

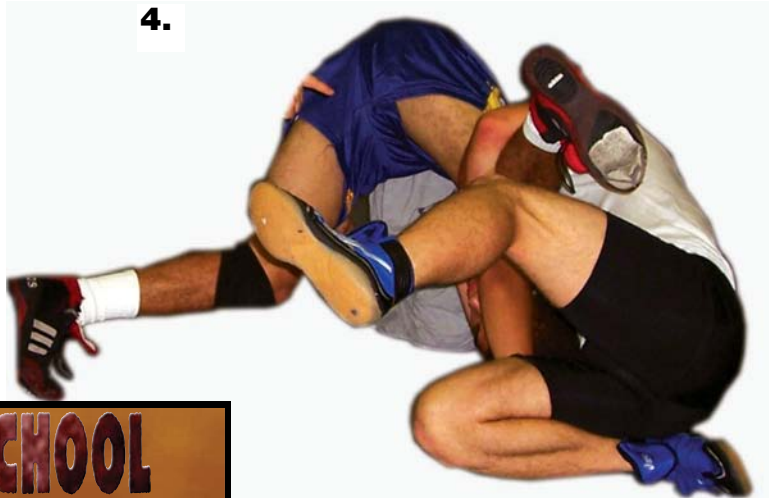
Outside

1.



1. The top man is executing forward pressure on his opponent. The opponent is trying to tripod standup.

4.



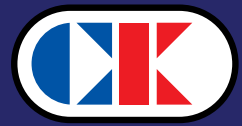
4. The offensive man has begun the finish by sitting to his right hip and cracking his opponent's head to the mat and elevating the knee.

Top e c h n i q u e

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Cradle

By Steve Martin



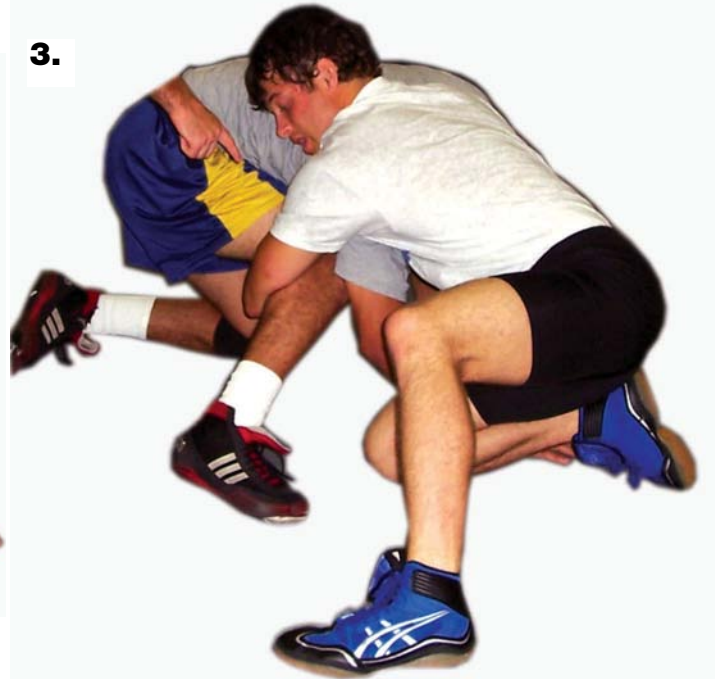
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2.



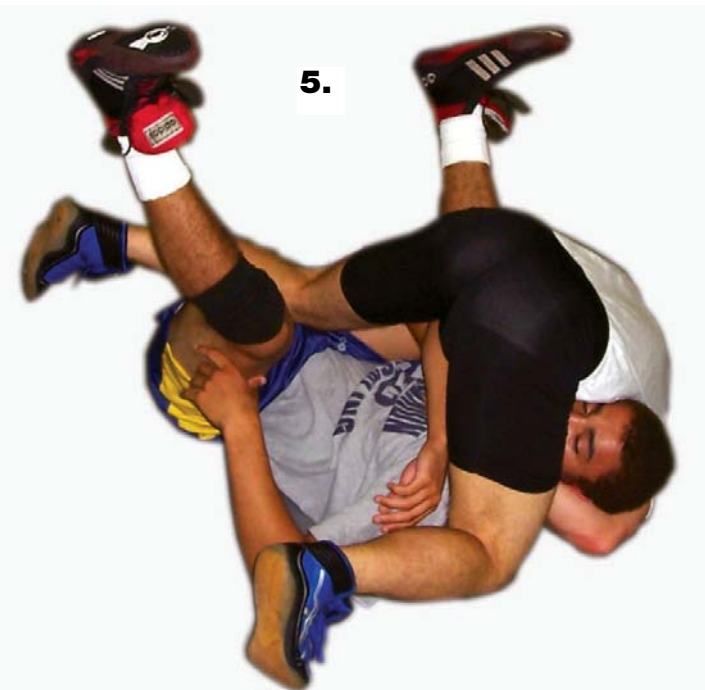
2. The offensive man has rotated his opponent down to his left knee and is pulling his opponent's head to his own knee.

3.



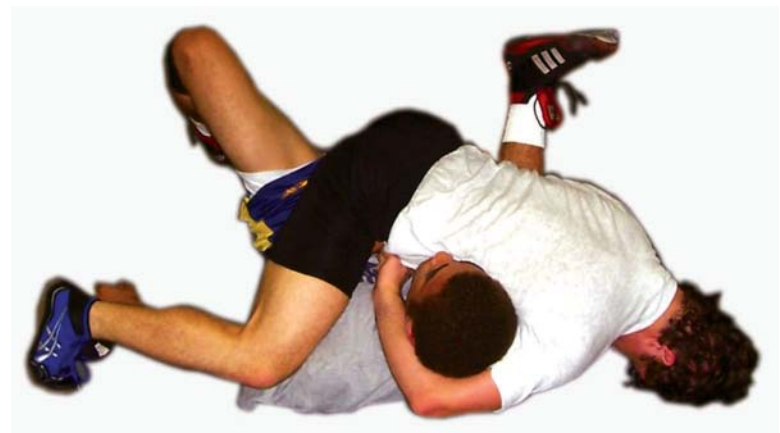
3. The offensive wrestler has planted his left hand into the mat and finished his sweep fake. The opponent has reacted by pulling his left leg back.

5.



5. The offensive man is beginning to secure the fall by taking his opponent's right knee to the mat.

6.



6. The offensive man will secure the fall in a tripod position.