

# Special Report: the secret to ALWAYS winning the position war.

By Randy Simpson

The secret to winning on your feet is beating the opponent's position. Its more important than strength, quickness or athleticism. Many a wrestler has defeated a more physically gifted opponent by mastering the skill of positioning.

## There are 3 keys to positioning – let's look at them now:

### Head.

Your forehead is always facing into your opponent. This helps you attack, and positions you to shut down your opponent..

This includes developing the skill of keeping your forehead in your opponent when he attacks your head – level changing when he hits you with force....

And circling (while staying off your knees) on the occasions when they overwhelm you with a snap-down. We call it **Snap and Circle** here – it is an easy to learn, yet essential skill.

### Hands.

Your hands are in front and your 'elbows protect your knees'. This is the TRUE secret to countering the quick shot. If your elbows are close to your knees, and your mind and body have been conditioned to move precisely as taught in our room, you will counter athletes who are faster than you.

## Hips.

Your hips are your power station. You'll know if your hip level is low enough by whether your elbows are close to them. If not – **change levels.**

This summer, you will quickly gain the skills to move exactly and precisely – so even quicker, stronger athletes can't get to your legs.

Once you master great position, its time to do what we like best:  
**ATTACK.**

At Takedown Master Camp you will be trained specifically how to do all of the above...by mastering excellent position, you will be ready to attack your opponent relentlessly next winter.

Randy

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