

Creekview Wrestling Syllabus

Basic Skills

- I. Position
 - A. Stance
 - 1. Square
 - 2. Staggered
 - B. Shot position
 - 1. Double, Defense
 - 2. Hi-C, Defense
 - 3. Single, Defense
 - C. Bottom – Arms length away (Strobel)
 - D. Rear Standing
 - 1. Front
 - 2. Back
 - E. Top
- II. Motion
 - A. From Each Position
 - a. Stance / Motion / Lead hand, Down
Block(Strobel) / Knock out Circle up (Gable) /
Knock out - Hip heist circle up (Gable) /
 - b. Base Building – Knee up, hip heist to sit
(Strobel)
 - c. Floating controlling hi and low
- III. Change Levels
 - A. Stance
 - 1. Lower Levels
 - 2. Raise Levels
 - 3. Split scissors
 - B. Shot
 - C. Bottom
 - D. Rear Standing
 - E. Top
- IV. Penetration
 - A. Inside step
 - 1. Flare
 - 2. Knee Spin
 - a. Inside
 - b. Outside
 - B. Outside step
 - 1. Flare
 - C. Cross Step
 - D. Knee Drop
 - E. Knee Slide
 - F. Tri-dot (BZ)
- V. Grips
 - A. Knuckle Lock
 - B. Hand Clasp
 - C. Forearm Grab or Hook
 - D. Butterfly Lock
- VI. Lifting
 - A. From Each Position
- VII. Sprawl
 - A. Position
 - B. Knock out (Gable)
 - C. Lead hand, Down & Away (Strobel)
- VIII. Backstep & pivot
- VIII. Back-Arch
 - A. Spider walk
 - B. Partner
 - i. Two hand help
 - ii. One hand help
 - C. Bridge flips
 - D. Kip to back bridge
- IX. Sweeps
 - A. Leg sweep (leg up)
 - i. Step sweep, push pull
 - B. Knee sweep
 - i. Land on thigh or hip
 - C. Foot sweep
- X. Contact (Tie-Ups)
 - A. Head tie (Same side head tie)
 - B. Head and Biceps
 - C. Biceps tie (one or two)
 - D. Elbow tie (one or two) w/motion
 - E. Two on One w/Head position
 - i. Baseball Grip
 - ii. Wrist & Elbow
 - iii. Wrist & upper arm
 - F. Underhook (one or two)
 - i. control far wrist
 - G. Wrist tie-up (one or two)
 - H. Forearm Hook
- XI. Set-Ups
 - A. Control
 - i. Head Position (offense/Defense)(Gable)
 - i. Underhook
 - ii. Two on one
 - iii. Pummel /
Speed /
Power & Motion
– Penetration (Gable)
 - B. Contact
 - i. Push - Pull
 - ii. Pop
 - iii. Chop
 - iv. Shuck
 - v. Drag
 - vi. Post – Post appendage to the mat (Snaps)
 - vii. Snap – Arms, Head, Side – go behinds
 - viii. Touch and go
 - C. Open
 - i. Any fake or feint
- XII. Hip heist
 - A. Both Directions
 - B. Low Level
 - C. High Level
- XIII. High Turn (Head Post)
- XIV. Swisher
- XV. Sit out “When in doubt sit out” Strobel
 - A. Long sit
 - B. Short Sit
 - C. Sit back
 - D. Turn in
 - E. Shrug
- XVI. Bridging
 - A. Front
 - B. Back
 - C. Walk around
 - D. Flips
- XVII. Skills
 - A. Teach Skills
 - B. Wrestlers drill skill from where they use the skill the best

Creekview Wrestling Syllabus

XVIII. Drills

A. Three step Penetration Drill

- i. Level change Penetrate to contact
- ii. LC – P – rotate to green dot (cut corner)
- iii. LC – P – R – Drive opponents weight off head
- iv. LC – P – R – Lift

B. Drive weight off drill – Circle to bring legs together for finish

- i. Drive with hand - head
- ii. Incorporate into 3 step penetration

C. Head Position Drill

- i. Hands behind back part. Part. - Pulling & pushing
- ii. Keep opponent out of circle.

D. Lawn Mower Drills

- i. 2 on 1 – head position
 1. Baseball grip
 2. Wrist & Elbow
 3. 2 on 1

E. Hand Fighting drills

- i. Clear collar tie – Elbow shuck
- ii. Clear & reverse 2 on 1
- iii. Attack & clear under hooks
- iv. Off –balancing

F. Sumo – Move out of circle or snap to mat

- i. Hands behind back
- ii. Under hooks
- iii. 2 on 1
- iv. head position

G. Snaps – Go behind (get weight on pivot point, block arm, finish on legs) Gable

- i. Collar w/push pull
- ii. Underhook & wrist
- iii. Front Head lock
- iv. 2 on 1
- v. Dbl inside tie
- vi. Dbl outside tie

H. Snaps to create angles to penetrate

- i. High level 3 step penetration

I. Leg transfer drill -

J. Corner cutting drill Gable

- i. Low on mat – keep position pick up ankle – Head inside/outside
- ii. On feet – Flank

K. Pummel Drill

- i. Speed
- ii. Power
- iii. To ducks/drags
- iv. Penetrate to leg attacks (Circle with far side pull to off balance – Finish low on legs)
- v. Outside

L. Down Block Drill Strobel

- i. Lead hand down Leg away, punish with far hip
- ii. Far hand down leg away, punish with far hip

M. Foot – Tag

- i. One man penetrates the other moves his feet w/out using hands to prevent tag Strobel
- ii. Add down block
- iii. Both men work using counter offense

N. Go behind circle drill (Get weight on near arm, finish on legs) (Create angle from opponents shot to initiate go behind) Gable

- i. Sprawl – clear hands – go behind
- ii. If you get caught out front – push in (Jam), Pull (Snap, bounce head and arm) – go behind
- iii. Down block, keep weight on near shoulder, near cheek or ankle, pull yourself behind Strobel
- iv. Sequence – Shot, down block go behind, standup, start again Strobel

O. Opponent has leg

- i. Down and away Strobel
- ii. Don't let them pick you up
- iii. Break the grip
 1. Punish w/ far hip (Square)
 2. keep knee off mat
 3. Push his knees scoot down & away
 4. Go behind

P. Whip over drill (opposite leads, good position and pivot)

Q. Shot reshot drill – down block to reshot Strobel

- i. Attack trail leg
- ii. Redirect upper body to open shot
- iii. Sequence - Partial shot, down block, reshot Strobel

R. Quad pod

- i. circle out drill (Retreat from bad shots)
- ii. As opponent retreats attack near leg on reshot

S. Sucker drag drill (to clear front head lock)

T. Peak drill/duck drill

- i. Body lock duck drill

U. Back Step Drill

- i. Shoulder throw
- ii. Hip toss
- iii. Head lock

V. Duck/Drag Drill

W. Whizzer fight drill

- i. Low level
- ii. High level – Clearing hands, using legs

X. Hip Heist Drill

- i. Quad Pod – Hip heist & back
- ii. ADD High leg over
- iii. Add Granby

Y. 2 on 1 Front headlock drill

- i. From contact move to 2 on 1 position as partner counters goto front headlock

