

MARTIN'S GRANBY SCHOOL OF WRESTLING CAMPS

Mexico, Missouri

June 15-19, 2003

Hampden-Sydney, Virginia

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

For more Information call 1-888-514-1302 or E-Mail: steve@granbyschool.com



1-The opponent has begun a sit under ride.



4-The offensive man has begun to kip both legs to the sky.

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Granby Kip



2-The offensive man is starting to Granby roll to his left shoulder while the opponent continues the sit under ride.



3-The offensive man has rotated to the Granby roll over both shoulders while the opponent is still sitting under.



5-The offensive man has kipped over his opponent and is controlling the opponent's right wrist with his right hand.



6-The offensive man is jamming the opponent right hand and has secured the Wayne Roll with the left hand. The offensive man has rotated to the left hip and is walking his feet to the head.

This will destroy the opponent's 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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