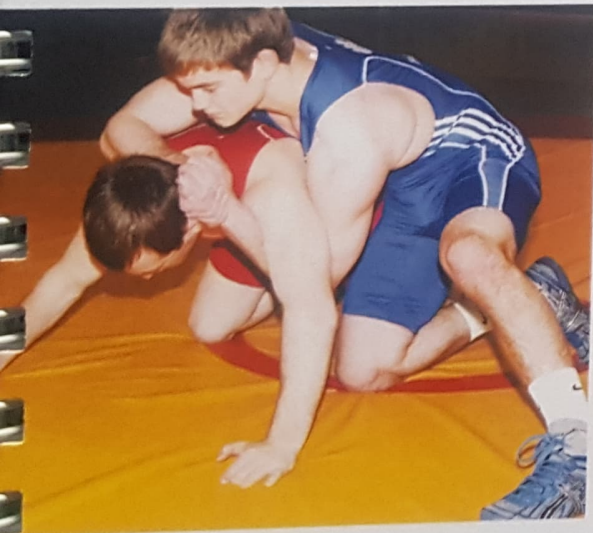


Technical Award Handbook



Green Award

THE FOLLOWING ACTIONS ARE EITHER FORBIDDEN IN WRESTLING OR CONSIDERED DANGEROUS

BRUTALITY

Punch, kick, slap, head butt, bite, pinch, fingers in eyes

GRIP

Laced fingers (your own or opponents)
Gripping or twisting opponents fingers or toes

HEAD

2 hands on head (schoolboy, cadet and females),
hand on face, linked hand round head with no arm,
strangle, full nelson (schoolboy, cadet and females)

JOINTS

Extending into unnatural movement, elbows, shoulders, knees, hips, spine
Bringing the opponent's arm behind his back and at the same time applying pressure to it in a position where the forearm forms an acute angle

RISK OF INJURY

STANDING

Straight arm or elbow to cushion fall
During throw straight arm on landing.
Driving the head straight down into mat during a throw (eg buttock)

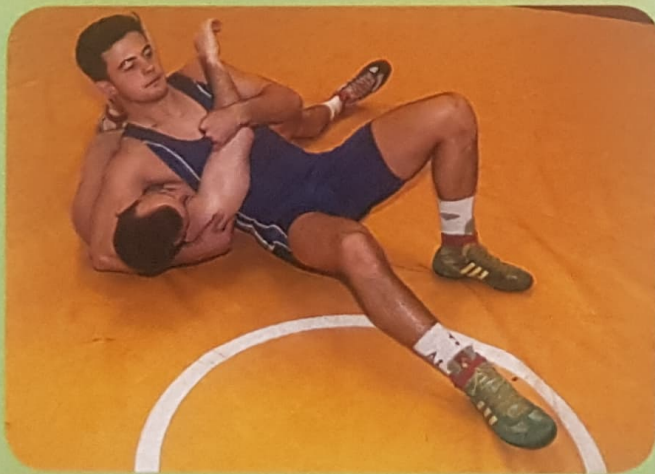
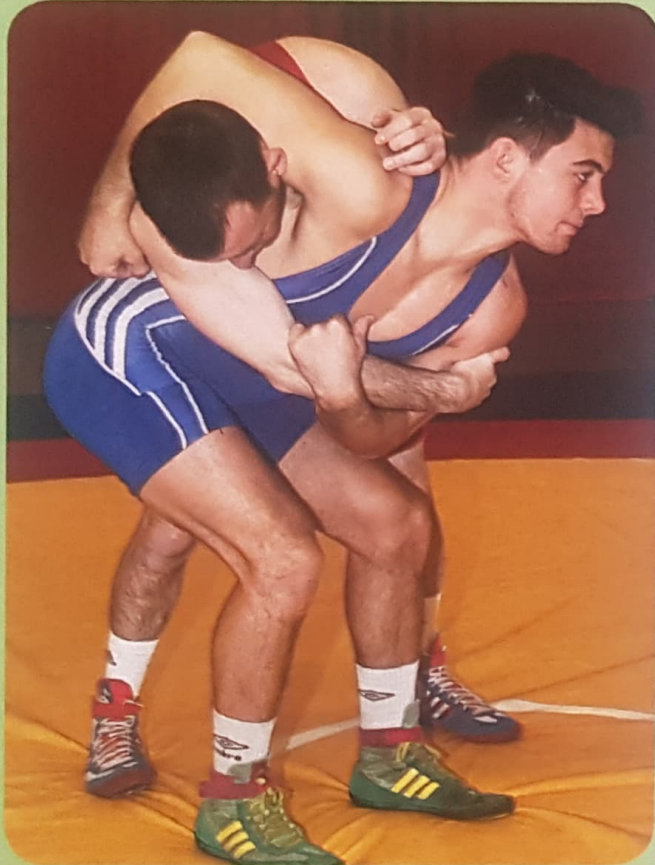
GROUND

Reverse bridge lift and drop, drive towards bridge
Cradle, do not put head in spine

NB

Coach should provide demonstrations if necessary
Coach should use whistle to start and end actions

Head & arm, hip toss



Coaching points:

- From a control position
- Turn head to look at heel
- Lead leg rotates
- And transfer grip to head and arm lock
- Project hip through
- Land opponent on shoulders
- Attempt to maintain control for pin lifting head



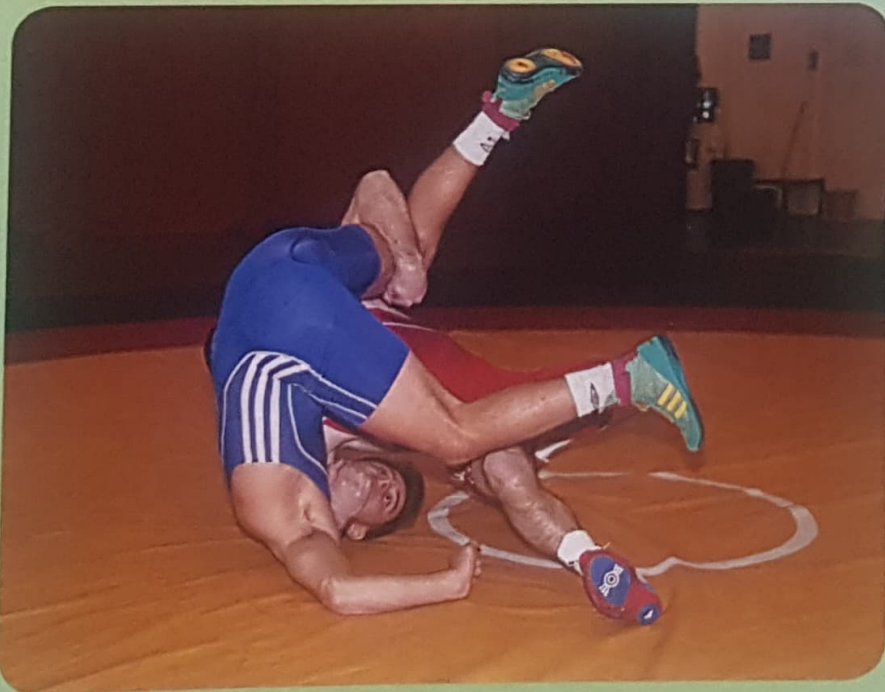


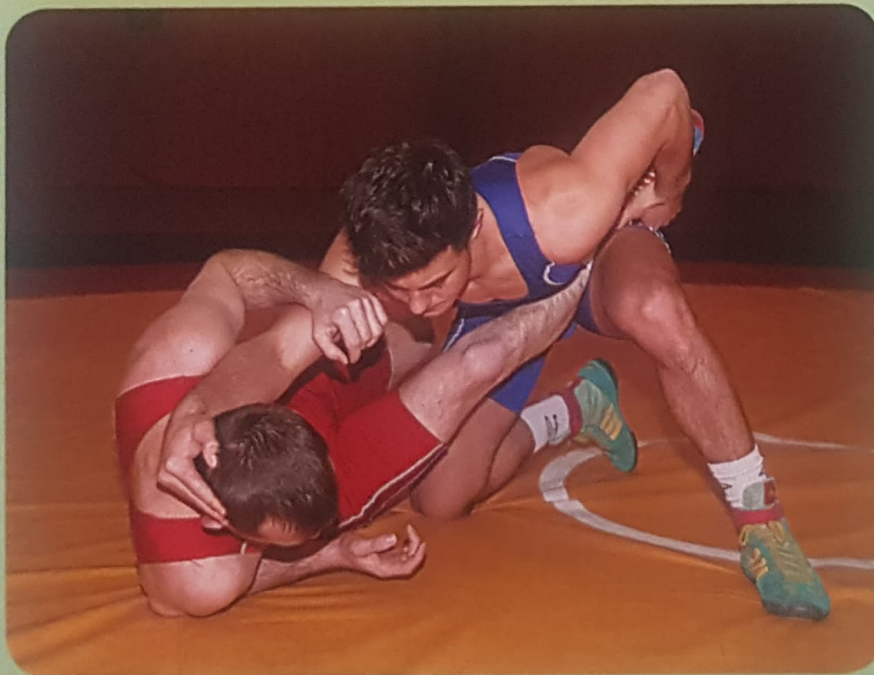
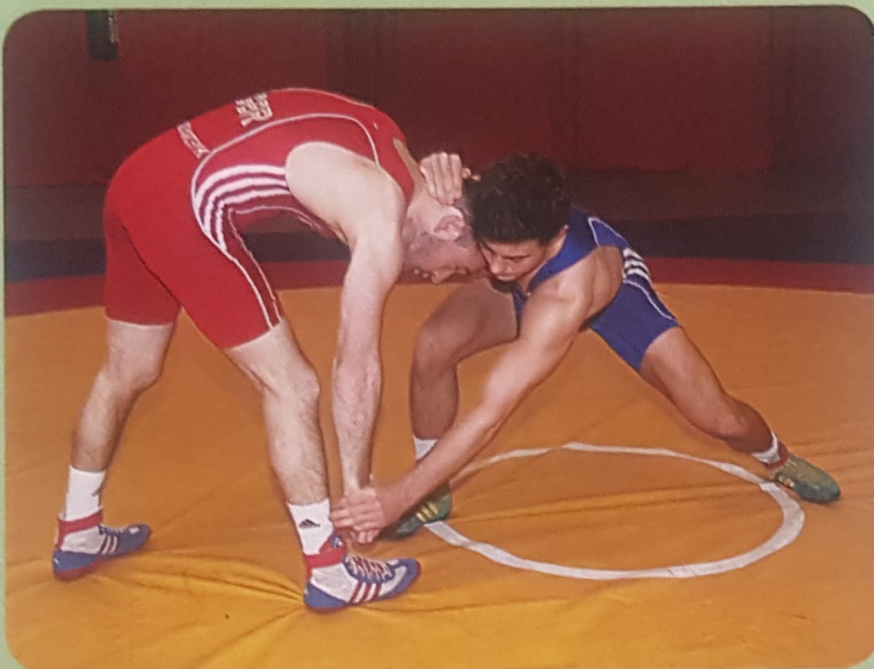
Coaching points:

- From a control position
- Snatch to head and arm from above
- Secure chin and wrist
- Simultaneously place head under arm, drop step, sit in front of opponent
- Rotating to top position
- Attempt to maintain control for pin closing elbows to ensure tight position control for pin lifting head



Front headlock, body drop





Coaching points:

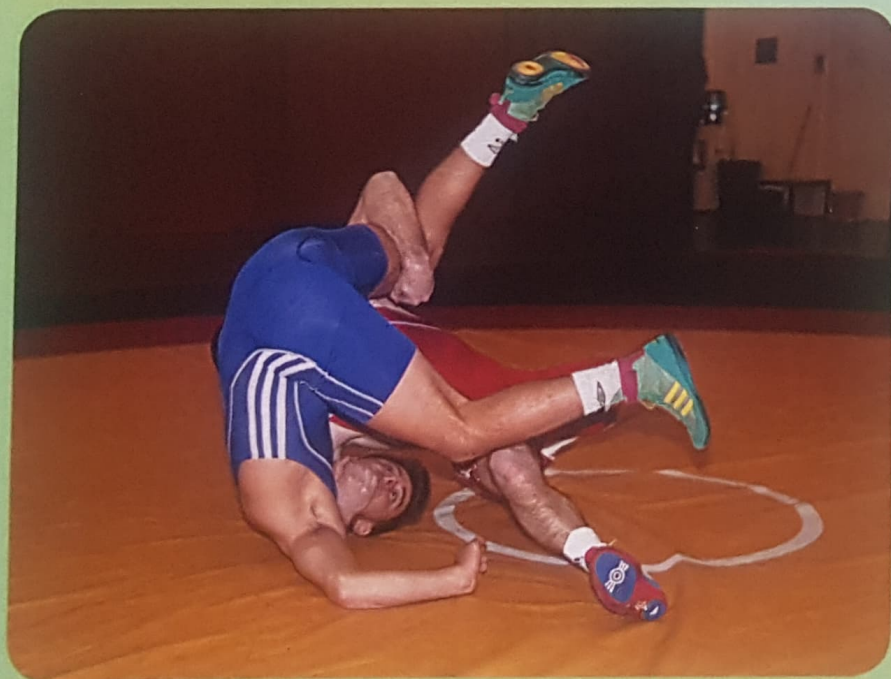
- From a control position
- Pull arm to cause opponent to step forwards
- Maintain head control & transfer grip from arm to ankle
- Drive forwards controlling head & block ankle
- Attempt to maintain control for pin

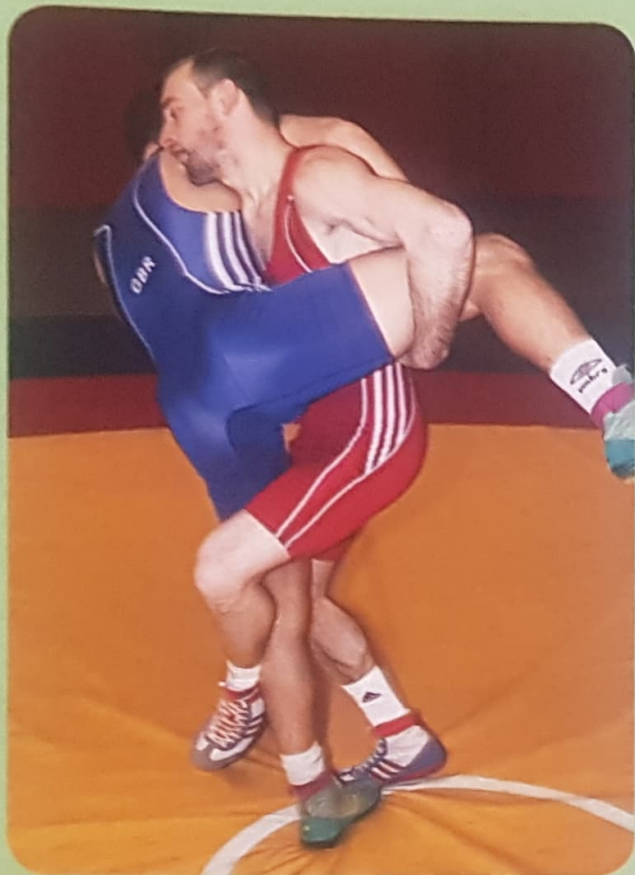




Coaching points:

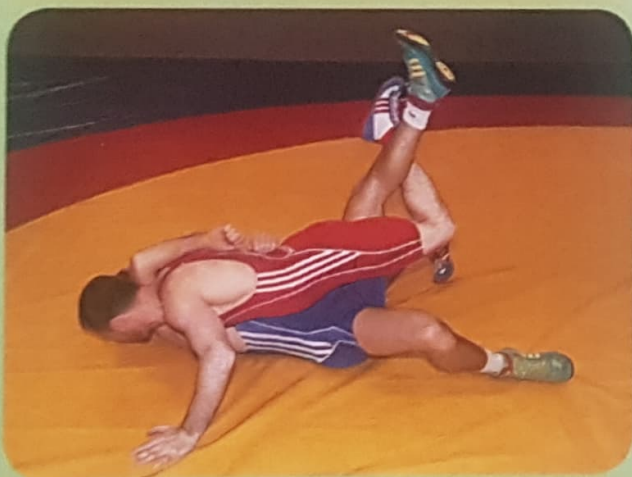
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- Rotating to top position
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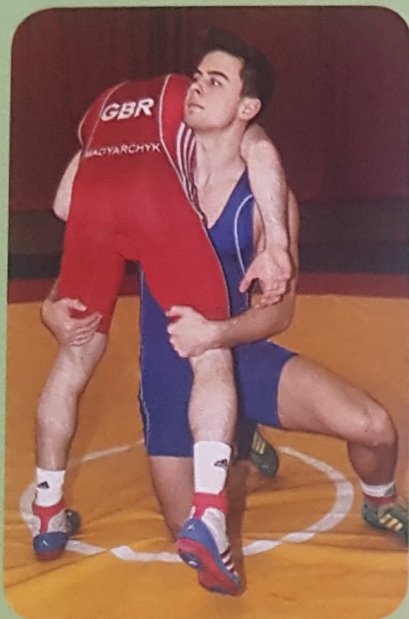




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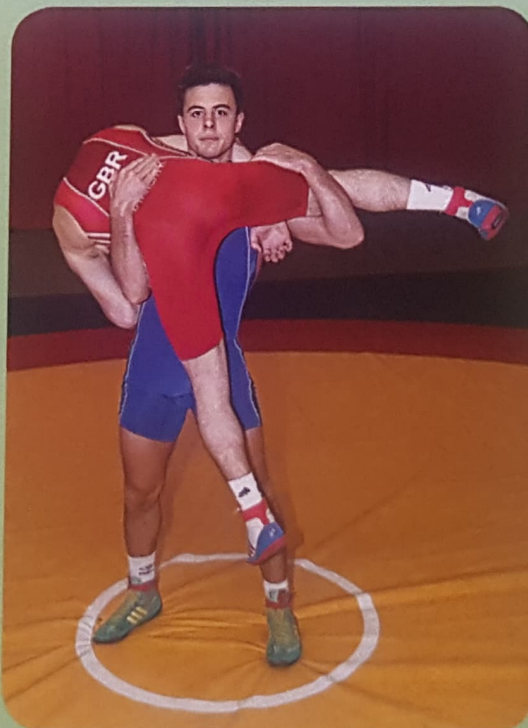
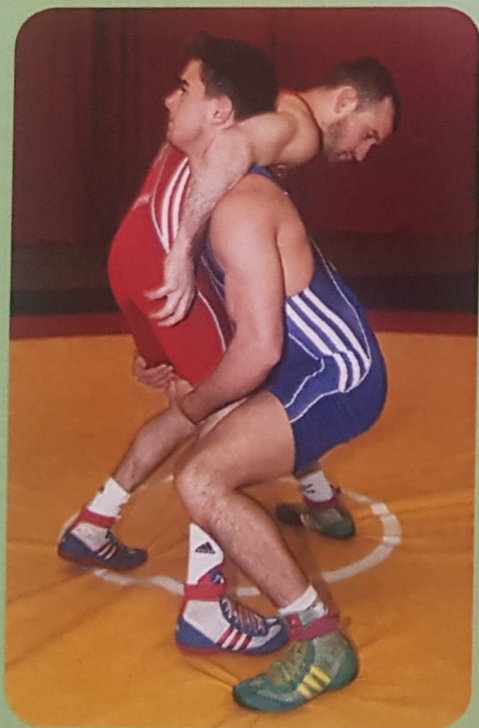
- From a control position
- Duck under and take leg
- Drive and rotate into opponent, head tight behind shoulder
- Hook supporting leg
- Attempt to maintain leg ride and control for pin

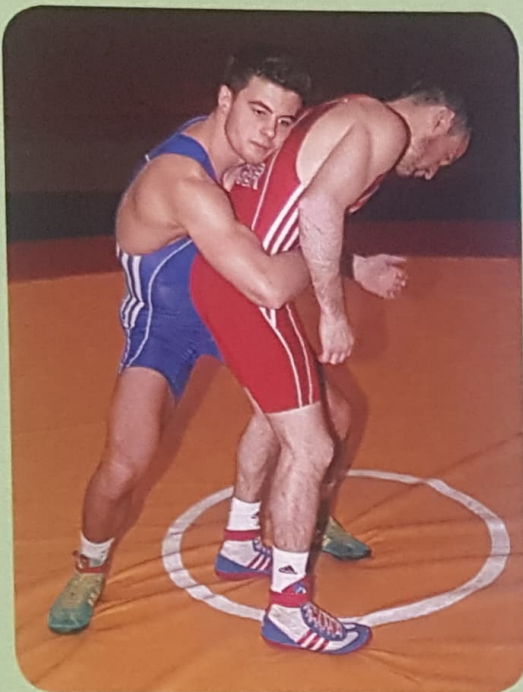




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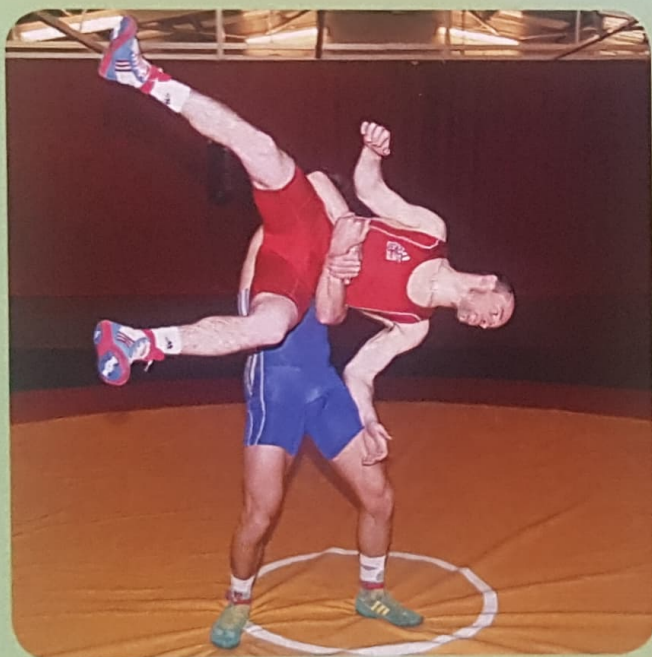
- From a control position
- Lead leg shoot
- Bring hips under shoulders, straight back
- Lift with rotation, head up
- Swing hips across chest
- Control waist and leg at or above knee
- Kneel to place opponent on shoulders maintaining contact and control



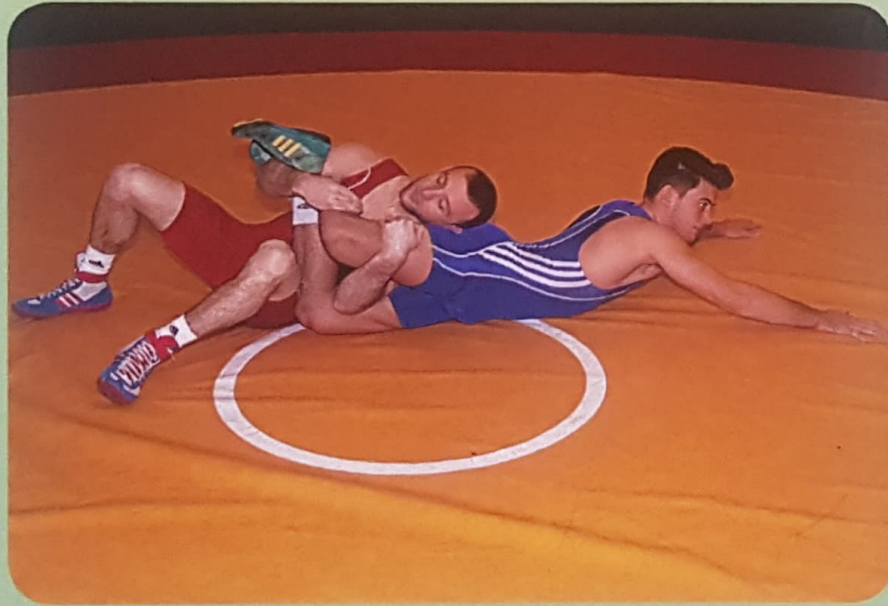


Coaching points:

- From a control position
- Duck under stepping behind opponent to block far leg
- Secure body lock
- Drive with hips to lift and rotate opponent
- Place opponent on chest maintaining body lock



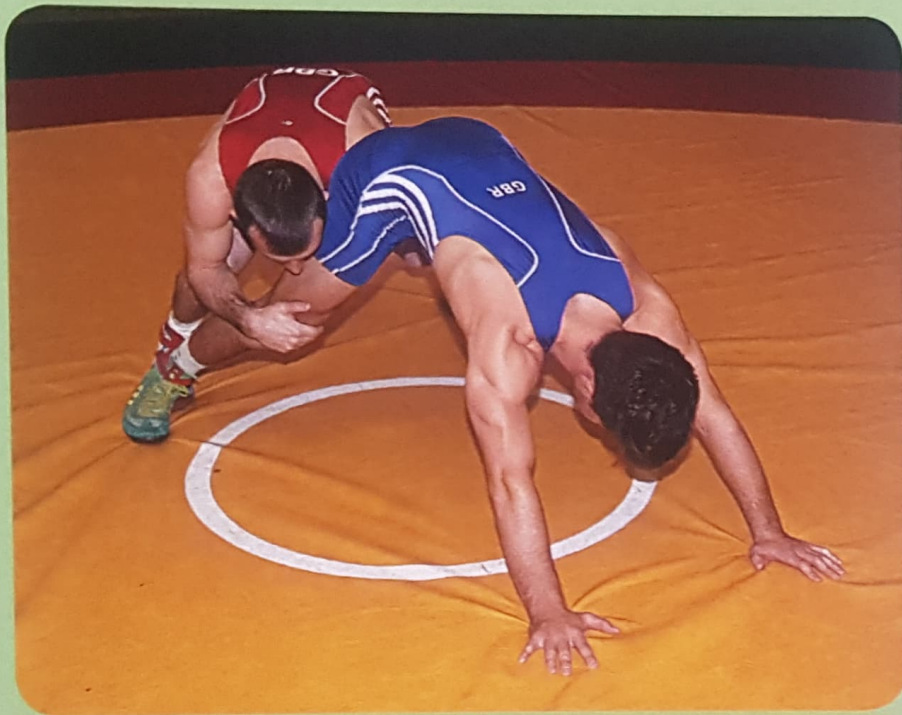
Back body lock cross ankle



Coaching points:

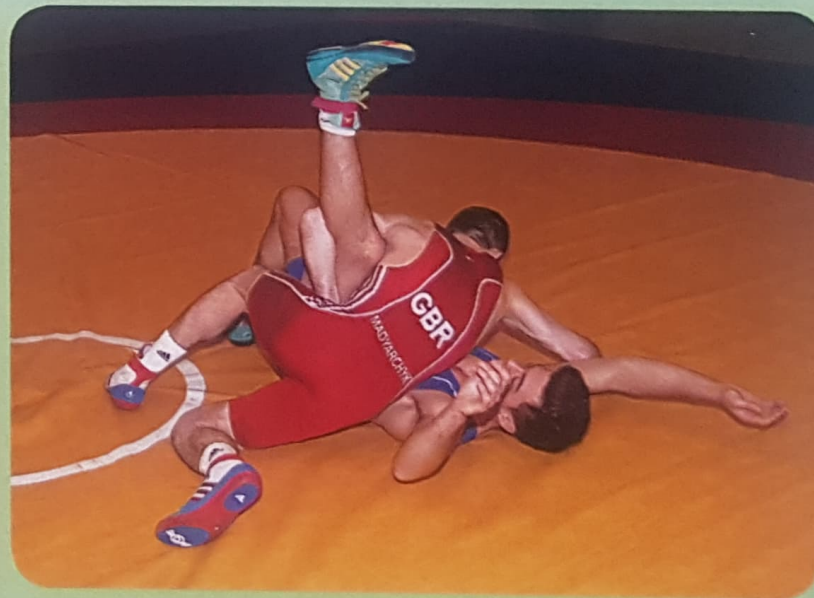
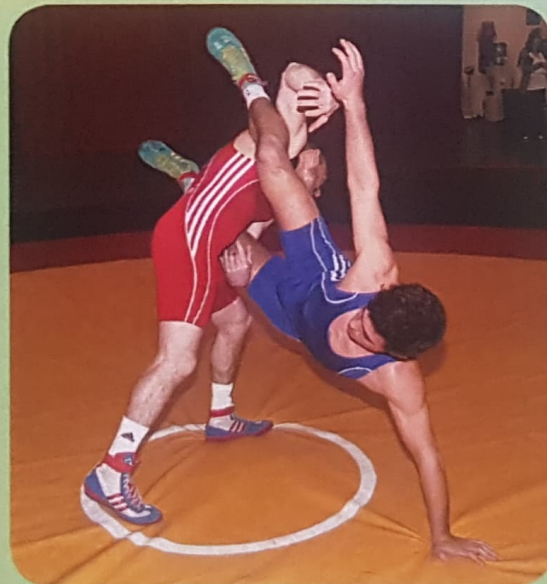
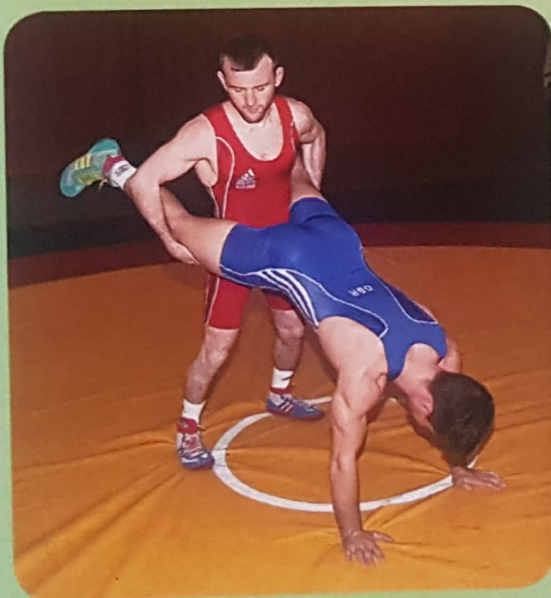
- From a semi ground control position
- Block knees, drive opponent forwards with shoulder
- Cross ankle
- Bridge roll

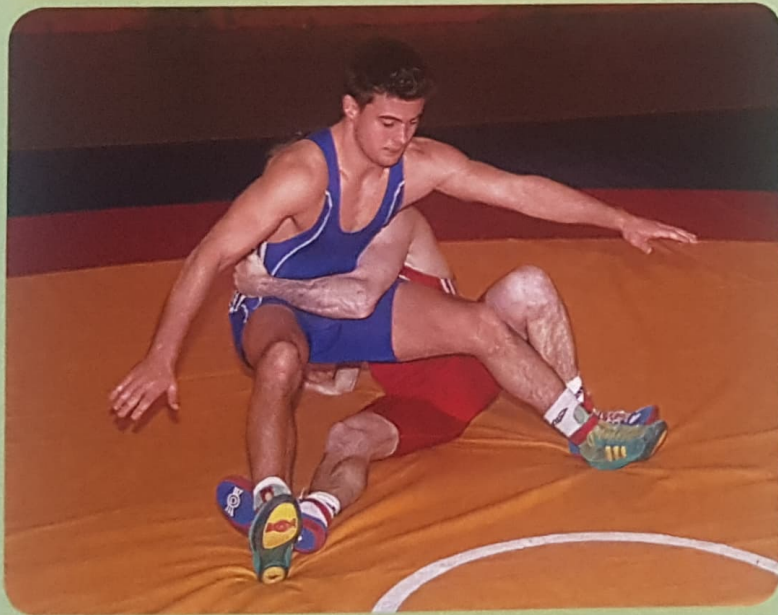




Coaching points:

- From a semi ground control position
- Block knees and lift opponents legs
- Rotate opponents hips towards the mat
- Follow down maintaining control





Coaching points:

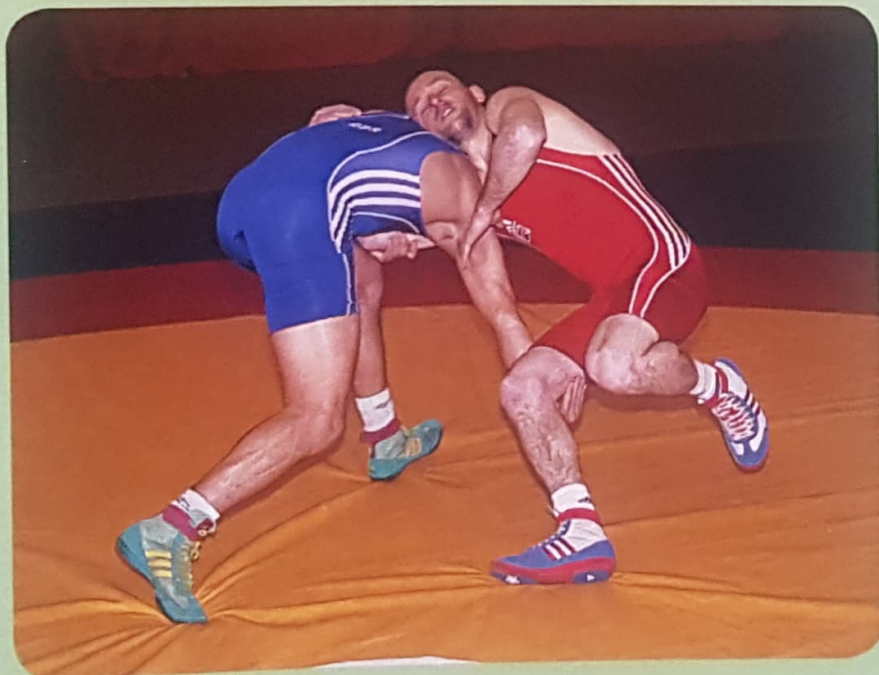
- From a semi ground control position
- Simultaneously block heels, pull hips and rotate opponent towards the mat
- Prepare for next action
- This is only possible if the opponent's body centre of gravity is close i.e. opponent's feet must be wide and his arms not too far from his feet



