

Win wrestling matches using these 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 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 has committed to training here this summer), 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 Wrestling 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). This is a critical mistake seen across the wrestling land - early and often.

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

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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 #6: *Instead of "Explode off the whistle" ...*

Beat their position. Here's how.

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 #7: *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 #8: *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 #9: *Instead of backing your way out of the over/under position...*

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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.

Hack #10: *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.

Hack #11: The most over-used “scream” heard from coaches, teammates and fans while trying to secure the pin....

SQUEEZE!

Yes, more pressure helps. But more importantly - if you want to *pin like Schalles*...make them want to get off the mat. I teach you how to do this in the most effective way possible.

Hack #12: What NOT to tell your wrestler before the Big Match.

This one is completely an Obvious Adams moment but...

Reminding them that This Is the Big One - does nothing but ramp up the anxiety - meaning, even higher odds that the nerves will get the best of them. Instead, your

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wrestlers should lock down their pre-match routine - and prepare the same way *every match*.

Hack #13: How to beat the majority of scrambles that have permeated the wrestling world in the 21st century. A couple simple principles shuts down most of it. Those principles are: 1. Always beat position First. This includes not going airborne (aka, letting them lift you off the mat). 2. Look at their head. Most scrambles are shut down this way (I show you how, at camp). 3. Pressure on pressure. They grab ankle? Get weight on that ankle. It worked for John Smith in his glory, and those same principles apply today as well.

There are specific, high level finishes to handle a few of the scrambles - high schoolers learn those at Premier camps.

Many of these hacks are featured front and center in our Summer Camp training. Be sure to take a minute and encourage your teammates to join you!

Randy “System King” Simpson

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