

The back step gives rise to a specific position from which to lift your opponent.

It is dependent upon one's ability to smoothly and quickly rotate his hips into and under the opponent, so that the opponent ends up behind him and over his hips.

The smooth, quick rotation can be accomplished by bringing your feet close together to create a small point of support, much like that of a top.

Once in this position, a level change (Skill No.3) followed by a rotation of your hips "to and through" your opponent (Skill No.4) should put you into a position to lift (Skill No.5).

The sixth skill in the sequence of seven is the back step. In its purest form, the back step gives rise to the headlock. It is, however, a skill that is found in a variety of maneuvers that may be attempted throughout the course of a match. It is nothing more than a method by which one wrestler is able to get his hips into and under his opponent, but in such a way that his opponent ends up behind him.

To get into this position requires a quick, circular movement which can best be accomplished if your feet are brought close together to create a small point of support. In the case of the back step, one foot is placed directly behind the other. By lifting up both feet so the weight is on your toes you can make a smooth, quick turn much like a pirouette.

If you do this while in close to your opponent you can position your hips into and

across his body. From here the lift is executed and the throw is made.

Maneuvers that have the back step in them are distinguished simply by what part of your opponent's body you have secured. If you have the head and arm, it's a headlock. If you are over the arm and under the other, it becomes a hiplock. In all cases, however, the key is the position of your hips and the proper execution of the back step.

A common maneuver that depends upon a variation of the back step is a whizzer. It allows you to position your hip under your opponent. On the mat, it can be used to bump him off balance by stretching him out and popping him.

On your feet, the full effect of the back step can be used so that you can create more lifting than just bumping. It is interesting to note, however, that either man in this position can execute the back step. The man with his arm around the waist can also position his hip into and under the man with the whizzer. The winner of this confrontation is usually the man who can get his hips in front first and execute the lift.

Another common situation is where one man initiates a duck-under and is on his opponent's side. By reaching back and securing the offensive man's upper body, the defensive man is in a good position to roll his hips into and under his opponents to knock him off balance or even score the takedown himself.

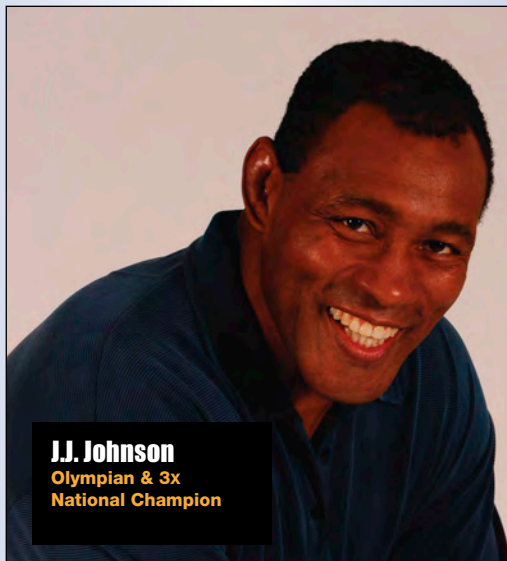
Ricky Stewart on the Back Step

The back step, besides being a good offensive maneuver, also is a good intimidating factor to your opponent. Any time he attacks your legs, he will be afraid of something you might do.

The ability to move and lift your opponent, even though he may have been able to position himself partially or totally in behind you, is a critical factor in the ultimate success of a wrestler.

This ability to rotate your hips and still be able to lift him is the integral part of the back step, the sixth of the seven basic skills that lead to the successful wrestler.

Next: Back Arch



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