

Attack System Wrestling On The Mat: Your Playbook

Section One: Down Position

Essential Down Skills:

Escape System

Standups

Granby

Power sit series

Countering Techniques (Counter Section)

Spiral:

Cradle:

Countering the Ankle Ride:

Countering Legs:

Game Plan for Down Position

VS good leg riders:

VS cradle riders:

VS tightwaist-chop wrestlers:

Final strategic point:

Section Two: Top Position

Rules:

Essential Top Skills

Breakdowns:

Base Position Turns

Turns from Down on the Mat

Spiral Breakdown Turns

Farside/Nearside Chop Turns

Knee & Ankle Turns

Leg Turn Series on the Mat

Crossface Leg/Cradle Series

Game Plan for Top Position

Base Position:

On the Mat:

Final strategic points: