

The Peterson Granby

By Steve Lampe

The correct answer to the question, “Who really invented the Peterson Granby?” is: Steve Lampe, Iowa State University—1969; now 34-year veteran coach at Colby Community College, Colby, Kansas.

Immediately after the 1969 NCAA Championships at BYU, I returned to Ames, Iowa, determined to figure out a way to secure a Granby cradle position without going over the shoulders en route as is with the original Granby roll. Officials

2006 Fargo, North Dakota Greco Day #2 - Jon Reader won against Wade Eldredge (Utah), 7-0, 6-0. Photo by Brad Johnson.

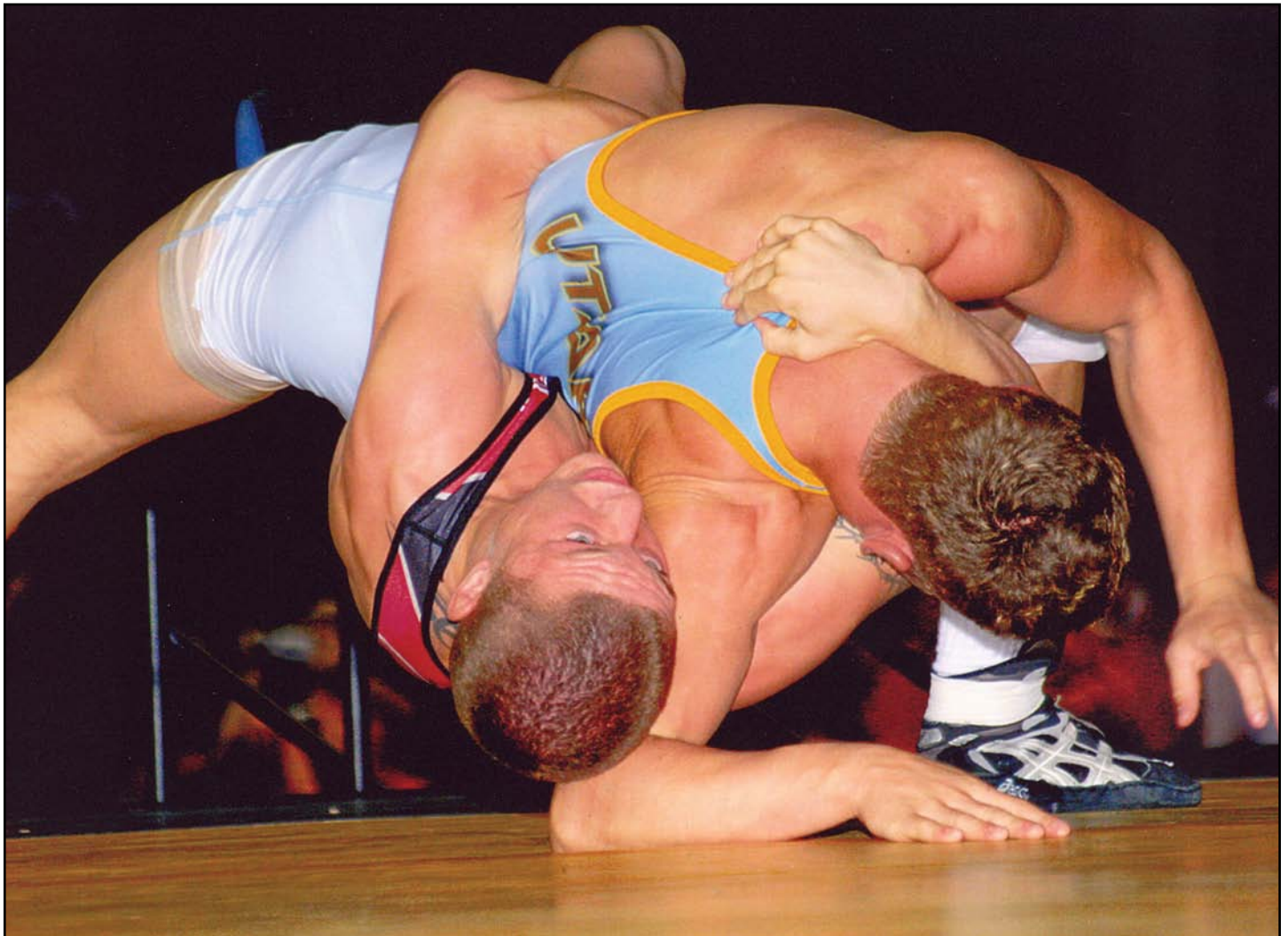
then and now many times award a 2-point near fall as the wrestler who is doing the Granby roll proceeds through the maneuver.

With the help of my partner Billy Nichols (Harold Nichol’s son) in about two one-hour sessions, I came up with a great way to achieve the Granby cradle without rolling over the shoulders. This series was immediately shown to Harold Nichols and Les Anderson (assistant ISU coach). Both were quite impressed with the newly found method of getting into the Granby cradle. Coach Nichols soon had Ben Peterson come to the practice room and had me show him how to do the new

“modified Granby.”

