
 - a. Tight waist wrist trap
 - b. Arm trap (counter his 'split the middle' series)

Phase III (Disc 3)

12. Wrestling off of your hip
 - a. Hip heist
 - b. Ankle pullover
 - c. Shoulder slip
13. Key lock / countering snake & spin
 - a. Russian spin
 - b. Limp arm counter to chicken wing
14. Key lock counter
 - a. Bump & go
 - b. Attack his knee
15. Mid-level and high level defense
 - a. Whip & spin
 - b. Head transfers
 - c. Gable dump
 - d. High level counters from feet
 - i. Wrist attack
 - ii. Shoulder to neck
16. Low single leg counters
 - a. Kick out
 - b. Ankle pull over
17. Advanced turns from top
 - a. Tight waist tilt
 - b. Side break $\frac{1}{2}$
 - c. Tight waist half roll
18. Cradles series and several finishes
 - a. Holmes cradle
 - b. Wolf cradle
19. Cradle counters
 - a. Far side counter
 - b. Near side counter
 - c. Cross face cradle counter

Phase III (Disc 4)

20. Leg riding tricks and tactics

- a. Side breaks
- b. Leg slip

21. Rear standing position

- a. Side lift
- b. Re-drop to high crotch
- c. Leg hooks (counters for front man)

22. Bar arm series

- a. Set ups
 - i. From his hand control
 - ii. Claw to spiral ride / jam
 - iii. Claw to far side bar
 - iv. Pull back from his sit out
- b. Turns from his knees
 - i. T-off on his head
 - ii. Cowboy ride to roll out
 - iii. Snake
 - iv. Hip control tilt
- c. Turns from his belly
 - i. Cowboy tilt
 - ii. Holman tilt
 - iii. Tight waist tilt
 - iv. Leg lift tilt
 - v. Minnesota

23. Advanced bottom wrestling

- a. Power inside stand up
- b. Step over series to:
 - i. 5-point roll
 - ii. Tony roll
 - iii. Elbow in
 - iv. Near side single
- c. Ankle elevator

24. Chain wrestling / Chain drilling tactics