

Win matches using Attack system Hacks

What is an Attack System Hack?

Glad you asked. I have spent the better part of 40 years in the sport of wrestling - first as an athlete competing in 3 sets of Olympic trials and garnering all-American status in college, then over 30 of them training athletes - including 15 years coaching in the college ranks. Through my years of experience, I have studied and analyzed common methods so ingrained in this sport that coaches, athletes and parents repeat them as FACT...mostly without questioning *any* of them.

This has led to....

A ginormous opportunity to exploit the norms of the sport

If you're doing what everyone else is doing....you can expect the same average results that everyone else gets.

Instead, I offer to you (all of the loyal crew that trains here), a different way of thinking. Allowing you to exploit the mass of wrestlers who are just *following the crowd*.

Hence I present to you...

Attack System Hacks

Hack #1: Instead of Feel out your opponent (aka, wait to see what he does)....

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Put them on Defense Immediately

Ever see Payton Manning play quarterback? With his quick release combined with top level defense reading and audible abilities, Manning was truly in a class of his own.

But ever see Manning under pressure?

Just about every QB - top level or otherwise - sees a significant drop in performance when under pressure.

Which is why putting your opponent on defense immediately - is exponentially a better option than waiting to see what he does (which is one of the most common traits in wrestling).

Combined with excellent positioning and hand fighting skills, this philosophy has been a staple of attack system wrestling for decades, leading countless athletes to tons of success.

And it can do the same for you.

Hack #2: To counteract your opponents *spinning behind and reaching around the waist (which the large majority of them will do)*...

Learn to use the granby from Neutral

I'm a big believer that *every wrestler* should learn the granby - and not just as an escape method from bottom. Almost every wrestler you ever encounter will *reach around the waist* when spinning behind. If you learn this hack - the **granby from neutral** - especially the way we teach it - you can avoid giving up a ton of takedowns. I still remember losing a critical collegiate match that way before I learned to *properly* finish the go behind.

Speaking of which...

Hack #3: Instead of *reaching around the waist on your go behind*...

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Near arm, back hand, near hip (not far hip)

If you've ever attempted to spin behind, just to have the opponent grab your leg, then you missed this easy to learn but very essential, specific detail on your go behind. While it is hard to explain in a report, its easy to teach in a wrestling room - and I will be doing so in one of our first workouts here this fall.

This is the proper, high percentage way to secure a takedown.

Hack #4: Instead of grabbing the elbow or pushing on the head to counter the Two on One...

Beat your opponent's position like this.

Its amazing how many times wrestlers sacrifice positions for moves (more on that below in another hack). The 2 on 1 counter is a perfect example. A few years ago I wrote about this when evaluating what Nato (the fine OSU national champ Nate Tomassello) needed to do in order to top his rival, Spencer Lee.

Wow did I get hate mail over that!

People were *livid* that I would dare critique (and it was a critique, not a criticism) the great Nato. He had lost from this 2 on 1 position, doing what most of the wrestling world does - backing out of it, lowering his head, grabbing an elbow, *leaving his entire side exposed*. Interestingly enough, after I wrote about it, Nato made adjustments and scored from the position. He didn't win the match (there were other critiques I'd made that he didn't follow) but he proved my point. And no, for the record, *I doubt seriously that he read my blog*. Possibly someone on the coaching staff worked with him.

Anyway, to the hack: Keep your position. Forehead forward, elbows in, and attack the *wrist* not the *elbow*. Specifically attack it the way I teach in the room - its much more efficient and leads to you turning *his* advantage into *your* scoring opportunity.

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Hack #5 (advanced - many will lack the skill to perform this). *Instead of reaching to snap your opponent on his shot...*

Down block your opponent.

So many times, wrestlers attempt to *reach* for the head and snap to counter their opponent's leg attack. If you're faster and more athletic than your opponent, that's fine. But a good technique isn't a great technique unless it works on those who are your athletic level - or even *above* your athletic level. That's why I train athletes to use the *collegiate style down block*. You don't have to be faster than your opponent, you just have to be positioned so you can't be attacked (which is Lesson #1 in our room because it sets the stage for our entire Attack System of wrestling.)

Specifically how to learn this:

Start with your proper stance - elbow protects the knee - and your opponent hitting a slow shot. Stop your leg back while lowering your level, and drop your hand toward the mat. The bend of your elbow should block his shoulder. Your fist should be on his chest (not hooked into his armpit, or he can control your arm and dump you). Have him circle to his feet and shoot again.

Slow pace until you get the mechanics.

Hack #6: *A sure-fire way to stop your opponent's first move from bottom - no matter what it is.*

Every attack system wrestler who trains in our summer programs, learns critical keys that assure you can always beat the opponent's first bottom move - no matter whether it is a standup, sit-out, switch, granby, or anything else.

Hack #7: *Instead of "Explode off the whistle" ...*

Beat their position. Here's how.

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This may be the most common scream heard round the wrestling mat:

“EXPLODE!” A lot of times, though, doing so puts you in even worse position - especially against a skilled rider. If you find yourself broken down immediately after you “explode”, do this instead:

Beat their position First.

Our signature standup shuts down every rider’s attacks immediately - allowing you to win the position war and escape. A warning: your coach will probably HATE it and prefers you explode off the whistle.

Hack #8: *Instead of doing that crazy fancy leg counter you saw on the Yew Tube (which leg riders dearly love)...*

[broken record alert] Beat his position first.

Get a wide base, bring your elbows in, and utilize our signature standup. Leg riders won’t stand a chance.

Hack #9: *Instead of “Crossface!” ...*

Do this instead.

Another commonly heard coaching meme: *Crossface!*

A good crossface can *definitely* be beneficial - but if you **smash** their head down into the mat, they will *not* finish their shot. If you crossface, they could drive through it.

Hack #10: *Instead of backing your way out of the over/under position...*

Do this instead.

Sometimes referred to as the “50/50” position, the most common reactions are: 1. Back up (possibly getting hit for stalling, especially in late-match scenarios) 2. Push in so you don’t get called for stalling - which often gets you hurled to your back.

A better reaction: Circle, followed by a lat pulldown and/or wrist control. Again - you have to see it - and *feel* it - in action. This explanation doesn’t do it justice.

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Hack #11: *Instead of Trying to stand up quickly to counter a cradle - then attempting to 'taking the leg further away'*

I'm going to rail against Explode off the whistle again.

A skilled cradle rider Loves the quick standup attempt. They are prepared to stop the quick standup. A strong sit-out is much more difficult for the cradler to handle. Also this: Many athletes will post their leg *further away* to prevent the cradle, only to be rolled up like an accordion.

Your better option: control the hand that is reaching over the head - taking it to the other side - then getting the back straight, and finally, stepping up with the *inside* leg.

Many of these hacks are featured front and center at our Fall Attack Club East training. Many are also covered in the Summer Camps.

Randy "System King" Simpson

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