

WRESTLING

Escapes and Reversals

- * 1. switch series
- * 2. crawfish
- * 3. shoulder roll
- * 4. stand and rip
5. side roll
 - * a. with wrist
 - b. with elbow
 - c. far hand grasp
 - d. power
- * 6. sit out and turn in
- * 7. sit out and turn out
- * 8. underarm
9. whizzer series
- * 10. inside switch
11. head pull over the ~~head~~ shoulder
12. step over
- * 13. wing and step over
14. arm drag
15. duck under
16. elevate and ~~elavate~~ scissor
17. double wrist lock and roll
- * 18. Nelson wing
- * 19. nelson counter drag
20. double wrist lock drag
21. back door
22. step over near leg and reap
23. stand and slip arm when ankle is hooked
24. cross body block when ankle is hooked

Remember

The easiest time to escape is from the referee's position
Chain wrestle - each move, if blocked, should set up the next move

Keep moving - don't give opponent a chance to tie you up, keep him off balance, make him counter your moves

There are basically two initial moves ~~are~~ open to the defensive man - stand or sit out - most escapes and reversals begin with one of these moves

An excellent first move is to begin to stand and make your second move as your opponent begins to get up since he will be off balance at that instant

Single leg drop

Start Both standing. A pushes off from the inside of his outside foot aiming his head at the inside of B's inside leg.

Pivot on hand A pivots on his outside hand and hooks B's leg at the knee with his inside arm.

Pick leg up A brings his outside hand to B's foot and quickly stands up lifting B's leg above shoulder level.

Trip If B remains standing A will use the back of his inside leg to trip B

Double Leg Drop

Start Both standing. A pushes off the inside of his outside foot aiming his head to B's inside hip and dropping his inside knee between B's legs. (It is extremely important that A has his arms inside of B's when his move is made.)

Lift A grasps hands with a wristlock and lifts B on his inside shoulder straightening at the hips.

Pivot A pivots on his inside knee using his head as a lever to turn B to his side.

Pin A looks for the opportunity to throw the half nelson as B hits the mat.

KEEP YOUR OPPONENT ON THE DEFENSIVE AT ALL TIMES

Slip Arm

Start Both standing. A locks up in either a double or single under hook position.

Slip A worries B with his inside arm. When B relaxes his inside arm A slips B's inside arm over his shoulder with a flip of his outside arm using the elbow.

Crawfish A then crawfishes to a standing position behind B locking his wrist and bringing him to the mat with a back heel trip.

Duck Under

Start Both standing. A reaches for B's neck with his inside hand as if to tie up in the neck and elbow position.

Duck As B reacts by bringing his inside hand to A's neck, A ducks his head under B's armpit and takes a long step forward with his outside foot.

Bridge A then lifts and bridges against the back of B's inside shoulder to hold B off balance.

Swing A then swings in behind B pulling B to the mat in a circular motion with a back heel trip.

Snap Down

Start A and B are on their knees facing each other and A pushes with both of his hands against B's shoulders.

Move in and push A moves in and steps up on his outside foot as he hooks his inside hand on B's neck maintaining the pushing action against B with his inside forearm and his outside hand on B's shoulder. B resists this action with enough forward force to keep from being pushed backward.

Pull When B forces forward, A changes from a push to a hard pull on B's neck with his inside hand and overhooks B's inside arm with his outside hand to pull B forward and to one side as A steps to his feet to go behind.

Snap Down A jerks B forward with both hands and follows through using his inside hand to push B's head away and his outside hand to push B's inside arm by as he moves alongside B to go behind.

Spin With B off balance, A drops into a spinning position on B's back using his weight to keep B off balance as he moves behind B.

Control A spins in behind B into a floating position on top as B pushes back to recover from the snap down.

Pancake

Start A secures a single underhook position on B's inside arm. A works B into stepping into A.

Overhook As B steps forward A grasps the tricep of B's outside arm pulling it forward under A's armpit.

Sit and turn A begins to sit on his inside hip as he extends his leg across B's path and turns B to his shoulder. A scissors his legs quickly to flatten B on his back.

Pin A then holds his grip on B's arms and sits through with his outside leg to pin B.

Stand-up Escape

Start Referee's position. A pushes on the mat with both hands forcing his weight back over his legs and pushing into B's chest.

Trypod position As B steps his inside foot behind A, A continues to force backward into B. A steps up and out on his outside foot and grasps the fingers of B's inside hand and slides his inside hand back along his inside leg for support as he raises his inside knee off the mat. A keeps inside elbow close to body to prevent B from locking his hands around A's waist.

Stand As A rotates his hips away from B he moves up into a standing position.

Bridge step As B stands and pulls A close, A steps forward bridging slightly against B's shoulder.

Turn in A pulls B's outside hand up to his armpit and drops his inside shoulder under B's chest as he turns letting go of B's fingers.

