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Mexico, Missouri

June 15-19, 2003

Hampden-Sydney, Virginia

June 22-26, 2003 - July 6-10, 2003 - July 20-24, 2003

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1-The opponent has lined up on right hand side of the body and has secured a spiral half nelson ride.



4-The offensive man has rotated his butt up in the air and has changed the opponent over to the other side of his body. This is called the high low position.

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Spiral Half Changeover



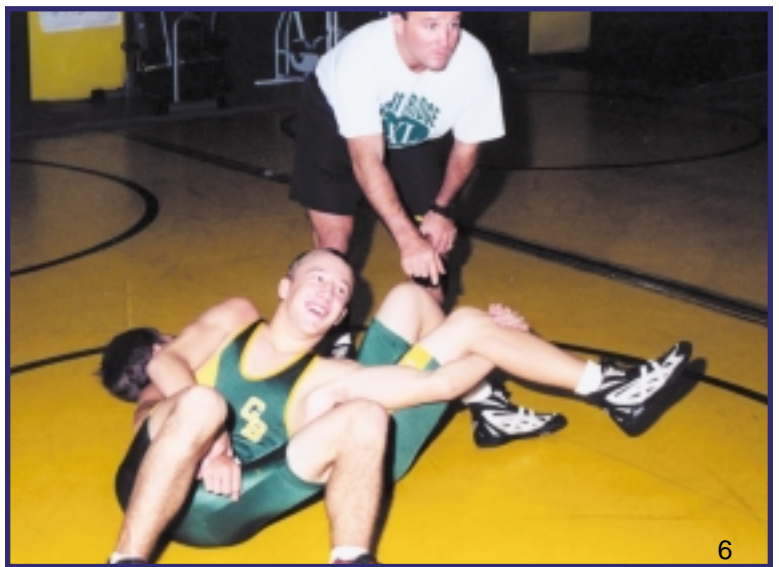
2-The offensive man has crossed his right hand over his left and has rotated his left leg up.



3-The offensive man has hip heisted through into a squat position.



5-The offensive man has dropped in a shoulder back out and is lifting his left leg up to the sky as he has rotated to his right hip.



6-The offensive man has secured the 5-pt roll by jamming the opponents right hand and controlling the opposite right leg.

This will destroy the opponents spiral half ride and give the bottom man a sure fire way to secure a 5 pt. roll. *Steve Martin's, Great Bridge, Virginia, teams have used this technique to win 13 Virginia AAA State Team Titles.*

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