

# 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