Pivot As A's inside shoulder comes through, A raises his inside arm to prevent B from circling behind. A pivots on outside hand until free.

Sit Out and Turn In

Ready Referee's position (A underneath and B on top)

Step and Reach A step up and out on outside foot and move inside arm forward.

Sit A swing inside leg under outside leg, bring inside elbow into stomach. Hand on the mat on inside side.

Turn Raise outside leg forward and pivot on inside shoulder bringing outside knee high to chin. Bring inside arm up as soon as body weight is removed. Set both knees wide on recovery

Switch

Start Referee's position

Move hand A moves his inside hand across his outside hand.

Hand in pocket A extends his outside leg backward and places his outside hand on his outside buttock as if reaching in his hip pocket.

Sit A swings his inside leg under his outside leg pivoting on his inside hand and outside foot to a sitting position on the mat with his outside arm extended into B's crotch. A's outside hand is pressed against the inside of B's inside thigh and he pulls on B's inside arm with his inside hand to get his armpit as close to B's armpit as possible.

Extend A extends his outside arm and his body as he raises his buttocks off the mat and swings it away from B. This forces B's inside shoulder to the mat.

Breakdown A slides his hips in the direction of B's inside hand until B's shoulder is pinned to the mat.

Turn A swings his inside leg upward and forward across B as he turns off his outside shoulder and outside foot to the top position.

Recover A steps across B with his inside leg and keeping his knees wide he presses his weight into B by driving with his feet on the mat and forcing his abdomen against B's inside hip and hooks both of his hands on B's outside wrist.

Tight Waist and Near Arm

Start Referee's position. A slides inside knee against B's inside knee pulling B over onto his hip.

Tighten As B falls to his inside hip A deepens his hold on B's waist.

Bar arm A presses his forehead against B's triceps and drives his inside shoulder into the lower inside ribs of B until he secures a firm grip on B's inside wrist. Now A can apply pressure with his forehead.

Release for Tight Waist

Start A on inside with B's inside arm wrapped deep around A's waist. A held close to B by the leverage of B's inside arm. B push shoulder into A's ribs and pull down on A's inside hip with outside hand.

Pull Elbow and Bridge A take a good hold on B's inside arm with both hands and pull B's elbow up to chest. Bridge onto inside shoulder.

Turn into front bridge A continue to hold B's elbow. Turn into front bridge on inside shoulder.

Recover Release B's elbow and set knees wide.

Escape from Half Nelson and Crotch Pin

Ready B on top. A on inside

Cuddle A turn to left side. Push B outside leg away with inside hand and reach outside hand under B's inside arm as far as possible and around B's back. Work inside knee under B. Push B down toward A's legs.

Bridge A bridges on inside shoulder and head. Push on B's inside leg and try to turn B over by lifting with right arm around B's back.

Drop and Pivot B resist. A drop to inside hip and extend legs swinging inside leg under outside leg and push B away with hands on B's thighs. Spin to prone position on stomach. Recover quickly to knees, be prepared for B to spin behind.

Escape from Reverse Nelson and Crotch Pin

Start B on top. A underneath on back.

Cuddle A turn to inside. Push B's leg away with inside hand. Reach outside hand under B's chest as far as possible and around B's back. Try to work inside knee under B pushing down toward A's legs.

Bridge-In Bridge on inside shoulder and head. Push on B's outside leg and try to turn B over by lifting with arm around B's back.

Drop and turn B resist. A place inside hand against own stomach, drop hips to mat, roll to outside pulling outside arm out and forcing inside arm through as far as possible.

Bridge-Out Bridge on outside shoulder, push against B's chin with outside hand to force inside arm free from under B.

Drop and Shoot Arm Drop to hips, shoot inside arm free and turn to outside.

Force head and turn Use back of inside arm to force B's head back and turn into front bridge on outside shoulder to recover with knees wide.

Fireman's carry

Start Both standing in neck and elbow lock-up.

Step in A attempts to make B step forward with his outside leg. As B steps forward A slides his inside arm from B's neck to the tricep of B's outside arm lifting it so that he can duck his head under B's outside armpit. At the same time as A ducks his head he steps between B's legs with his outside foot and hooks B's outside thigh through the crotch.

Sit A lifts most of B's weight from the mat by pulling down on B's tricep and standing slightly. A extends his inside leg across the path of B's outside foot. A sits on his inside hip in a semi-cuddle position as he rolls B's across his body by turning to his shoulder.

Pin As B rolls off A's shoulder, A maintains the inside crotch and tricep holds as he looks for the opportunity to apply a reverse inside cradle or a reverse half nelson.

LEARN WELL THOSE TAKEDOWNS WHICH GO DIRECTLY INTO A PINNING SITUATION. THEY ARE THE BEST ONES IN THE FIRST PERIOD AND THE ONLY ONES.

