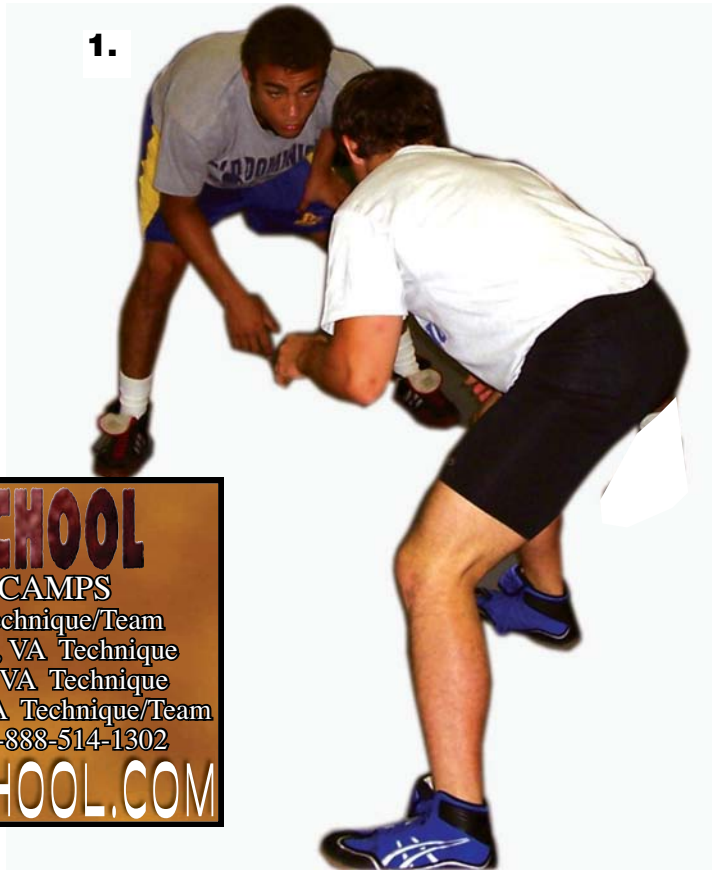


Top e c h n i q u e

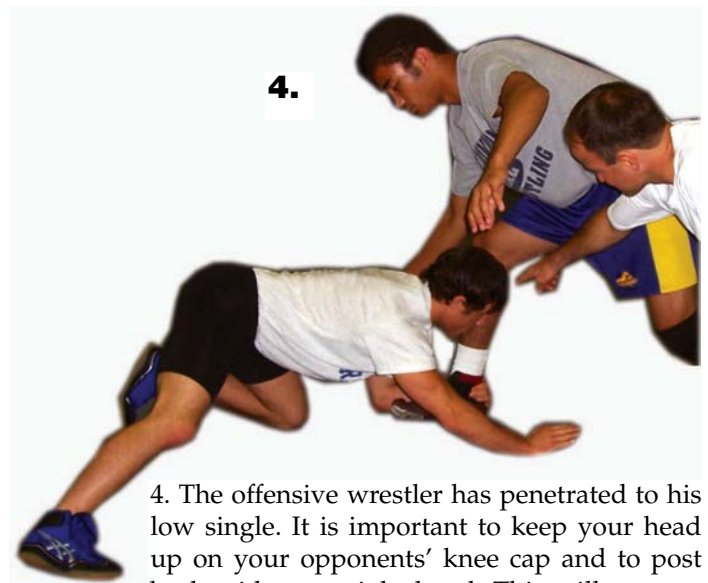
Misdirection

the GRANBY SCHOOL
2007 WRESTLING CAMPS
June 10-14 Mexico, MO Technique/Team
June 24-28 Hampden-Sydney, VA Technique
July 8-12 Hampden-Sydney, VA Technique
July 15-19 Hampden-Sydney, VA Technique/Team
For More Information Call 1-888-514-1302
WWW.GRANBYSCHOOL.COM



1.

1. Both wrestlers are in a proper stance.



4.

4. The offensive wrestler has penetrated to his low single. It is important to keep your head up on your opponents' knee cap and to post back with your right hand. This will prevent any scrambles and allow you to finish cleanly.

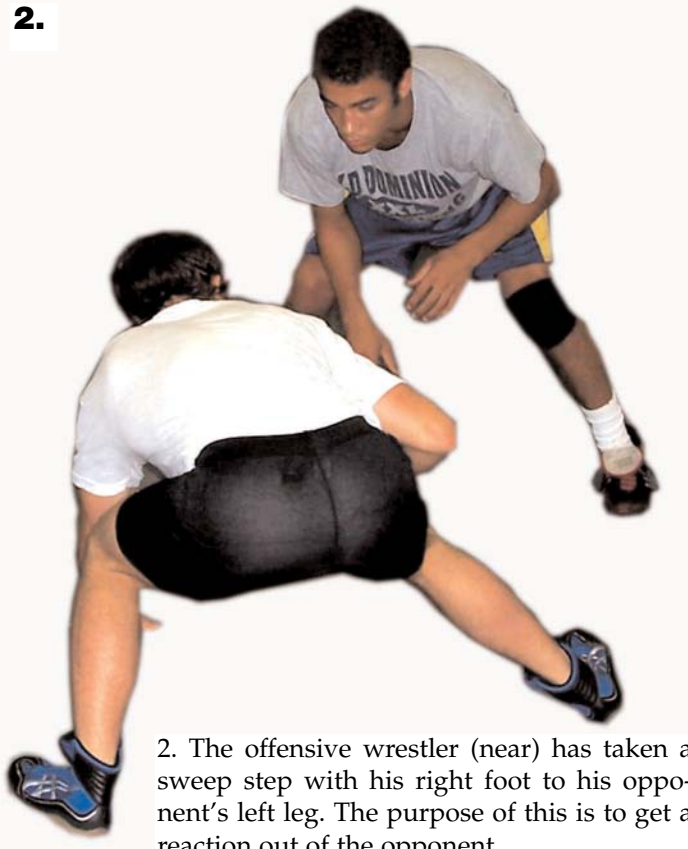
Low Single

By Steve Martin



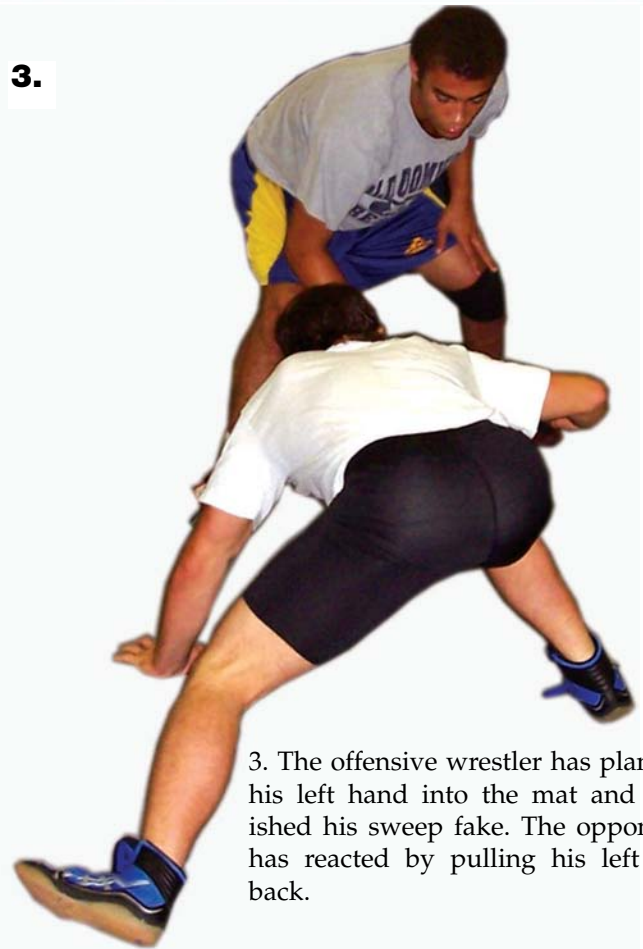
CLIFF KEEN ATHLETIC
Outfitting passion.

2.



2. The offensive wrestler (near) has taken a sweep step with his right foot to his opponent's left leg. The purpose of this is to get a reaction out of the opponent.

3.



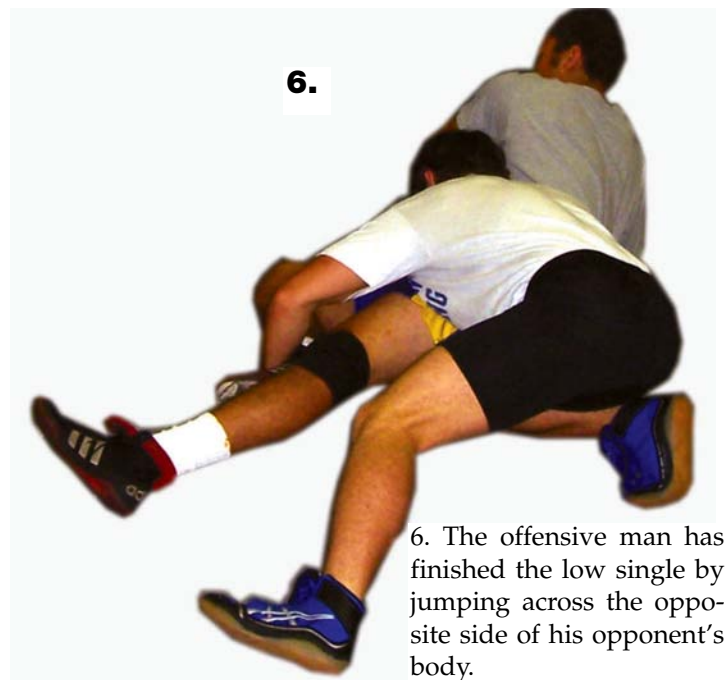
3. The offensive wrestler has planted his left hand into the mat and finished his sweep fake. The opponent has reacted by pulling his left leg back.

5.



5. The offensive man has knocked his opponent to his butt and is beginning to jump across.

6.



6. The offensive man has finished the low single by jumping across the opposite side of his opponent's body.