In 1973 at the Junior World Freestyle Training Camp at Tuscaloosa, AL, I showed the series to Lanny Bryant who documented the move and later featured it in a technique article in *Scholastic Wrestling News*. I believe it was a 1975 issue. Mr. Bryant was still the wrestling coach at Hellgate High School in Missoula, MT, at the time I showed him my new Granby. I later received a letter from Lanny saying, “I can’t tell you how many state champions have won with your Granby.”

Much to my surprise, shortly after the 1976 Olympics, the move suddenly became “The Peterson!”



In your recent article Ben Peterson cannot recall who taught him the move – only that he's pretty certain that he learned it in the Iowa State room – as Harold Nichols taught a lot of rolls.

Ben Peterson was my teammate – one class behind me – two classes behind Dan Gable. In the final paragraph, Ben Peterson indicated that he was, "honored to have his family name on the move but in no way will claim to have invented it because I didn't invent the move." You'll never find a more honorable man than Ben Peterson. He is a man of God, a man of honor and a man of his word.

Ben Peterson wrestled in the 1972-1976 Olympics – after his freestyle career (Olympic champion and Olympic silver). Ben began working a lot of wrestling clinics. He showed the "modified Granby" at these clinics and it soon became "The Peterson."

I too am a man of honor. I would never claim to have invented this move had I not invented it. The "modified Granby" was invented by me April 1969 in the ISU prac-

tice room. The move is also known as the "near leg Granby" by many including Lanny Bryant.

(We had a great fundraising event October 17, 2006 at CCC. Our featured speaker was Dan Gable. Before the event I asked Dan how could Ben Peterson not remember who taught him the "modified Granby?" His response was quick – "Oh my, you didn't know that Ben has been really sick? He has no immune system." I indicated that I was shocked when passing by Ben at the Olympic game venue in Athens, Greece in 2004 and Ben didn't know me! I was a bit shocked as no one forgets a college teammate. Now, it all makes sense.)

On the following pages is a recap of the steps involved in execution of the modified Granby.

This move is incredibly effective as it is almost always a 4- or 5-point move. It is in every way as devastating to your opponent as the 5-point takedown.

Greatest benefits:

1) you don't have to cut them to get it

again.

- 2) you don't have to expose your own back to achieve the position.
- 3) you relax and rest while your opponent is fighting for his life once you achieve the modified Granby position.

I have a lot of great counters and recounters to this move also, but believe that a soon-to-be-produced video presentation is in order.

Please call me at (785) 443-2220 or email me if you have any questions.

I really have nothing to do with nor do I have a qualm about the name "The Peterson." I just feel, after 37 years and as I'm nearing the end of a very long coaching career, that it be known that I am the real inventor of "The Peterson Granby."

Cordially,

Steve Lampe
Head Wrestling Coach
Colby Community College



Top e c h n i q u e

Peterson



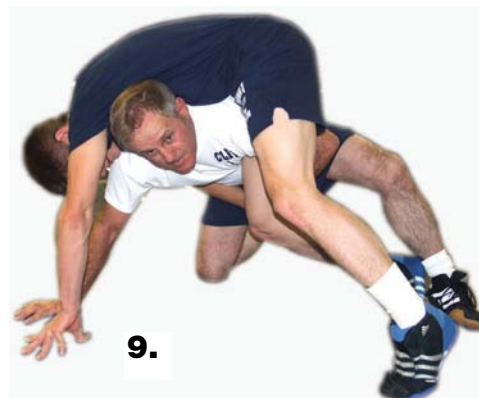
1.

Trap the opponent's wrist at the naval.



5.

This is a critical area in ensuring proper execution of the move. Switching the grip so that your arm, holding the opponent's near leg, also is gripping his near wrist.



9.

Sit out—pivoting off your posted hand and posted foot.

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2.

Set out and turn in order to get just a bit ahead of the top man.



3.

Set and turn quickly and very tightly.



4.

You may have to do several fast sit out and turn ins to get ahead of the top man enough to reach between the legs and latch on to the inside leg at his knee.



6.

Now post your free hand on the mat.



7.

Step across the top man's inside leg and post your foot (between your opponent's feet).



8.

Now raise up your head and



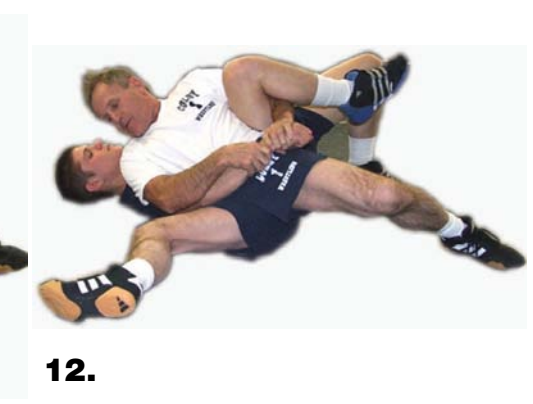
10.

You are now into a reversal and near fall position. Stay perpendicular to your opponent. Post your free hand on the mat.



11.

Arch into your opponent—hips off the mat slightly. Two hands locked on his trapped arm as you complete step 10 into step 11.



12.

Arch and lean into your opponent's chest—leaning into his face. Keep a wide low base and stretch his trapped arm tightly away from the shoulder joint.