Body drag

Start A down, B with his outside arm over A's inside shoulder.

Sit through As B drives on or applies his weight to A, A sits through to his inside pivoting on his outside hand and inside foot.

Drag A powers his inside arm up and around B's back dragging B's body forward.

Scoot A drops to his inside hip and scoots as he brings his outside arm up expecting B to step over. A turns to his knees securing either the inside or outside crotch ride.

Start Referee's position, A down. A pushes on the mat with both hands forcing into B to start the stand up escape.

Tripod A braces his outside foot on the mat and uses his outside hand to grasp the fingers of B's inside hand as he continues to push into B with his side.

Slip hand A lifts outward on B's inside hand to loosen it and slips it upward under his outside arm pit as he drops his inside elbow to the mat turning his inside shoulder under B's chest.

(May start here from referee's position if opponent lines up high.)

Crawfish A places his outside knee and outside hand on the mat turning in deeper under B's chest as he raises his inside knee off the mat to bring his inside arm backward from under B placing it around B's back.

Buck A backs out into a buck position and raises his inside leg to step across B as he uses his inside arm around B to pull under him. A keeps his head down and makes a steep slide out of his back so that B's arm will slide down over A's head as A steps across and pulls B under.

Breakdown A moves into a tight waist or crotch pry and near arm to force B down to his inside on the mat.

EACH MANEUVER HAS MANY VARIATIONS. LEARN ONE WELL.

Side roll and reverse inside cradle

Start Referee's position. A underneath and B on top with his inside arm around A's waist.

Slide knee A takes hold of B's inside wrist with his outside hand, turns his outside toe in and slides his outside knee toward his inside knee as he rolls to his outside.

Kick over A adds to the momentum of the roll by using his inside instep to thrust B's outside leg up and over as he rolls.

Right angle and scissors legs A swings his legs at a right angle to B moving his inside leg under his outside leg, ready to turn on his toes into a position on his knees. A retains the hold on B's wrist with his outside hand and places his inside hand on the mat on B's outside.

Recover to knees A turns on his toes as in a front bridge and recovers to his knees pulling them under him and against B's back. A's inside hand is on the mat for balance. He continues to hold B's wrist with his outside hand and pulls B's inside arm tight around his back.

Reverse nelson and inside crotch A underhooks B's head with his inside arm as he releases B's inside wrist and gets an inside crotch hold with his outside arm.

*Cradle (rock-a-bye baby) A raises B's outside leg with his outside arm to lock his hands by hooking the fingers of one hand into the hooked fingers of the other. By extending his inside leg and pressing the hip to the mat against B's inside arm, A can wedge B into a tight pinning situation. A should keep his arms flexed and his elbows pulled in close to his body for the maximum leverage putting a twist on B's neck as it is pinched in the crook of A's inside elbow.

Outside Cradle - 'Accordian'

Start B broken down. A with a rear hook on B's inside leg with A's inside arm.

Cup jaw A lifts B's inside leg, places his forehead in B's lower near ribs, and cups B's jaw by reaching across the back of B's neck (not a half nelson position unless it is open).

Drive A drives from his toes forcing his head into B's rib cage and pulls the leg and head together like an 'accordian.'

Lock fingers As the head and knee come together, A slides his arms deeper around B's neck and knee (elbow should be behind each). A locks fingers with the finger hook lock.

Tip A drops to his outside shoulder tipping B onto his shoulders.

Hook leg As B goes to his shoulder, A drops to his outside hip and with his inside leg hooks B's outside ankle behind his own knee pulling it down to the mat.

Bend A applies pressure to B's neck by pulling up on B's neck against A's chest cocking B's head so that his spine is curved helplessly

CRADLE! CRADL! CRADLE!

PIN! PIN! PIN!

Inside crotch pry and bar arm-nelson pin

Start Referee's position, A on top.

Pivot behind A drops his inside hand into B's crotch with the palm of his hand against the inside of B's outside thigh. At the same time A steps onto his inside foot in behind B forcing against B's outside buttock with the inside of his inside thigh. A keeps his outside hand hooked on the crook of B's inside elbow and his outside knee remains on the mat outside of B's left ankle.

Leverage A leans at a diagonal forward and across B's back using his inside arm as a lever across B's side and pushing against B's outside buttock with the inside of his inside thigh he forces B off balance to B's inside shoulder and hip.

Breakdown As B falls to the mat A jerks B's inside elbow out to the side to prevent B from catching A in a roll.

Bar arm A reaches through the crook of B's inside elbow with his outside hand underhooking B's wrist. A applies leverage by extending his outside arm across B's upper back and leaning his outside shoulder into B's back.

Bar arm and outside crotch position As A moves his outside knee into B's neck and his inside knee into B's wrist against the lower part of B's back he takes an outside crotch hold on B's outside leg keeping the leverage across B's upper back with his outside arm.

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