



Randy's Attack System Wrestling

www.randyswrestlingsite.com

Email: Randy@randyswrestlingsite.com

The 4 Tenets of Leg Ride Countering

Leg riders - both feared and admired - are successful, in great part, because their opponents make their jobs a lot easier by *not following a few basic principles*.

If you apply the **4 tenets of leg ride countering**, you can shut down every leg ride in wrestling.

What are those 4 principles? I'm glad you asked.

#1: Its always easier to KEEP them out than GET them out. A few key movements can prevent the opponent from getting the legs in to begin with.

#2: Position over moves. Any counter that involves giving up *position* - such as a switch, a sit-out, a roll - avoid at all costs against quality leg riders.

#3: He who hesitates gets tortured. Shut them down *immediately* or you are likely to suffer the painful consequences.

#4: Your near leg (the one he's attacking) and your far arm are crucial. If he controls those, he controls *you* - and you're in for a rough ride.

*****Bonus on the back*****

Here's a bonus one for whenever you are facing advanced leg riders....

If you mule kick first, *stop doing that*. Advanced leg riders will counter it every time by lifting their foot up your middle. Once they do, it will be even harder to get the leg out.

Start with the 4 tenets of leg ride countering first, and your success rate will go up.

Randy Simpson

©2021 Randy Simpson, Randy's Attack System Wrestling, LLC