Z. Clear Front headlocks drill

- i. Control wrist and elbow
 1. drag
 2. adjust to 2 on 1
 3. duck

Creekview Wrestling Syllabus

Takedown Techniques

- I. Double leg
 - A. High Level Finishes (Feet)
 1. Tackle (hips finish opposite head)
 2. Flair (Make an L)
 3. Run the pipe
 4. Lift
 5. Sweep – Step rt – Sweep lt (Gable)
 - B. Low Level Finishes (Knees)
 1. Lift & Flair
 2. Run the pipe
 3. Trip (Inside and outside)
 4. Trap the wrist on the waist
 5. Trap the wrist on the ankle
 6. Lift & rotate
- II. Single leg
 - A. High Level Finishes (Feet)
 1. Leg Transfer Drill
 2. Leg outside
 - a. Flair (Barzagar)
 - b. Tree-top, slap the head and trip (Sweeps)
 - c. Backstep, turk or cradle
 3. Leg in middle
 - a. Run the Pipe
 - b. Navy
 - c. Block the far heel and Knee
 - d. Seat belt
 - d. Leg transfer
 4. Leg in front
 - a. Head Drive
 - b. Backside Flair
 - c. Flank, to clear head pressure
 - d. Run the pipe
 - e. Elevate knee, hook heel
Trip, front or back
 - B. Low Level Finishes, head inside (Knees)
 1. Post and Circle (ear pressure, snake shin, Keep outside leg up)
 - a. Ankle hook, limp arm
 - b. Ankle hook, far ankle
 - c. Ankle hook, trap knee, pull ankle to far hip
 - d. Ankle hook, navy
 - e. Ankle post (w/knee) set him on his hip
 2. Post and Duck between the legs
 3. Cut Across, Pull the knee, step and put your head farside
 4. Far side carry (Dump)
 5. Trap the wrist (On the ankle or the waist)
 6. Bring the far knee down and change to double leg (Low Level Flair)
 7. When opponent covers your head, peek your head out by throwing your elbow and change to a double leg
- III. High Crotch (Head Pressure, Motion)
 - A. High Level Finishes (Feet)
 1. Change to double leg
 - a. flair
 - b. run the pipe
 2. Lift
 - B. Low Level Finishes (Low level finishes, head outside, Spin to maintain position)
 1. Transfer the weight to the far leg and
 - a. Flair (Knee or Calf)
 - b. Run the pipe
 2. Spin
 - a. Block far knee pull near knee
 - b. Wrap to far hip
 - c. step up pivot pull hips through
 3. Hook the ankle, head behind the knee, go backside
 4. Post and elevate (When your opponent has the angle on your shoulder)
 5. Set him on his hip (shoulder inside, on toes, pressure on thigh to lock hip)
 - a. pull back, Finish arm turk
 - b. post the head and cartwheel across opponent
 - c. lay back and take the head when opponent uses a half
 - d. trap the wrist that is around the waist or crotch and roll to the head
- IV. Duckunders, Create window – penetrate - Flair
 - A. From wrist tie-up
 - B. From underhook
 - C. From overhook
 - D. From open position
- V. Fireman 's Carry
 - A. Near Arm Near Leg
 1. Carry to both knees, Throw or dump
 2. Drive through
 - B. Near arm far leg
 1. Dump, Spin & post shoulder
 2. Peek
 - D. Over and under (head outside carry)
- VI. Arm Drags (Down and across)
 - A. Drag to a double
 - B. Drag to a single
 - C. Drag to a trip
 - D. Fake fireman's and drag
 - E. Catch far hip
- VII. Ankle Picks (Hook)
 - A. Head and Heel
 - B. From an underhook
 - C. From a two one
 - D. From a front headlock
- VIII. Knee Picks (Hook)
 - A. From head and bicep tie-up
 - B. From underhook