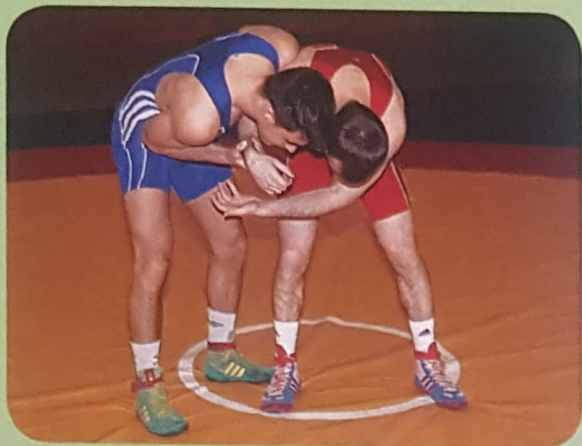


Coaching points:

- From a control position
- Cause opponent to push
- Block above knee while pulling arm with strong rotation
- Attempt to maintain control for pin



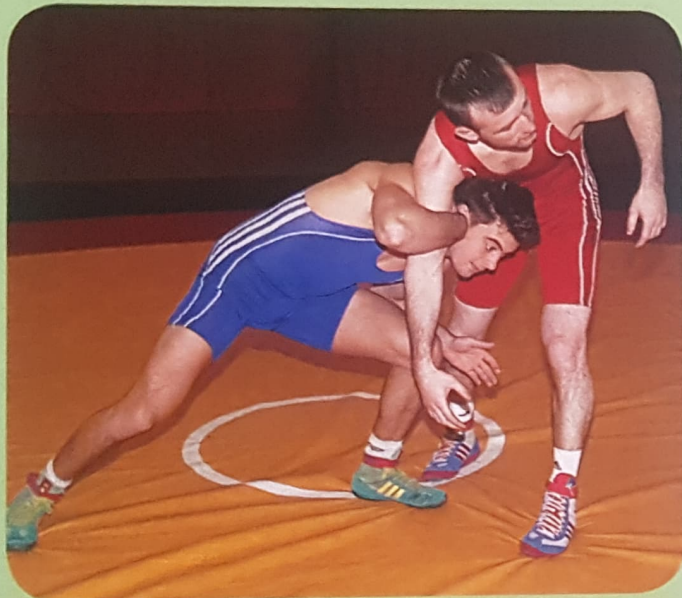
Arm drag (2on1) body drop



Coaching points:

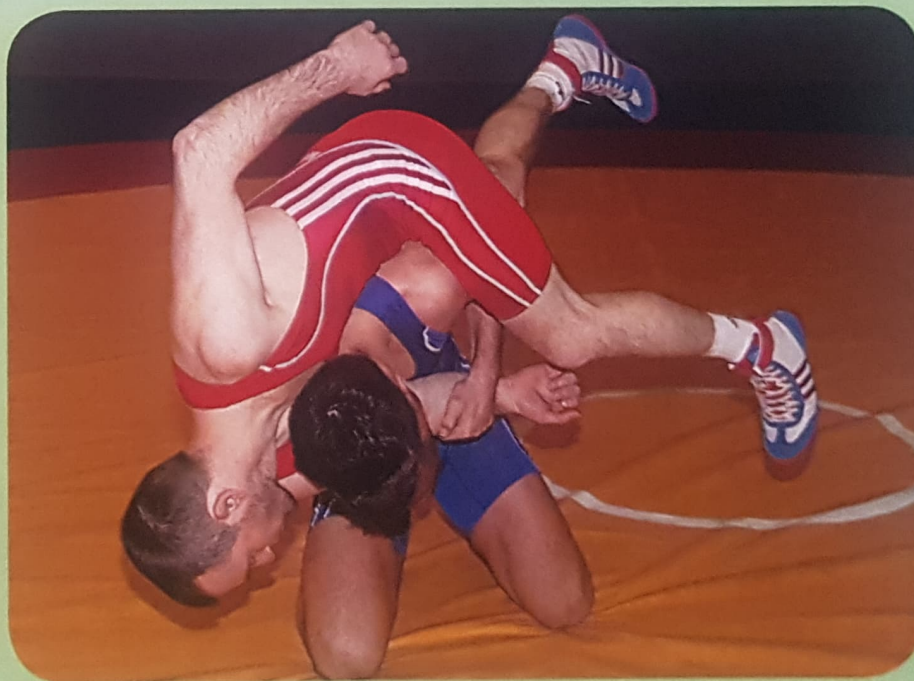
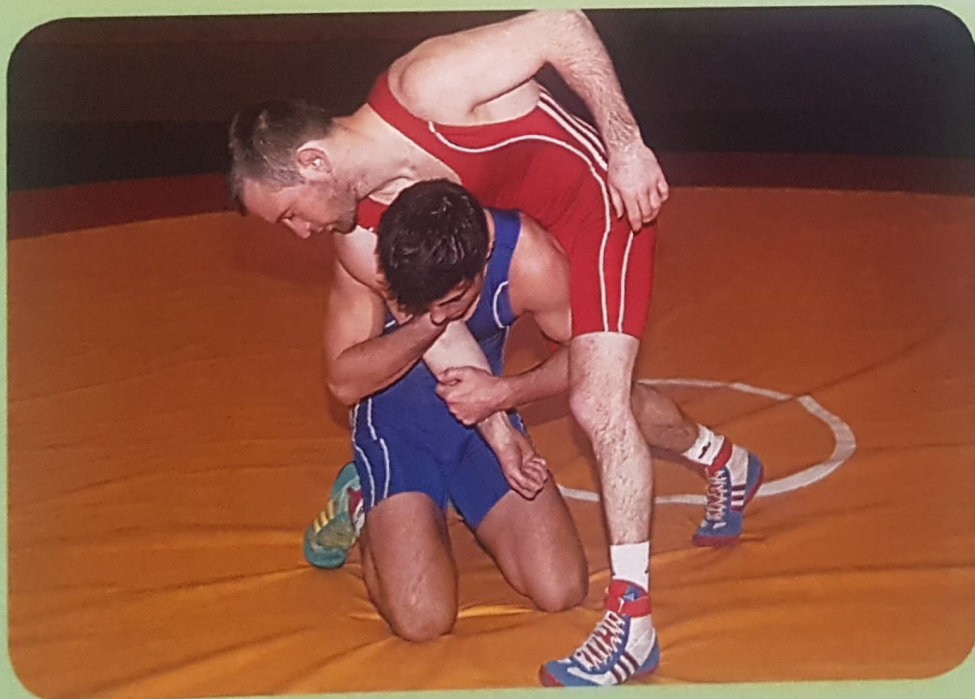
- From a control position
- Arm drag and move to outside of body
- Move head under arm while maintaining control of arm
- Keep opponents forward motion causing opponent to roll over shoulders
- Attempt to maintain control for pin

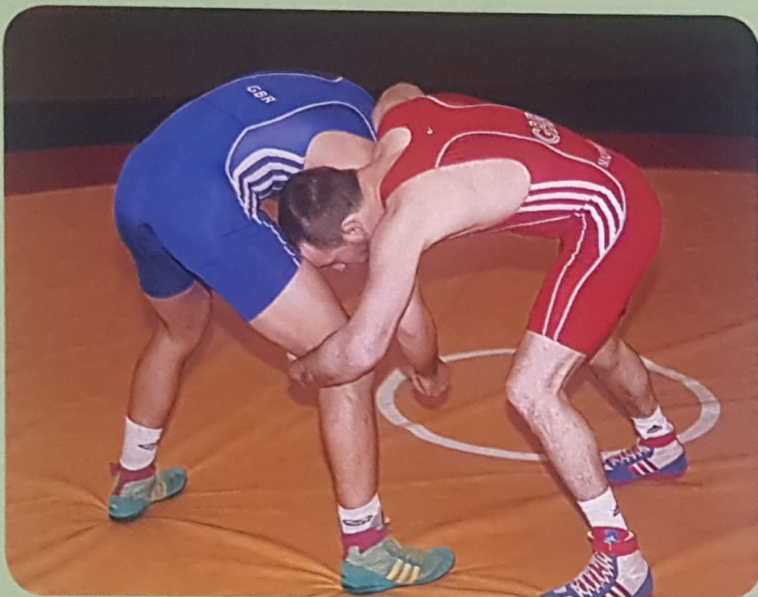




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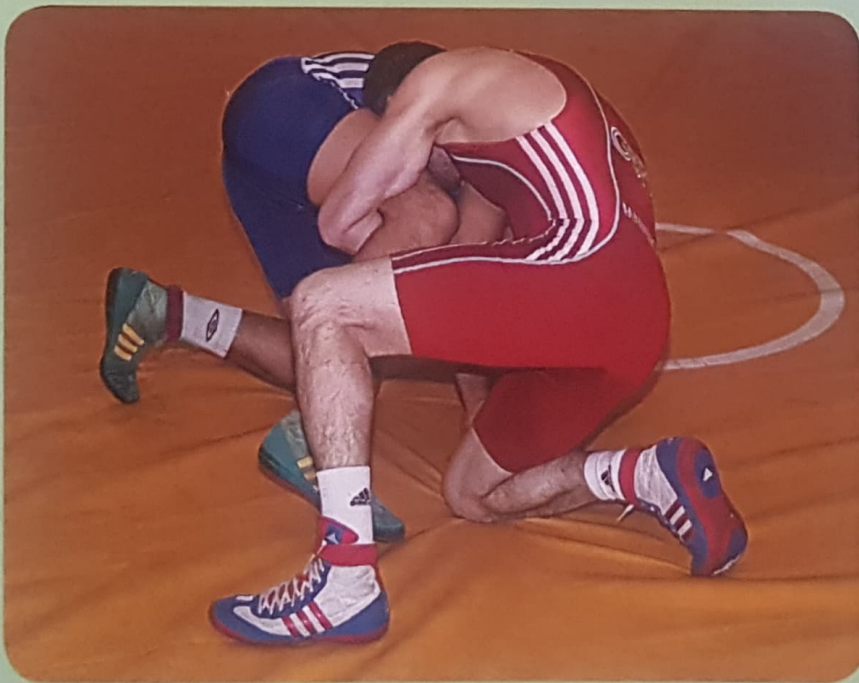
- From an outside control position, create space for action
- Rotate from outside to inside
- Lower to a kneeling position
- Pull down on arm and raise opposite shoulder/arm without leg control
- Rotate opponent onto shoulders
- Attempt to maintain control for pin

