

ALPHA TEAM

Wrestling Skills



- Terms:
 - Cup vs Grip
 - Wrestler's Lock vs Gable Lock
 - Wrist Control vs Finger Control
- Movements:
 - Cross Under/Hip Heist
 - High Leg Over/Throw Leg
- Rules and Scoring
- Bridge - Front & Back
- Spinning
- Referee's Position
- Stagger Stance and Motion
- Drop Step Drill
- Double Leg - Trip
- Sprawl and Crossface
- Far Ankle Tight Waist
- 1/2 Nelson
- Elbow Roll