Creekview Wrestling Syllabus

- C. From two on one
 - D. From elbow control
 - IX. Inside Trip
 - A. From an over and under
 - B. From a two on one
 - C. From a front headlock
 - D. From a headlock position
 - X. Front Headlocks
 - A. High Level
 - 1. Cross ankle
 - 2. Inside trip
 - 3. Firemans Carry
 - 4. Head trap, bridge through
 - 5. Arm trap, bridge through
 - B. Low Level Finishes
 - 1. Snap and butt drag
 - 2. Snap and knee
 - 3. Circle to single
 - 4. Circle to cradle
 - 5. Roll through Head Trap
 - 6. Roll through Arm Trap
 - 7. Shuck off circle
 - 8. Knee block
 - XI. Throws
 - A. Head and Arm
 - B. Hip toss
 - C. Lateral Drop
 - 1. Ankle hook – overhook side
 - D. Arm spin
 - E. Shoulder throw
 - F. Salto
 - XII. Two on One Techniques
 - A. Reach around & capture the far hip
 - B. Single leg
 - C. Foot sweep
 - D. Fireman's
 - E. Double leg
 - F. Ankle pick or knee pick
 - G. High crotch, far side
 - H. Arm drag
 - I. Duck under
 - J. Head & arm or Shoulder throw
 - XIII. Underhook
 - A. Hi crotch
 - B. Duckunder, nearside & farside
 - C. Nearside single, seat belt series
 - D. Knee pick
 - E. Pinch headlock
 - F. Hook head circle bring head down to front headlock
 - G. Throwby
 - H. Ankle pick
 - XIV. Breakdowns From Behind (Rear standing)
 - A. Lift & Sweep
 - B. Forward trip
 - C. Change to single
 - D. 2 on 1, Heel Block and sag back
 - E. Spiral (hook) lift
- Counter Attack Techniques**
- I. Five Lines of Defense
 - A. Head
 - B. Hands
 - C. Arms
 - D. Hips
 - E. Technique (moves or tricks after opponent has gotten past your head, hands, arms, and hips)
 - II. Forearm Block
 - A. Opponent's head is down
 - 1. Block and reroute
 - 2. Block, snap and spin
 - 3. Block and shuck
 - 4. Block and knee drag
 - B. Opponent's head is up (Reshots to trail leg)
 - 1. Block, post and hit double leg
 - 2. Block, post and hit ankle pick
 - 3. Block, post and hit single
 - 4. Block, post and hit high crotch
 - 5. Block, post and hit a duckunder
 - III. Forearm Shiver Block
 - A. Front headlock
(Low level front head lock finishes, same as X. B)
 - B. Double hand post (Gable) From opponents shot
 - ii. Move opponent out of position
 - iii. Go behinds
 - iv. Whip when opponent reaches up
 - v. Knee tap
 - IV. Sprawl
 - A. Opponent's head is inside
 - 1. Down and away – attack w/free hip – Block hips – push back - knees off mat
 - 2. Cross face Butt drag
 - 3. Square hips drag circle far side
 - 4. Front Body lock Drill (Gable)
 - 1. Hands locked high on chest, squeeze elbows
 - 2. Hip in turn upper body
 - a. Post go behind
 - b. Post head step over
 - 5. Trap wrist – lock around waist – go behind (Gable)
 - 6. Front ¼ nelson
 - a. Push head under arm – walk around head
 - b. Hip in – post far shoulder – step over (Gable)
 - 7. Waist block and knee block
 - 8. Spladle, far side switch
 - 9. Whizzer – far arm – hip in (Gable)
 - 10. Bundle – hip in - post shoulder – Step over (Gable)
 - B. Opponent's head is outside
 - 1. Down and away – attack w/free hip – Block hip or attack ankle with near arm – Pressire on head Strobel
 - 2. Roll the hip and sprawl
 - 3. Cut corner cross face Butt drag
 - 4. block free arm – let it out, underhook – knee pick

Creekview Wrestling Syllabus

5. Transfer head – down & away – but drag go behind Strobel
6. Ankle roll – Scramble
7. Lift near ankle drive in - scramble
8. Switch
9. Neck Wrench
10. Squat with tight waist & head pressure

V. Counter the Single Leg When Opponent Has the Angle

- A. Kick out
- B. Reverse Spin Strobel
 1. Get weight on head
 2. Pressure with hips on his shldr
 3. Spin on Vert axis to far hip and key lock ankle free
- C. Step over crotch lift (keep leg strait for pressure on the head)
- D. Hip Lock (Whizzer)
 1. Limp leg
 2. Extend & elevate opponents hips
- E. Lat Pull
- F. Low single
 1. Lift front head - clear leg
 2. Rotate – Weight on head – elevate his hips over trapped leg
 3. Step over – kick shoulder – trap ankle

VI Counter the Single when Leg is Up (Keep leg in the middle or outside)

- A. Transfer the Head Out, Switch
- B. Transfer the Head In, Whizzer Post Head Down and Away
- C. Whizzer, Attack Hands Or Elbows, Fight leg to the mat
- D. Whizzer, trap the head, hook leg, knee pick
- E. Dive throughs
- F. Leg hook lateral drop
- G. Wrist trap Lat throw

