

# Truckee Wrestling Technique

## **What we do...**

**We are always stalk and push for the Takedown with solid double legs and the front headlock series. We will make the first move on the mat. We will break people down with a spiral or pop and chop. We will look to ride and turn using the two on one motorcycle wrist ride while increasing pressure. From our two on one, we will look for back points by using the cross wrist series, arm bar series, half series, crossface series and Gable series. From the bottom, we will always look to improve our position and get back to our feet. The Inside Stand up will be our first move. The outside stand up and the sit and changeover will be used to clear our hips so we can back out and stand up or change off to a double. The Power sit and the sit and change over will be used for switches and the Pederson.**

## **How to Win**

1. Push the pace and pressure your opponent
2. Make them tired
3. Make them frustrated enough to make mistakes
4. Be aggressive and relentless
5. Finish them!

## **The 7 basic skills**

[https://www.youtube.com/watch?v=sC3Vxv\\_ZI7k&feature=youtu.be](https://www.youtube.com/watch?v=sC3Vxv_ZI7k&feature=youtu.be)

1. Stance - Staggered or Square - <https://goo.gl/5XgHBu>
2. Motion - Stalking your opponent - <https://goo.gl/CF862Q>
3. Level Change and Penetration Step - <https://goo.gl/1u5qny>
  - a. Knee slides and step up - <https://youtu.be/47g7hWSaKmE>
  - b. Cut the corner, step up
4. Lifting
  - a. Finish takedowns
  - b. Mat returns
5. Back Step - <https://goo.gl/1zNiKW>
  - a. throws
6. Back Arch and step over
  - a. Bridge and hp over
7. Then Defense and turns

**Neutral Position** (the wrestler with the first takedown wins 75% of the time)

## **Stance**

1. Stance - Staggered or Square - <https://goo.gl/5XgHBu>

## **Ties** ( don't reach)

1. Stalking - <https://goo.gl/CF862Q>
2. Hand fighting - <https://youtu.be/Ys9tmw3TIEU>
3. Collar and Hook - <https://www.kolat.com/collar-tie-series/-collar-tie-with-tricep-control>  
-<https://www.kolat.com/collar-tie-series/-heavy-hand-collar-tie-attack>
4. Collar and Wrist -<https://www.kolat.com/collar-tie-series/-collar-tie-with-wrist-control>  
- <https://goo.gl/AVVpXe>  
-<https://goo.gl/pz4iEu>
5. Wrist and Head Post
6. Baseball (two-on-one) - <https://goo.gl/2fa4vt>
7. Underhook - <https://www.kolat.com/collar-tie-series/-collar-tie-with-underhook-control>

## **Set ups**

1. Head snap
  - a. Snap and go - <https://goo.gl/1bQzN5>
  - b. Pop and go - <https://youtu.be/e8KSXj-DIRU>  
- <https://goo.gl/MKDsxv>
  - c. Snap to FHL - [https://youtu.be/VUG8p\\_Ps9b4](https://youtu.be/VUG8p_Ps9b4)  
- <https://youtu.be/ajBnXdjbeSc>
2. Forehead pop and go
3. Pound and push across
4. Arm Drags
  - a. <https://youtu.be/bcDYAB0ZQN4>
  - b. Wrist and pull
5. Baseball and clear

## **Takedowns** (Elbow deep on everything)

Jordan Burroughs takes downs [https://www.youtube.com/watch?v=j\\_BkUZ3wOQA](https://www.youtube.com/watch?v=j_BkUZ3wOQA)

