

FIGHTIN' STRONG PRESENTS

HIGH PERCENTAGE DOUBLE AND SINGLE
LEG ATTACKS

HIGH PERFORMANCE WRESTLING



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3 X NCAA ALL AMERICAN WRESTLER AND COACH

HIGH PERCENTAGE DOUBLE AND SINGLE LEG ATTACKS

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A Study Guide to Accompany the Video Series

INTRODUCTION

I. High Percentage Double and Single-Leg Attacks

- A. Variations of the shots
- B. Solid finishes from commons positions

DOUBLE LEG SERIES

I. Variations to the Double-Leg Attack

- A. Double, drive across
- B. Spear double
- C. Low double

II. Double Drive Across

- A. Level change
- B. Heel, toe, knee, power step, run it across at an angle
- C. Hands at the knees
- D. Head and chest up when running it down, arms are swinging legs across infront of your body
- E. Finish perpendicular
 - i. Head on the opposite side of his body as your legs
- F. If he manages to sprawl, windshield wipe out from under him, andcollapse his far knee.

III. Spear Double

- A. Level change
- B. Heel, toe, power step, run up and straight through the opponent
 - i. Hands at the knees, pulling legs up towards you
 - ii. Head strikes the sternum and slides up towards the opponent's chin asyou begin to stand him up and run through him.
- C. As the opponent begins to fall, you circle to a perpendicular finish
 - i. Head opposite side of his body as your legs

IV. Low Double

- A. Heel, toe, knee, dart at the opponents knees with your shoulders
 - i. Your heads is still on the outside
- B. Arms wrap the opponent's knees with your elbows, and he falls like a tree

- i. As he begins to fall, circle to a perpendicular position with your head on the opposite side as your legs.
 - C. Arms keeps his legs wrapped together to avoid any scrambling ability that he might otherwise have.
- V. Set-ups for Doubles (key to setting up a double is executing your level change as you manage your set-up. If your opponent sees you change levels, your cover is blown and he will probably sprawl. But if you level change as you rake the head, for example, then you are already in position to attack the legs while he was distracted by your set-up.)
 - A. Rake the head
 - i. Try to make him look between his own legs so he can't see you get set for your shot!
 - B. Double Elbow Chops - Chop the arms down
 - C. Pull the wrists down and arm drag
 - D. Arm drag
 - E. Elbow pass
 - F. Freeze fake
- VI. Part of the trick of hitting a leg attack in MMA is that you need to be in a low stance to hit an explosive shot, and when you regularly stand upright, you will telegraph your shot if you drop to a lower stance all of the sudden. You need to disguise your level change with some other attack/set-up, or you need to level change often without attacking so the opponent begins to relax as you change levels and not ready himself for a leg attack. If you shoot from an upright position, your momentum will be down into the mat and you will find it difficult to drive up and through your opponent. Imagine a plane landing and immediately taking off again...virtually impossible. But if it starts down and gains forward momentum it can take off.

SINGLE LEG SERIES

- I. Variation to Single-Leg Attacks
 - A. High Single Variations
 - i. Inside Reach
 - ii. Outside Reach
 - iii. Snag Single
 - B. Low Single Variations
 - i. Wrap Arm
 - ii. Inside Reach
 - iii. Dart Single
 - C. Head Outside Single (High Crotch) Variations
 - i. On Feet
 - ii. On Knees
 - iii. Crack down
 - D. High Singles (Lowest Risk, Highest Percentage = my favorite)
 - i. Inside Reach
 - ii. Outside Reach
 - iii. Snag Single

E. Finishes for High Singles

- a. Up on the inside, leg sweep
- b. Up on the inside, back trip
- c. Up on the outside, leg sweep
- d. Up on the outside, wing down to a double
- e. Up on the inside, he attacks your head, elbow post, circle back
- f. Up on the inside, he attacks your head, re-attack his head, sit him back

vi. Low Single

- a. Wrap Arm
- b. Inside Reach
- c. Dart Single

F. Finishes for Low Singles

- a. Bring it up (head up first, butt up second. Drive in to make the leg lighter)
- b. Low Finishing Positions:
 1. Single, stuck underneath – arms straight, sweep leg to your hip. Elbow to the mat behind his calf, neck against his quad.
 2. Single, in a wizzer finish backside – neck against the quad, drive into his hip, pull his knee toward you, circle behind...all at the same time keeping neck against and elbow deep around the leg.
 3. Single, out the back door – post, knee slide, lift, attack the ankle, swing it to you and sit to your butt. Turk his ankle, bring your arm out by your belly, slide your knee to his crotch, arm comes around for a cross face, lift his leg over towards his free leg while pinching your thighs together.

G. Tips for Wrestling

- i. Any time you can avoid going to your knees, you are better off. When you drop to your knees, you give the opponent the opportunity to use his weight against you. Once he can put his weight on you, his hands are freed up to fight what you are doing as well. This raises his chances of scoring on you with a counter attack (like a sprawl, go behind.) If you stay up on your feet with a high single attack, he can't put his weight on you effectively, and therefore has little chance of scoring on your off your own attack.
- ii. That being said, low singles are common in wrestling. We often shoot to our knees, knowing the risk of getting sprawled on. In college, I had a very high finishing percentage when I got to the legs. In other words, if I got your leg, I was going to score.
- iii. Yet, when I roll with mixed martial artists I really prefer to not shoot to my knees. There are just too many options where I can score and dominate from less risky positions. I love to pull people down and their heads stuck underneath, because for me it is a dominate position. Nothing bad can happen to me when I have my opponent's head under me in a front head lock.
- iv. This is a warning for beginners to take caution. If you try these attacks, you are putting yourself at risk. I am providing you with the highest percentage ways to do these attacks in my opinion and the best finishes.
- v. There are Two Rules of Thumb
 - a. First is when you grab a leg, you want to lift the leg as high up as possible...always.
Grab leg, pick leg up!

- b. The second rule of thumb is *backside is best*...meaning, if you are stuck under your opponent on a low leg attack, get moving around toward the back of him. You do not want to stay under the front of him where he is strong with his hips. Get an angle. *Backside is best!*
- H. Head Outside Single-Leg Attack (AKA. High Crotch)
 - i. On the feet
 - a. Sit back – circle back and lower your level to drop your opponent to his hips
 - b. Cut across – if opponent circles with you as you sit him back, step across the front, slide your lock to the crotch, and bring your hips in for a lift.
 - ii. On a knee
 - a. Cut across – drive across like the basic double-leg finish. Bring your inside hand to his far knee after you have enough pressure across to lift his near foot off the ground.
 - b. Back door – if your opponent squares his hips and squats down on your, you can double knee slide under him, pop up and lift his leg. From here you can circle out the back for the take down.
 - iii. Crack Down
 - a. Put him on his far hip – lift the near leg and circle under it until he is on his belly.
 - b. Drive in momentarily, then slip back and peak your head out to the far side. Goal is to get your head on the opposite side of his body as your legs.

SINGLE TO A DOUBLE

Both of these doubles are shown in the single leg series as finishes to singles, because they originate as singles.

- I. From a High Single
 - A. Opponent resists when you attempt to lift the leg high to the inside
 - B. Swing the leg to the outside
 - C. Run across the front and swing the far leg up to the outside with your free hand
 - D. Finish perpendicular, clear of his legs
- II. From a Head-Outside Single
 - A. Wheel with your head and drive across to lift the leg you have first
 - B. As the leg lifts, cut across to the far knee in the front of his body and swing his legs across in front of your body as you run across the front of your body
 - C. Finish perpendicular, clear of his legs