

FREE WRESTLING CLINICS

To register/obtain more information, go to: <http://goo.gl/forms/4HvYbv6avA>

Wednesdays

FUN, HANDS-ON, NON-COMPETITIVE

Coach Holmstead is a 4 year Hurricane High School Varsity Letterman, a Utah State 3A Wrestling Champion, and is currently a school counselor at Lehi Junior High. His philosophy is simple: Master two moves at each position. Technique and control is the main themes of his clinics.

The following are some of the techniques they will work on:

Offensive Techniques

Driving where there is no resistance
Creating and utilizing "angle"
Basic jujitsu "ura"
"Kasuchi"/Off-balancing
Grip strengthen and technique

Defensive Techniques

Being parallel vs. perpendicular
Using mat lines to your advantage
Hand control
How to control the referee
Using illegal moves to your advantage

The following are some of the moves they will begin to master.

Neutral moves that we will cover will include, but are not limited to:

John Smith "Low Single"

Ankle Pick

Flying Choke

4 different finishes to a Front Head and Arm: Near Side Cradle, Barbwire, Flying Choke, and Front Duck.

4 different finishes to a Tie Up: Snap and Jerk, Shuck, Duck Under, and a standing submission hold (Vega)

Top moves

Wrist roll/Two-on-One

Cross-face Cradle

Technique, leverage and pressure points

Arm bars

Bottom moves

Sunshine Duckunder

Headhunter

Gramby

If you have any question, feel free to call me at 801-610-8755. Register in the Lehi Junior High Guidance Center by May 26th. Make the odds in your favor by learning.

Register: <http://goo.gl/forms/4HvYbv6avA>

Bucky Holmstead