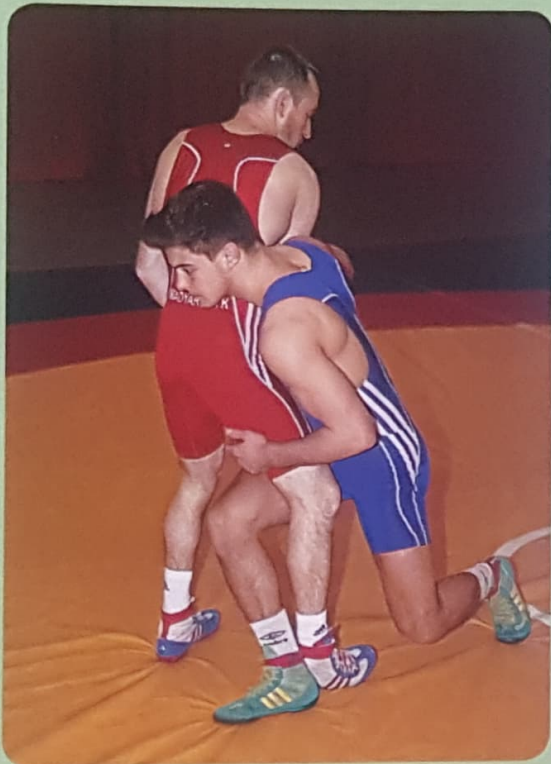




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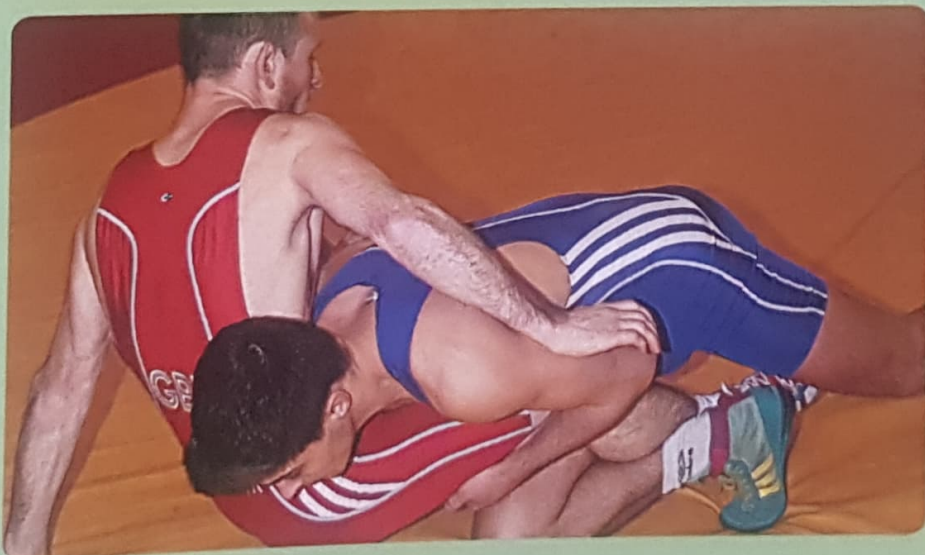
- From a control position
- Snatch to head and shoulders from above
- Maintaining chin control, rotate to capture leg
- Continue rotation with control
- Attempt to maintain control for pin

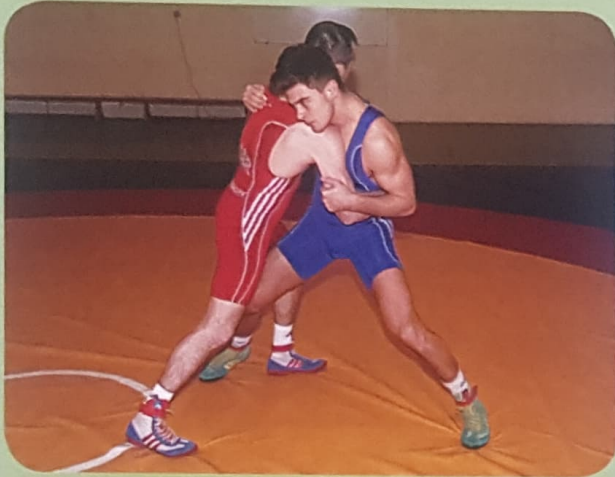




Coaching points:

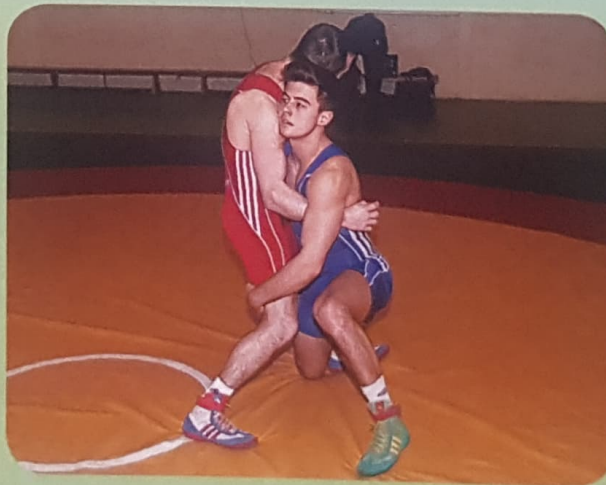
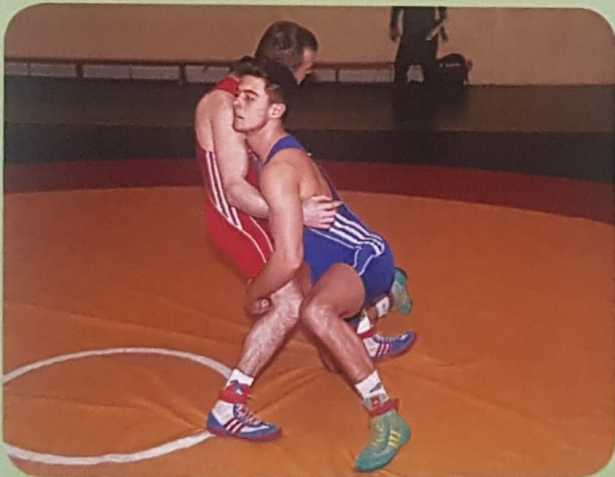
- From a control position
- Move opponents arm to inside
- Step to hook opponents leg from inside to out
- Double leg control, drive to takedown, leg ride
- Attempt to maintain control for pin

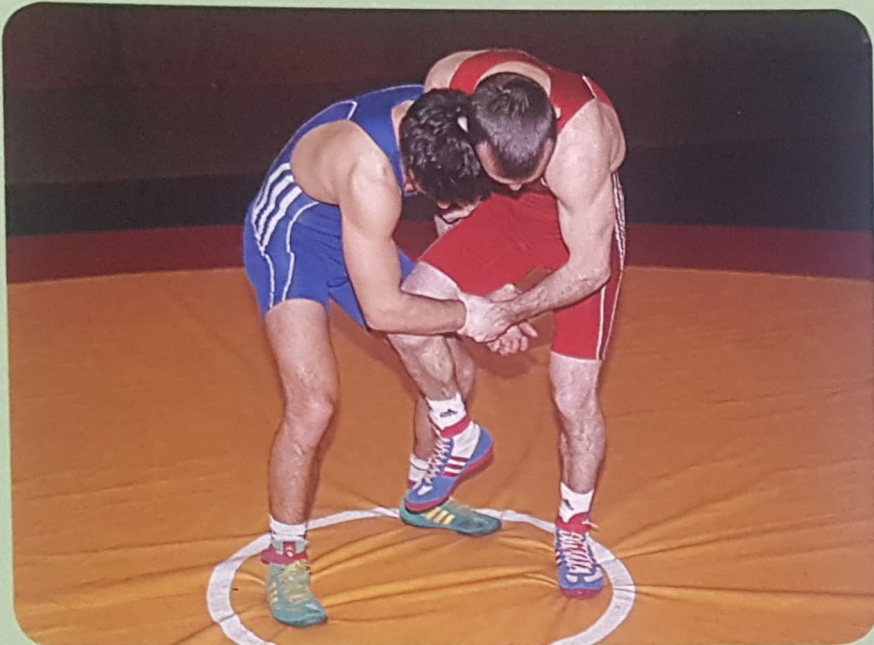




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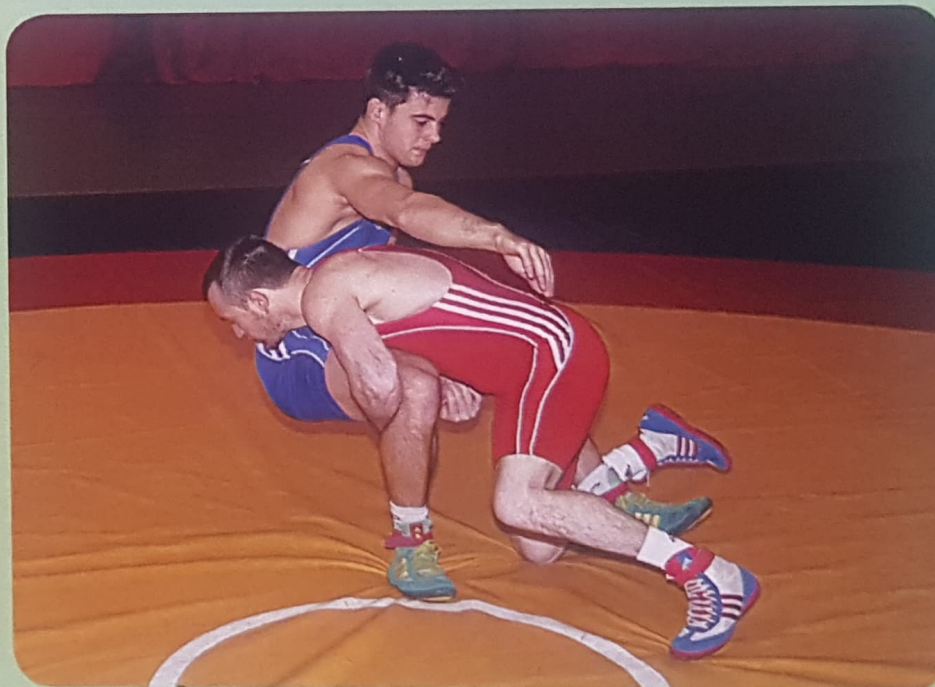
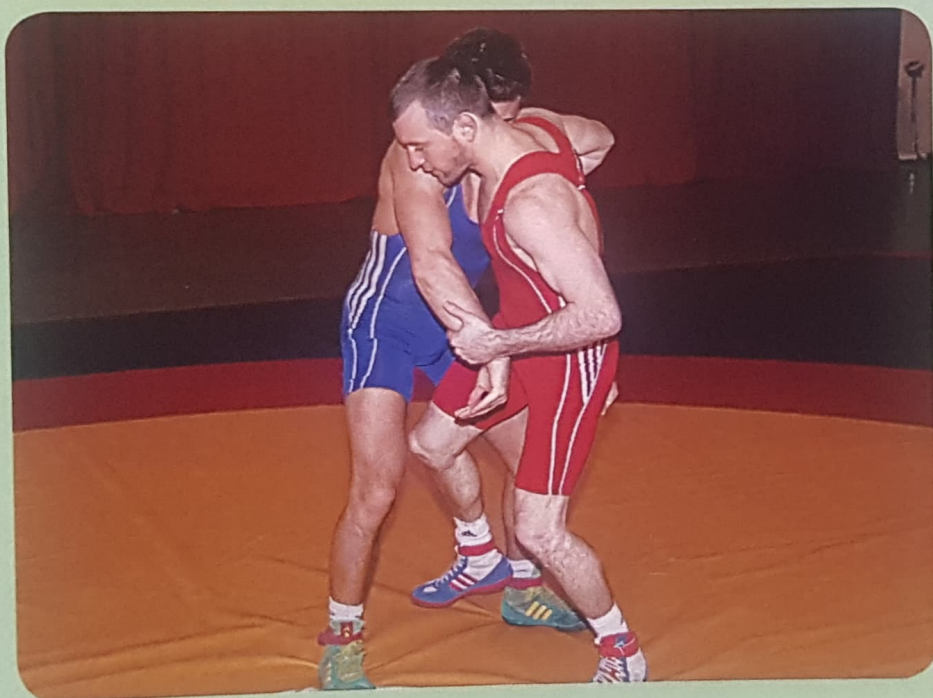
- From a control position
- Cause opponent to step into range
- Step to hook opponents' leg from inside to out
- Double leg control, drive to takedown
- Attempt to maintain control for pin