1. Snap, Stuff head and Spin
2. Snap, Stuff head and FHL series [https://youtu.be/VUG8p\\_Ps9b4](https://youtu.be/VUG8p_Ps9b4)
  - a. Clear or trap elbow and go behind <https://youtu.be/wVJg9hflnro>
  - b. Cow catcher
    - a. <https://youtu.be/CxOuD9JvTks>
    - b. <https://youtu.be/CxiVT15FHDk>
  - c. Spin and schuck by <https://youtu.be/WgxRoeSLnMA>
  - d. Head in the Hole, topple and go behind  
<https://youtu.be/ydRcuLilyHU>
  - e. Head in the Hole, cradle  
<https://youtu.be/m9WmkzvrU1l>  
<https://www.kolat.com/cradle-from-standing-series/-front-headlock-to-nearside-cradle>  
<https://www.kolat.com/front-headlock/front-headlock-head-in-the-hole-cradle>
  - f. Knee Tap, dump, Cow Catcher  
[https://youtu.be/SyfdWMzi\\_k8](https://youtu.be/SyfdWMzi_k8)  
<https://youtu.be/JYoBtCfNxX8>

## **Takedowns Continued**

- g. FHL to far leg single
  - i. <https://youtu.be/0DYlgg16znl>
  - ii. <https://www.youtube.com/watch?v=7DFSsQOIUF6>
  - iii. <https://www.youtube.com/watch?v=rQCc5r-RQLo>
3. Double
  - a. Basic Double <https://goo.gl/7UD5XU>
  - b. Lift and dump <https://youtu.be/QJedT5VQyPM>
  - c. Lift and turk <https://youtu.be/Gd08rweUdlo>
  - d. Cut the corner and drive <https://youtu.be/vFv11tdr8l4>
4. Hi C to Double
  - a. Lift and dump <https://youtu.be/RFadvGJq0nM>
5. Hi C to Firemans <https://youtu.be/7baNTAsLFL8>
6. Sweep Single <https://youtu.be/UZHMKCYDnu4>
7. Single Leg <https://youtu.be/iv1mueitWoM>
  - a. Head Outside <https://goo.gl/pBaKgw>
  - b. Run the pipe Dump [https://youtu.be/\\_FrztaJ5IAk](https://youtu.be/_FrztaJ5IAk)  
<https://goo.gl/D9AYiS>
  - i. Elevate and trip <https://youtu.be/ezvFUW4gONA>  
<https://youtu.be/3bl8Fexw-74>  
<https://youtu.be/K-xnGXdeOqQ>
  - c. Leg Outside
    - i. Back trip
    - ii. Switch to Double <https://youtu.be/1QrUhl473gM>
    - iii. Lift and slam
8. Pass by / Ducks <https://youtu.be/B399B6bhQCU>
9. Crack downs from knees
  - i. <https://youtu.be/OoIVQCABEog>
  - ii. [https://youtu.be/Ptn\\_Yq8ntas](https://youtu.be/Ptn_Yq8ntas)
  - iii. <https://youtu.be/Peg0Kleb4R8>
  - iv. <https://youtu.be/jB4SP6qtutM>

## **Neutral Defense**

1. 5 lines of defense
  - a. [https://youtu.be/h1vlqBRmH\\_g](https://youtu.be/h1vlqBRmH_g)
  - b. <https://youtu.be/tJiHEIZXUno>
2. Down block <https://youtu.be/yKqlaHt5930>
3. Crossface <https://youtu.be/4aeUAZdhuLk>  
<https://youtu.be/JtxTBZWJkDk>
4. Wizzer [https://youtu.be/5luD0Lv\\_FW0](https://youtu.be/5luD0Lv_FW0)
5. Stuff the head
  - i. [https://youtu.be/wg-\\_TaAEiNo](https://youtu.be/wg-_TaAEiNo)
  - ii. <https://youtu.be/FXUclz7i5v4>
  - iii. [https://youtu.be/NJEk1\\_qXJgk](https://youtu.be/NJEk1_qXJgk)
6. FHL
  - i. <https://youtu.be/IS2cBIQEMg8>
  - ii. <https://youtu.be/auDbRcw-kgQ>

