

**FIGHTIN' STRONG PRESENTS**

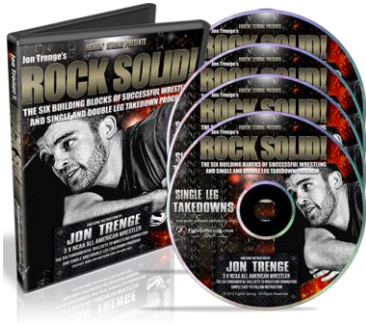
**THE 6 BUILDING BLOCKS OF SUCCESSFUL**

# **WRESTLERS**



**JON TRENGE**

**3 X NCAA ALL AMERICAN WRESTLER AND COACH**



# THE SIX BUILDING BLOCKS FOR A SUCCESSFUL WRESTLER

JON TRENGE

*A study guide to accompany the Rock Solid video series- DVDs 1 and 2*

## 1. Hand Fighting

- a. Every wrestler must know how to hand fight!
- b. Basic principles are *inside control*, *head position*, and *move your opponent*
  - i. Inside control
    1. Inside Ties and Wrist Ties
    2. Russian ties (“Two On One”)
    3. Underhooks
  - ii. Head position
    1. Avoid ear to ear tie, put your forehead in his temple when possible.
    2. Head as a defensive weapon
    3. Head position for attacking
  - iii. Move your opponent
    1. pull him down
    2. circle him using your lower body
    3. steering wheel
    4. pushing to hold mat position
    5. clubbing and faking

## 2. Sprawling

- a. Fast, effective sprawl – no parachute sprawls
- b. Scoot down and away –
  - i. He shoots on your right leg, you sprawl 90 degrees to your left. This takes away the angle he wants.
  - ii. Sprawl hips down and chest and shoulders up, maximizing the weight on your hips and thighs
  - iii. Scoot down and away
  - iv. Knees up, and block his knees from powering up with your hands

- v. Tip toe and attack the far, or near if you can't reach, ankle (slower is better), then hip into the opponent low and drive in with your toes. Keep chest high and head up.
- vi. Down block
- vii. Bring your far arm behind his near arm to block him from countering. (be ready to reshoot him if he retreats!)

### 3. The Stand Up

- a. Head up and chest and shoulders back immediately.
- b. Elbows in and wrists out.
- c. Whichever side he has your elbow on, step up as fast as possible and replace that side hand with that foot. Use this foot to help drive backwards into him and keep yourself from being driven back down.
- d. Give a push back, and step your second foot up.
- e. Keep your knees bent and feet staggered so he can't push you front or pull you backwards. When he tries to lift you, squat down to counter it. If he tries to step around the corner to lift you, block his knee with your hand on that side.
- f. Use both of your hands to attack his top hand. Do not grab both of his hands. Having both of your hands on one of his gives you a strength advantage. Roll his hand down and away, and pop your hip forward to break his lock. (may have to do this several times to break the grip)
- g. Post that hand around the back of your hips, and raise your opposite arm to the sky. You are next going to let go of that back hand, and turn your body 180 degrees towards the hand you raised as you slice that hand down between your body and his, to make sure that he can't attack your legs.
- h. \*\*\*If at any point after your reach your feet you feel the opponent dropping to your legs, *hip heist* immediately. This means you need to kick your legs away and turn your hips in a way that makes your legs turn over and switch position. This is a very explosive movement and will take your legs away from your opponent.
- i. Practice on a padded wall!
- j. The Knee Slide
- k. Unwrap the tight waist

#### **4. The Tight Waist Ride**

- a. Control the hips...
  - i. Tight waist and pinch your elbow into his hip bone.
  - ii. Position your knee on that side so that it is near that elbow
  - iii. Make a hook with your opposite hand and drape that hook over his elbow. Goal here is not to chop, but to apply steady downward and inward pressure on his elbow.
  - iv. Be up off both knees (even if just by an inch or two) and drive off both toes.
  - v. Your goal is to attach your body to his using your tight waist, hold his elbow still with your hook, and using your legs and toes, deliver his hips to his elbow.
  - vi. When the opponent falls down, collect the wrist with your tight waist arm and stay on your toes. Far wrist rides are tough to beat!

#### **5. Front Head and Arm**

- a. Off his shot
  - i. You sprawl, down and away, in time to prevent him from locking on your leg. Grab the front head and arm.
- b. Off your snap down
  - i. Arm attacking the head goes only as deep as necessary to grab his chin with your hand. Elbow should remain up and glued to your ribs. You do not want him to pull that elbow down, because then he has options from underneath...IF you keep the elbow up and tight, he has little counter options from underneath.
  - ii. Arm that attacks his arm: use your hand to attack his elbow. Pull it laterally away from his head, then pull it vertically. Don't just hold onto it, but pull it to where he is uncomfortable.

#### **6. The High Single Leg**

- a. **The number one takedown in wrestling is a single leg**, in large part because a failed double leg often turns into a single leg.
- b. The "high single" is very low risk!
  - i. Don't go down to your knees!
  - ii. Step outside his leg
  - iii. Your ear to his chest
  - iv. "Push and pull"
  - v. Lift and sweep