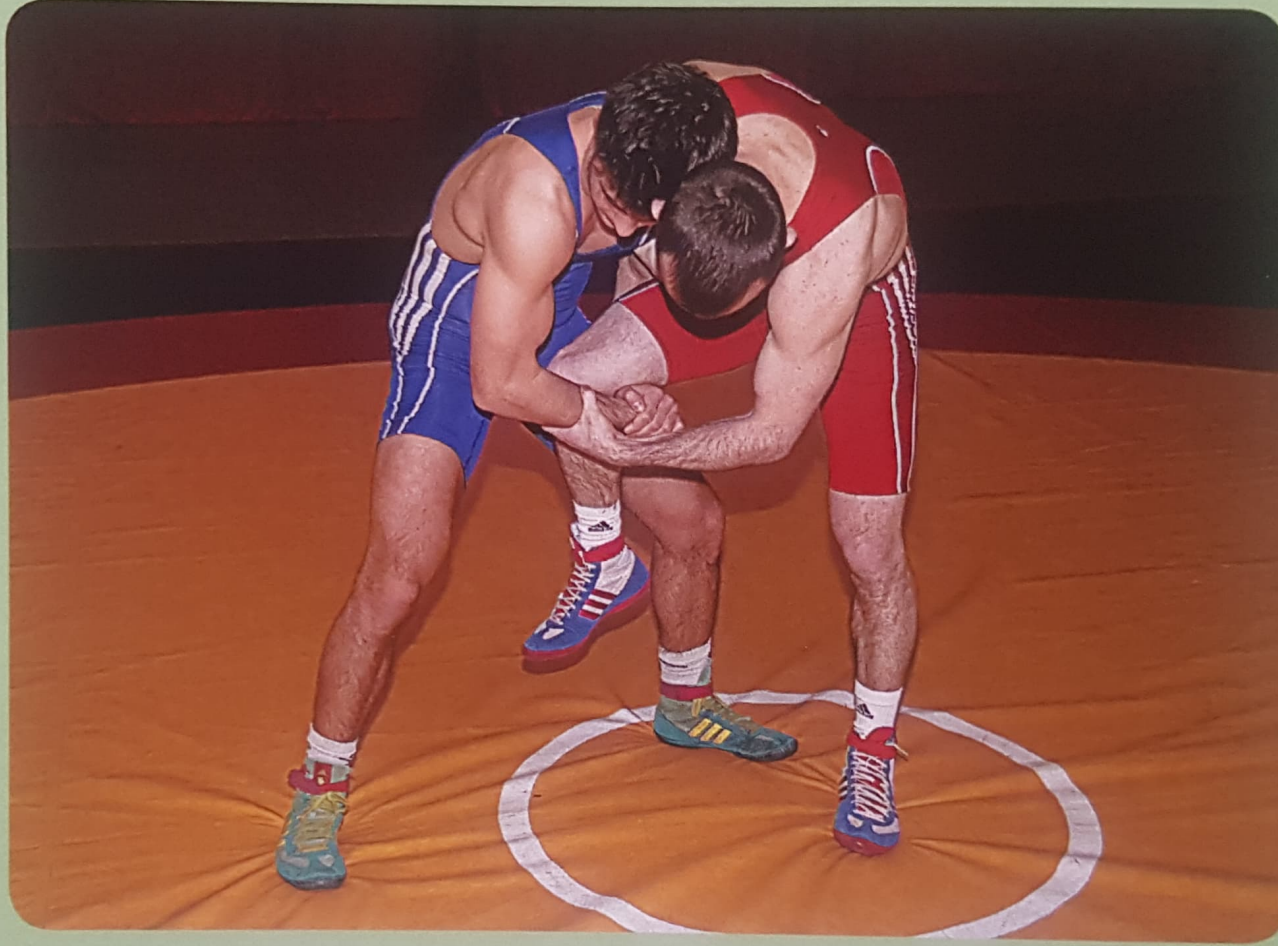


Coaching points:

- Control opponents wrist to break grip
- Ensure head and shoulder below opponents
- Simultaneously pull wrist up and hook leg
- Double leg control, drive to takedown
- Attempt to maintain control for pin



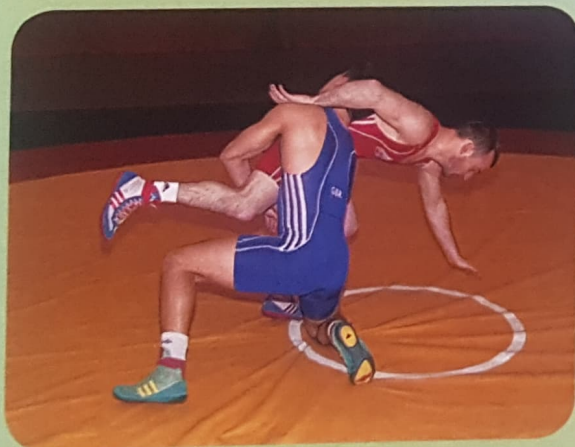
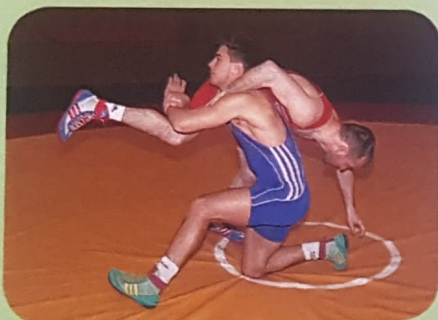
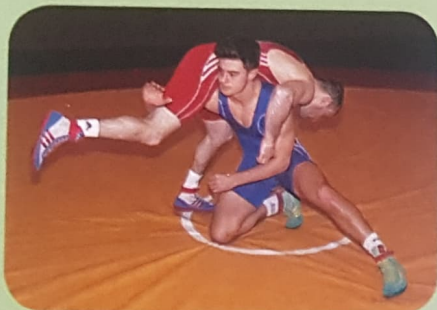
Inside hook leg defence (correct grip)



Coaching points:

- Grip is almost impossible to break.



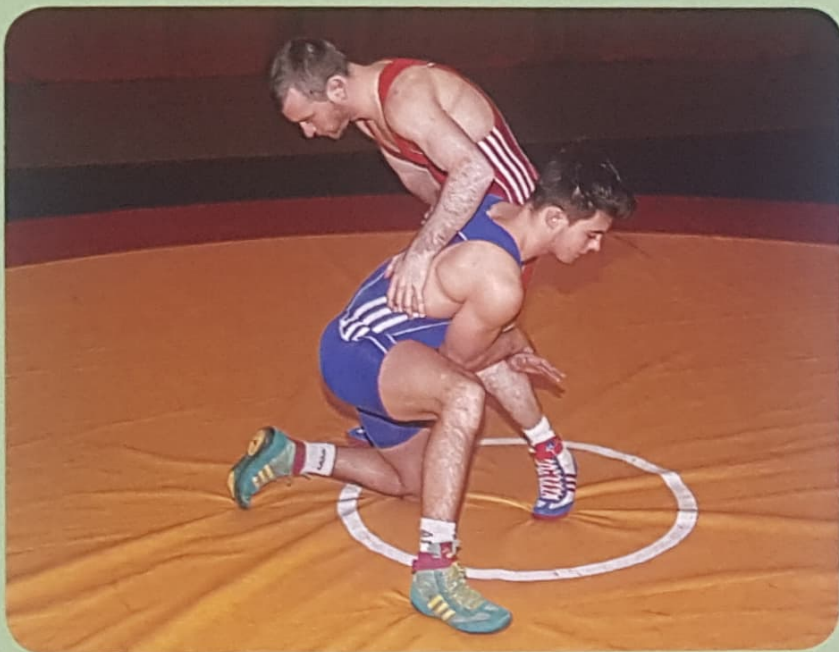


Coaching points:

- From a light control position
- Single leg high crotch attack, driving arm up
- Head up, straight back, rotating to a strong ground position
- Prepare for next technical action

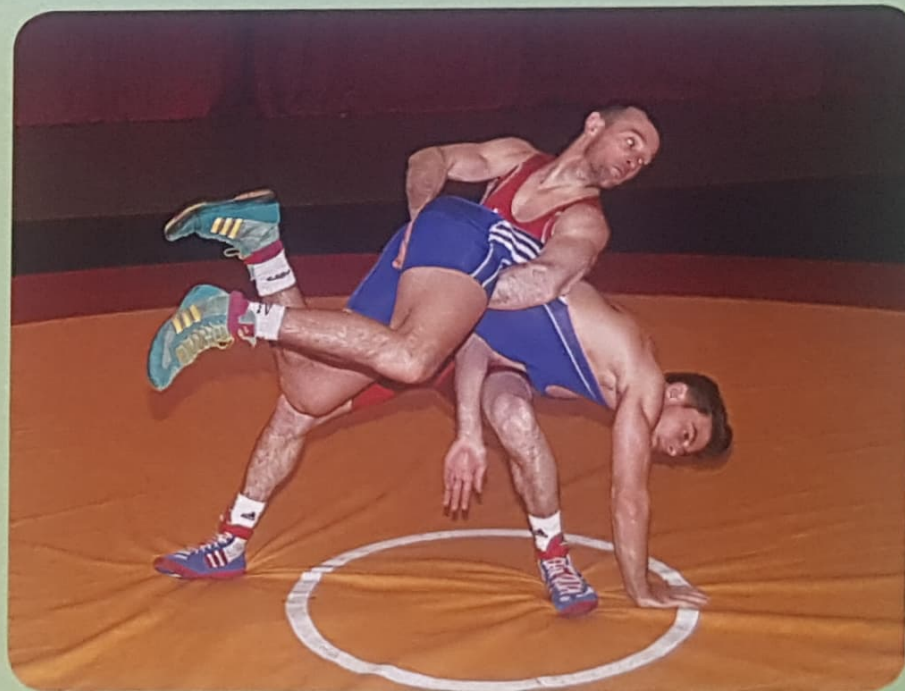
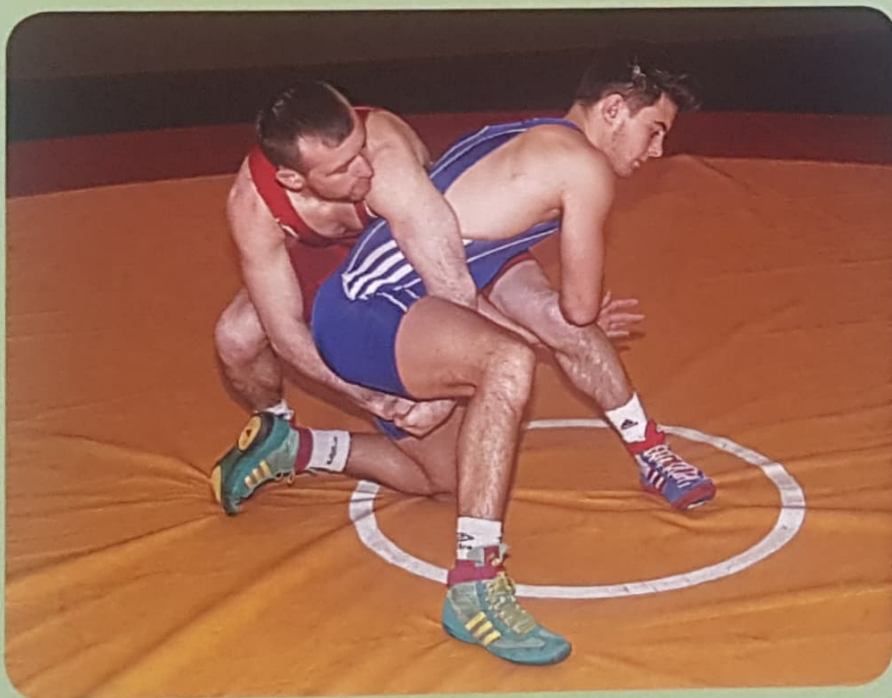