## 7. FHL Defense

### a. Peek out

1. <https://youtu.be/AeSB9iFUwH4>
2. <https://youtu.be/ij324wAE80>

### b. Elbow Dump <https://youtu.be/bYZLANRHmFU>

- i. Pull elbow, Block far knee, hip dump, cow catcher

## Rides and Turns

- Pop and Chop [https://youtu.be/fnl\\_WjltbdI](https://youtu.be/fnl_WjltbdI)
- Ankle Ride “lowa” <https://goo.gl/vh3M4p>
- Far Knee, Far Ankle <https://youtu.be/FOooegcpQ-M>
- Far Ankle, Tight Waist <https://www.kolat.com/breakdowns/-ankle-breakdown-proper-drive>
- Half Nelson <https://goo.gl/EMnRsV>
- Brutal Half <https://youtu.be/3MtwL5Tb-kg>
- Two-on-One
- Pop and Chop to Chicken Wing and Tight Waist (elbow deep) <https://goo.gl/rRtH93>
- Wing and elbow block, Twist over and pull back  
<https://www.youtube.com/watch?v=gkKalz4hcnY> (1:56)
- Pop and Chop to Two-on-One and Motorcycle
  - Wrist and a half <https://youtu.be/A--R3ZQkpqo>  
[https://youtu.be/FN\\_IQqH9RP4](https://youtu.be/FN_IQqH9RP4)
  - Cross Wrist and Crossface barbwire <https://youtu.be/wUJK-VYhIG4>
  - Cross Turk <https://youtu.be/RrxsFyht3IQ>  
<https://youtu.be/Ej2eo6hT0jM>
  - Pull out the arm bar
    - Bar and a Wrist
      - <https://youtu.be/JIs3jqGceME>
      - <https://www.youtube.com/watch?v=D6BRt5ug2IE>
    - Bar and a Half
      - <https://www.youtube.com/watch?v=gkKalz4hcnY>
    - Gable
      - <https://youtu.be/zASSWEagGTc>
      - <https://youtu.be/H99uS4ogDms>
  - Power half
    - <https://www.youtube.com/watch?v=4HUUJj4rUgM>
  - Cheap Tilt
    - <https://www.youtube.com/watch?v=gkKalz4hcnY> (3:51)
    - <https://www.youtube.com/watch?v=4jJMHuePxG8>
    - <https://youtu.be/Ofw-qvqGyGM>
- Spiral Ride
  - [https://www.youtube.com/watch?v=uYNZ\\_-LDQPw](https://www.youtube.com/watch?v=uYNZ_-LDQPw)
  - <https://goo.gl/ihL3V2>

- Cross face
  - Cross face <https://www.kolat.com/cross-arm-riding-series/-cross-face-technique-explanation>
  - Crossface and High Thigh Lift
  - Cross face and reach under to Barbwire <https://goo.gl/34yt3G>
  - Crossface cradle
    - <https://www.youtube.com/watch?v=JcTlgnMBdw0>
    - <https://goo.gl/EGDj8Y>

## Stand ups and Reverses

1. Inside Stand Up
  - a. <https://www.youtube.com/watch?v=juLyIQMBO8k>
  - b. <https://www.youtube.com/watch?v=vKt2r8xSO6g>
2. Outside Stand Up (TBA)
3. Sit, Change over, Stand up
  - i. <https://youtu.be/Q3bdLMC8Hm4>
  - ii. <https://youtu.be/UXvzh97cuvE>
4. Power Switch <https://youtu.be/TgKLd8X0dlk>
5. Sit, Switch <https://www.youtube.com/watch?v=ViJVilmucj8>
6. Sit and Hook shot <https://youtu.be/UXvzh97cuvE>
7. Crawl to create space, Sit, Switch
8. Sit, Change over <https://youtu.be/NLbN1CCdPFs>
9. Sit, Change-over, back out, clear arm, go behind or stand up
  1. <https://youtu.be/yGe12fxTOsk>
  2. <https://youtu.be/j5jVGfoIE9c>
10. Sit, Change-over, Pederson if they follow <https://youtu.be/8TJiybKZJ8Y>