

CHADRON STATE WRESTLING

TOP TECHNIQUE

Fundamental/Basic Breakdowns

- Chop/Pressure
- Pinch/Jam
- Spiral Ride
- Shallow Spiral Ride

Top Technique

- Bottom Leg Turk
- Outside Step Turk
- High Leg Hip Turk
- Crunch Cradle
- Assassin
- Inside Wrist Knee Turn Series

*Understanding when and where to use each technique in the top position.