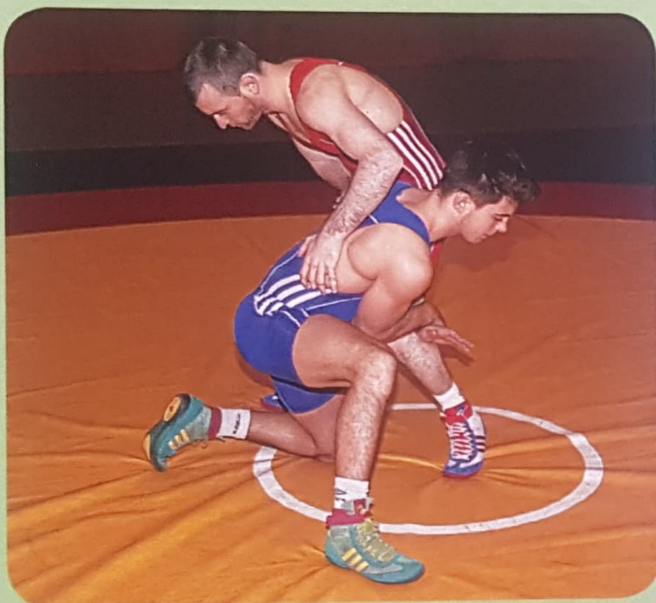
Reverse thigh lock & backwards tilt (throw away)



Coaching points:

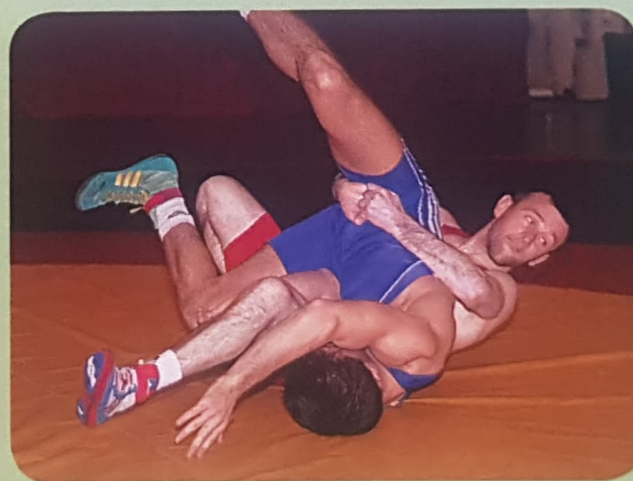
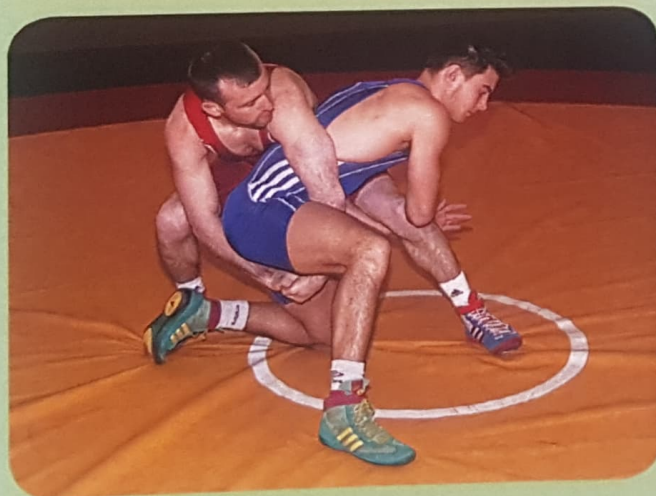
- Block single leg attack
- Move hips to side (opponents shoulder outside)
- Step forward into crotch lift hold
- Throw and release opponent

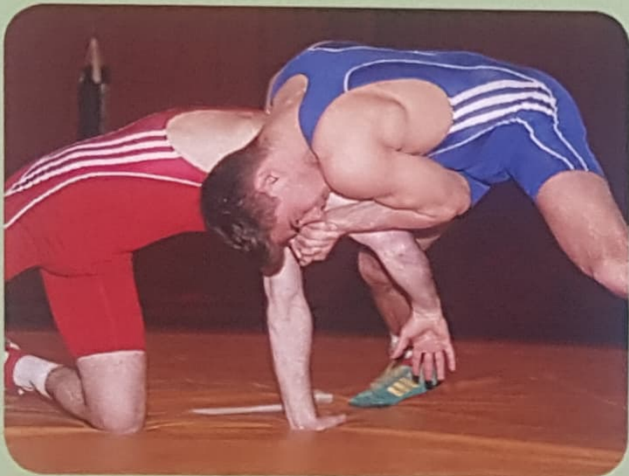




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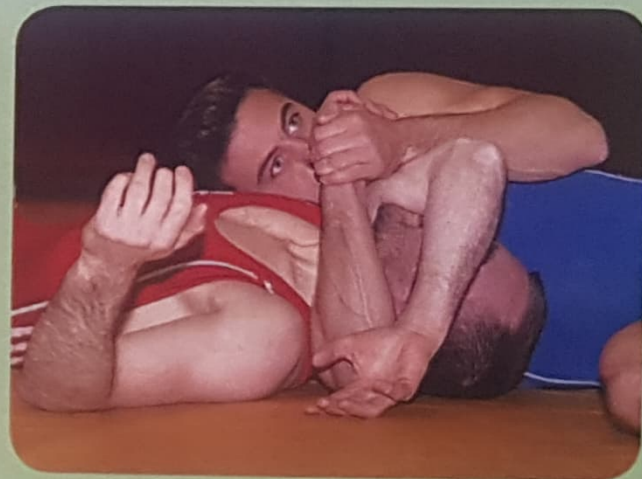
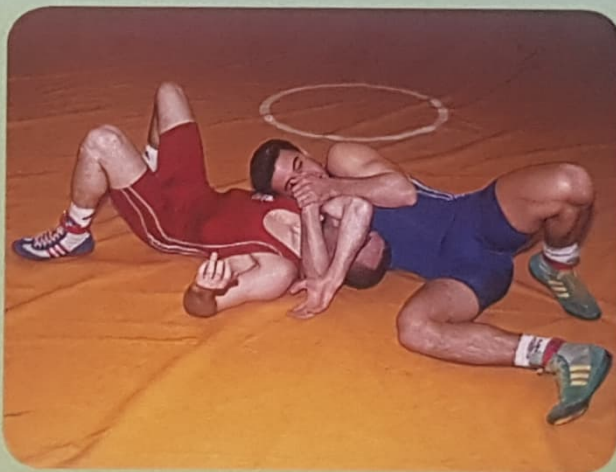
- Block single leg attack
- Move hips to side (opponents shoulder outside)
- Step forward into crotch lift hold
- Throw and maintain control following opponent
- Prepare for next technical action

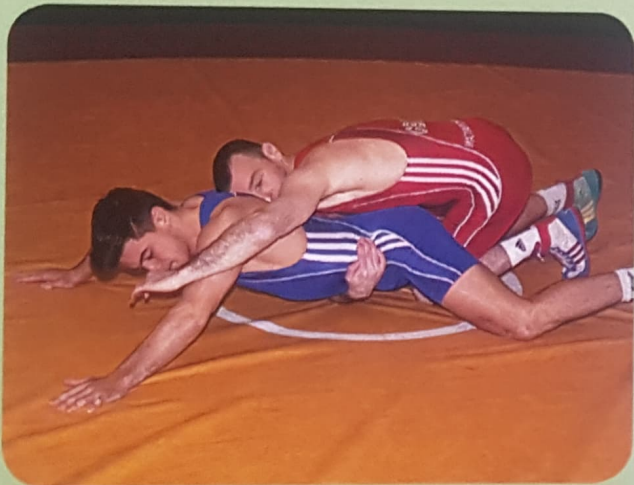




Coaching points:

- From front headlock control position
- Opponent kneeling
- Bridge roll





Coaching points:

- From par terre control position
- Control arm and body
- Drive opponent forwards with bridge roll

