

# T & T

## Technique & Toughness Wrestling Clinics



### Clinic Dates

- June 4th & 5th - St. Louis Schools (Oahu)
- June 7th - Westside WC (Kauai)
- June 12th - Baldwin (Maui)
- July 11th & 12th - Franklin County (VA)
- July 22nd-25th - T&T/Hammer - JF (VA)

### Technique Sessions

- **Hand Fighting with purpose** - Learn how to use heavy downward pressure on the arms and head to wear down your opponent and secure front headlocks and open up leg attacks.
- **Neutral Attacks and Finishes** - Learn how to exploit your opponents natural reactions to maximize scoring potential.
- **Top Work** - Learn how to put combinations together to transition between scoring opportunities in the top position.
- **Bottom Work** - Learn the principles of counter pressure to turn your opponents offense into your points.
- **Freestyle & Greco Crossover** - Learn techniques that can be used in all 3 styles of wrestling.

### General Info.

Cost: 1 day - \$40 - 2 Day - \$75 - 4 Day \$150 (Ask your Coach about discounts)

Times: 9:00 am - 3:00 pm (subject to change)

Registration and Waiver:

<http://www.quia.com/sv/960578.html>

Payment: [paypal.me/TandTwrestling](https://www.paypal.com/paypalme/TandTwrestling)

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