Clearing Tie Ups With Counter Offense Techniques

I. Clearing the Head Tie Up

- A. Inside control
- B. Shuck
 1. Overtie
 2. Pry
 3. Elbow
 4. Hook
- F. Change to a two on one
- G. Arm spin
- H. Shoulder throw

II. Clearing Underhooks

- A. Post, limp arm and high crotch
- B. Post, limp arm and single leg
- C. Control the elbow and duckunder
- D. Change levels and double leg
- E. Change levels and single leg
- F. Fireman's carry
- G. Inside Trip
- H. Arm spin

- I. Metzger
- J. Shoulder throw
- K. Set em in the lap and lateral drop
- L. Head and Arm

III. Clearing the Two on One

- A. Change levels and single leg
- B. Control far elbow and high crotch
- C. Shoulder throws
- D. Step behind knee
- E. Control the wrist and underhook

IV. Clearing the Wrist

- A. Duckunder
- B. Arm Drags
- C. Single leg
- D. Change to a two on one

V. Clearing Bicep Tie Up

- A. Chop to a double leg
- B. Chop to a single leg
- C. Pull the elbow high crotch
- D. Pull the elbow single leg
- E. Duckunder

VI. Clearing Front Headlock Tie Up

- A. Sucker Drag , Whip back
- B. Change levels high crotch
- C. Dump
- D. Pull the wrist and leg trap
- E. Hold the wrist and high crotch

VII. Clear the Over and Under Tie Up

- A. Pummel to duckunder
- B. Pummel to hip toss
- C. Outside single
- D. Inside Trip
- E. Snap to a front headlock
- F. Footsweeps
- G. Underarm spin
- H. Shoulder Throw
- I. Knee Pick
- J. Pummel to firemans
- K. Pummel to high crotch
- L. Pummel to headlock
- M. Bodylock throws
- N. Metzger

Creekview Wrestling Syllabus

Escapes

- I. Stand-ups
 - A. Inside Leg
 - B. Outside Leg
 - C. Swisher
 - D. Tri-Pod
- II. Finishes From the Feet
 - A. Hand Control, Isolate the Leg and Turn Outside
 - B. Hand Control, Isolate the Leg and Turn Inside
 - C. If Hands are Locked High, Chop the Elbows
 - D. If there is a half nelson, throw the Elbow By
 - H. Standing Peterson
 - I. Standing Switch
- III. Hip Heist
 - A. Low Level
 - B. Mid Level
 - C. High Level
- IV. Switch
 - A. Low Level
 - B. Running Switch
 - C. Inside Switch
 - D. High Level Switch
 - E. Defend Switch by looking over near shoulder
- V. Granby Rolls
 - A. Tri-Pod
 - B. Over the Top (push back)
 - C. Sit-out turn in Granby
- VI. Sit-Out and Turn
 - A. Sit-out and Turn In
 - B. Sit-out and Head Spin
 - C. Sit-out and Peterson
 - D. Sit-out and Gazzoni
 - E. Sit-out and Stand Up
- VII. Clearing the Spiral Ride
 - A. Stand-up, inside leg
 - B. Inside Switch
 - C. Shoe laces, Knee slide
- VIII. Clearing the Ankle
 - A. Post the Ankle
 - B. Swisher
 - C. Shoelaces
 - D. Switch
- IX. Clear the Legs
 - A. Tri-pod Granby
 - B. Mule Kick and Shoe laces
 - C. Switch
 - D. Swim
 - E. Hip Smash
 - F. Use your foot to unlace leg
- X. Clearing the Crab Ride
 - A. Post the Knee Step on the Foot
 - B. Take the Bottom of the Foot and Slide Down and Away