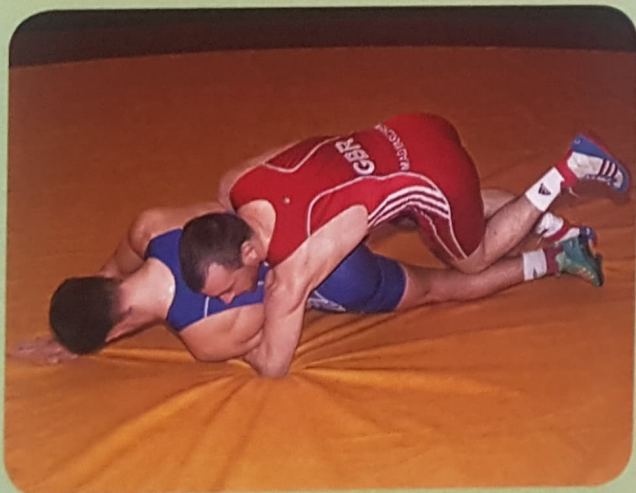
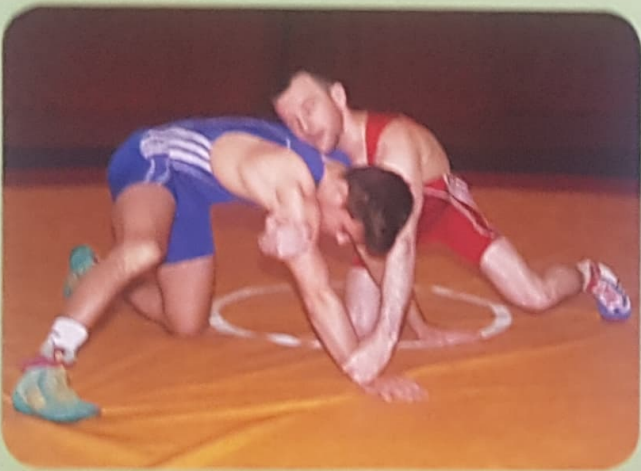
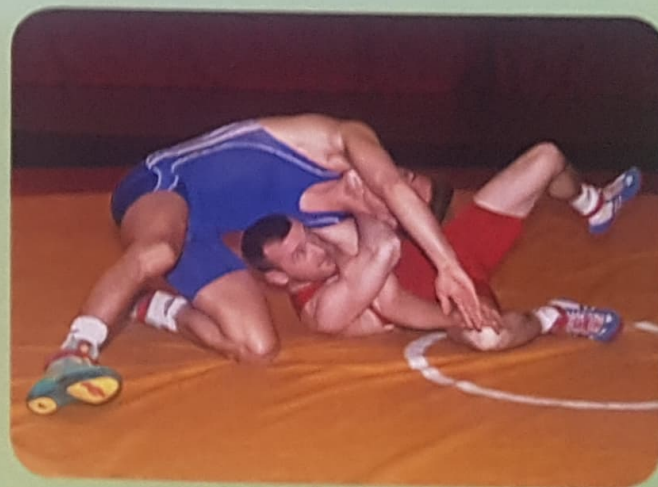
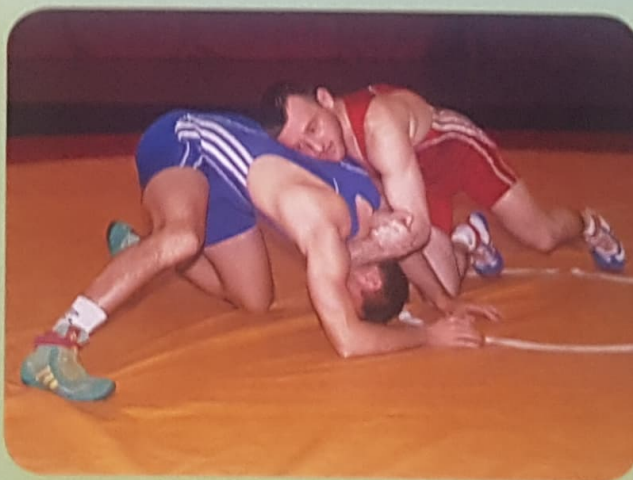
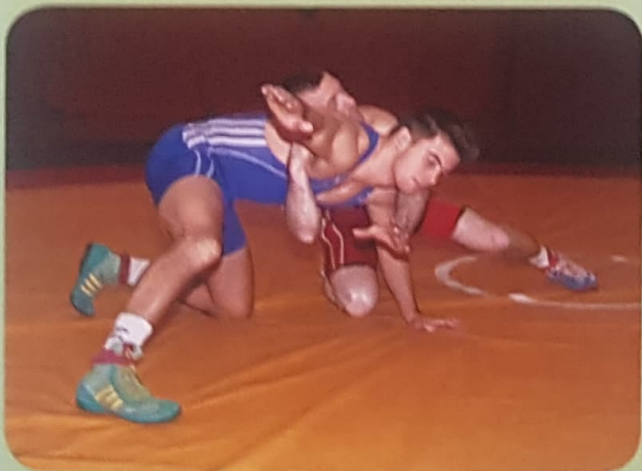


Fig 4 headlock bridging



Coaching points:

- From par terre position
- Attempt fig 4 headlock
- Opponent defends
- Reverse into bridge roll





Coaching points:

- From par terre control position
- Control near arm and far hip
- Pull hip to rotate opponent onto shoulders

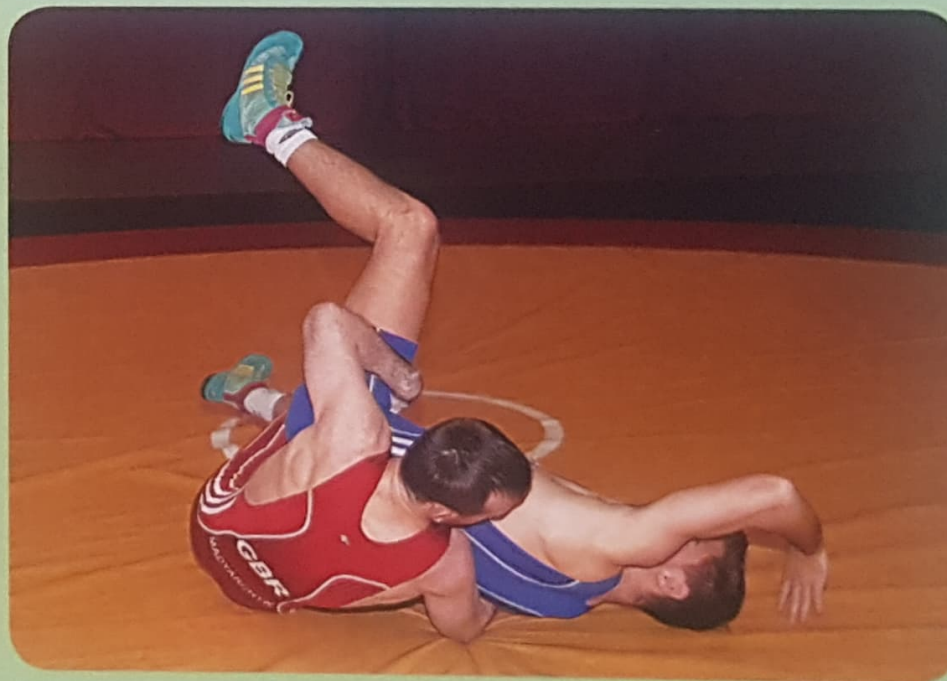
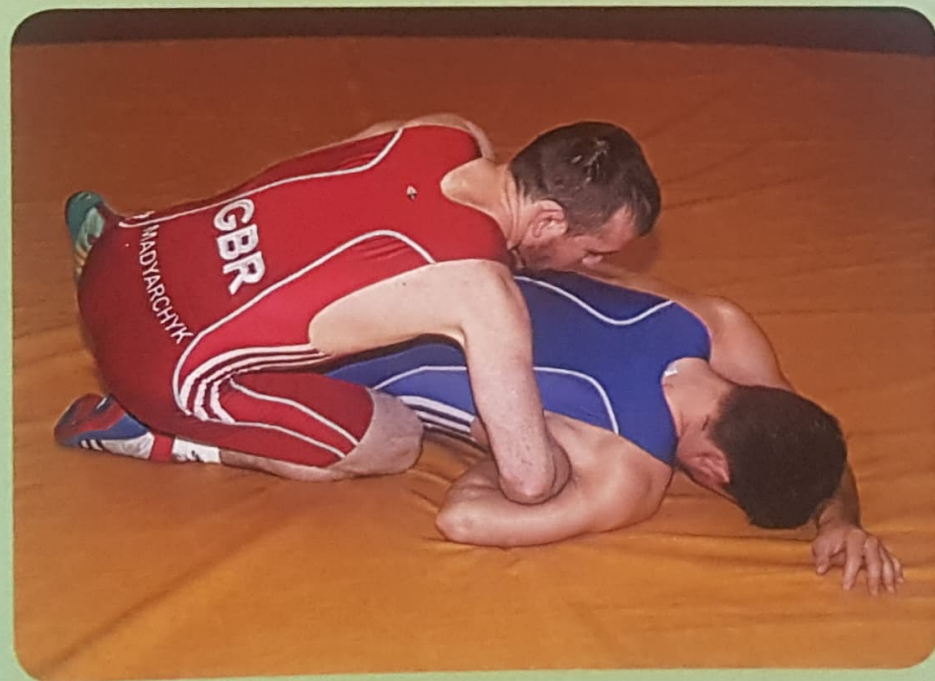
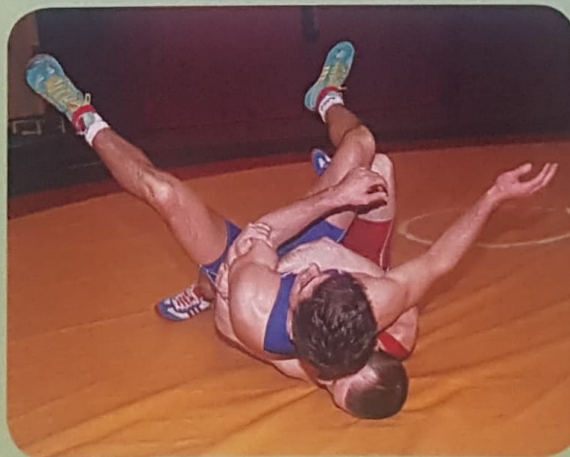
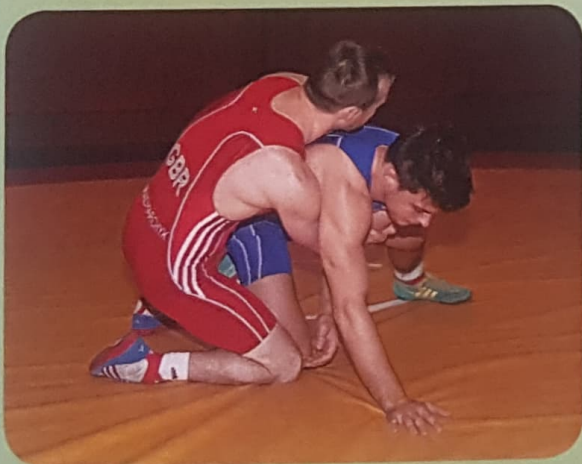


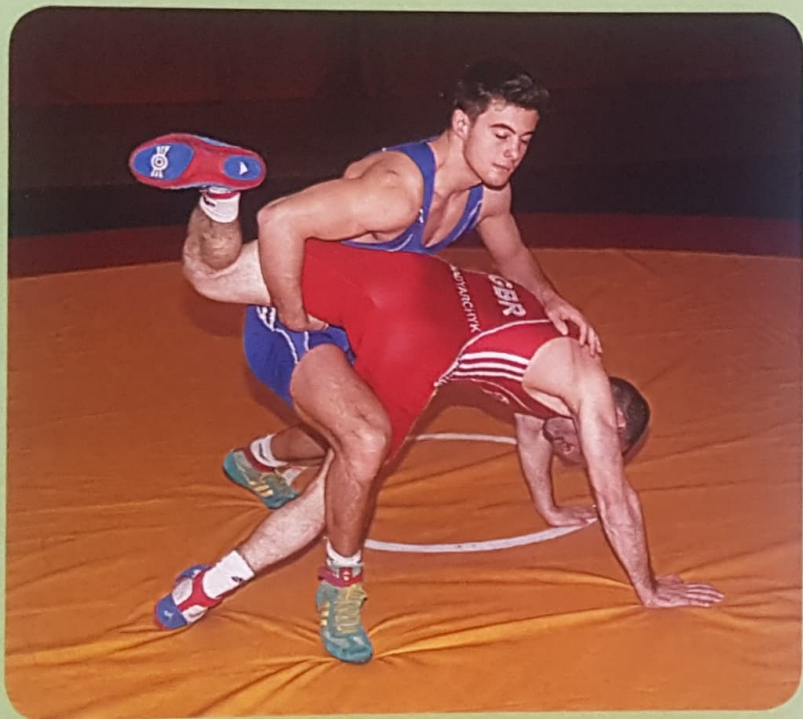
Fig 4 chestlock bridging



Coaching points:

- From par terre control position
- Attempt fig 4 chest lock
- Using opponents defence
- Drive knee under opponent into bridge roll
- Maintaining fig 4 lock Attempt to control for pin





Coaching points:

- From par terre position
- Stand and Lift near leg controlling leg from thigh position
- Step to hook far leg
- Control head and rotate opponent onto shoulders
- Attempt to maintain control for pin using leg ride with heel up, and head control

