

# FREESTYLE TECHNICAL SKILLS

## *SEAGULL WRESTLING CLUB*

### 1. Neutral Position

- a. Head Position- offense (same side as attack) and defensive positioning.
  - Elevation- changing levels, using fakes.
  - Angle- creating proper angles for attacks with proper footwork.
  - Clearing hands, using drags, elbow pass, Y blocks
- b. Crowding and how to make first contact. Controlling your weight shifts
- c. Making contact- no pushing or leaning. Define winning hand fighting to dominate position. Underhooks, 2 on 1, Russian tie, head and arm, double under hooks,
  - Closing the gap
  - Step outs- creating and defending step outs.
  - Proper footwork-
  - Reset your feet from defense to offense.

### 2. Neutral Position-Offense

- a. Inside step penetration- high crotch, double leg
- b. Outside step penetration
  - Single leg
  - Snatch single
  - Outside double leg
  - Duck under
  - Pull singles.
  - Straight singles
- c. Setups/Hand fighting
  - Level change
  - Underhook offense
  - Over-tie offense & Snap downs to go behinds.
  - Lead leg attacks.
  - Trail leg attacks
  - Mis-direction leg attacks
- d. Scoring takedowns
- e. Finishes – On the mat, shelving, take leg out scoring from wizar
- f. Head Locks, Arm throws, Arm spins, body lock throws, inside trip,
- g. Counters to head locks, arm throws, arm spins, body locks

### 3. Counter Offense

- a. Defensive Counter Offense- knock downs, crotch throws, chest locks
- b. Stuff head to breaking down opponent's attack- baseline defense.
- c. Transition offense- to leg laces, crotch throws, gut wrenches.

### 4. Par Terre Position

- a. Offense
  - Gut wrench - Low Lock
  - Leg lace - Cartwheel
- b. Defense
  - Gut wrench - low lock
  - Ankle lace - catch ankle