Creekview Wrestling Syllabus

Pinning and Riding

- I. Breakdowns
 - A. Hip Smash to Near or Far Wrist Control
 - B. Near Arm Far Ankle
 - C. Tight Waist Near Ankle
 - C. Tight Waist Far Ankle (Nebraska, Arm Turk)
 - D. Spiral
- II. Ankle to Pin or Back Points
 - A. Cradles
 - 1. Near Side
 - 2. Far Side
 - 3. Crossface
 - 4. Cross Ankle
 - B. Cross Ankle and Half Nelson
- III. Inside Bar to Back Points or Pin
 - A. Near Wrist and Waist Tilt
 - B. Near Wrist and the Underhook Tilt
 - C. Put the Near Wrist on the Back and Crossface
 - D. Near Wrist and Block the Head and Lace the Arm
 - E. Put the Near Wrist on the Back and Switch to Arm Bar
 - F. Put the Near Wrist on the Back and Throw Legs
- IV. Spiral to Pin or Backpoints
 - A. Spiral to Far Wrist & Stack
 - B. Spiral to Reverse Headlock When Opponent Steps Over Leg
 - C. Spiral to Near Wrist & Half
 - D. Spiral to Legs
 - E. Inside Bar Series
 - F. Mills series
- V. Tight Waist to Cross Wrist Turns and Pins (Jones Series) (only use the tight waist after your opponent has been broken off his base)
 - A. Cross Wrist to Waist Tilt (2 on 1)
 - B. Cross Wrist Elbow Snatch (catch the elbow when opponent tries to clear his wrist)
 - C. Cross Wrist to Crossface Turn
 - 1. Use chest to trap near arm circle to head
 - 2. Circle to head underhook near arm to turn
 - 3. Turk
 - 4. Cradle
 - D. Cross Wrist to Turk
 - E. Cross Wrist and Arm Bar
 - 1. far side tilt
 - 2. figure four the head
 - F. Change off and Half and Hip Heist
 - G. Change off to Hook And Stack

VI. Leg Turns and Pins (High Thigh)

- A. Power Half
- B. Turk (Hip Over), Cross Face Jacobs Hook
- C. Capture the Far Arm Bar
- D. Capture Far Elbow and Wrist To Power Half
- E. Scoop far elbow lock to head
- F. Elbow to ear to open elbows
- G. Cradle
- H. Inside Bar

VII. Arm Bar

- A. Far Wrist Sit & Stack
- B. Far Hook Sit & Stack
- C. Far Half, Stack
- D. Post Far Sholder, Swim and Chest Cradle
- E. Jump to far side punch through
- F. Control far trap, over lock bar, jump to farside, circle to the head

Five Basic Rules from the Takedown Position

1. Think position first and fight for your control
2. When your hands move your feet should move
3. Don't stay in the same tie-up for more than five seconds
4. Work to break your opponent's balance
5. In freestyle wrestling keep your back to the center

Five Basic Rules from the Bottom Position

1. Think position first (hips, elbows, hands, feet & head)
2. Hand Control
3. Put your opponent's hips behind yours
4. Get your hips away from your opponent's
5. Move on the whistle, hit the first move & chain wrestle

USA WRESTLING FREESTYLE

SYLLABUS GLOSSARY

1. BLOCK: Cause an obstruction so something can't be moved
2. CARRY: To carry across the shoulders, like a fireman's carry
3. CHOP: Short downward blow with your hands
4. CORNER: Position where your opponent has an angle to go around you
5. DRAG: Pulling an object across the body
6. DUMP: Throw down or set down on the mat
7. FLAIR: Stepping across the body while hooking the knee and pulling
8. GRAB: Thumb spread so you can grip
9. HOOK: Keeping the thumb in and curving the hand to form a hook
10. POP: Short, quick blow upward
11. POST: Put on the mat like a pole, so you

Creekview Wrestling Syllabus

- can go around or, straighten upright
like a pole so you can go under
12. SAG: Bend or hang downward like
you are failing
13. SHUCK: Throw across the body with forearm
14. SNAP: Quick, short, pulling or pushing motion
15. SWEEP: Move continuously in one kicking motion
16. SWISHER: Swinging your ankles away
from your opponent in one
continuous motion
17. SWITCH: To change or exchange
18. TRAP: To capture, lock, prevent from moving
19. TREETOP: Clear the single leg in front of your body and lift it
20. TRIP: Cause opponent to stumble or lose balance