

Technical Award Handbook



Orange 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



Coaching points:

GRIP:

- Head and Arm control

PREPARATION:

- Push or pull opponent

BODY POSITION:

- Outside arm secure elbow
- $\frac{3}{4}$ Rotation inside, look away
- Inside arm, closed – hook high under arm
- Drop to single knee (landing side) or double knees
- Keep tight control of arm

FINISH:

- Sit through with head and arm control
- Aim to pin opponent





Coaching points:

GRIP:

- Open stance light contact

PREPARATION:

- Control outside lower arm, inside highest point of arm under shoulder

BODY POSITION:

- Pull and control arm, control waist
- Circle to takedown

FINISH:

- Finish behind, good weight distribution
- Consider grip for next technical action





Coaching points:

GRIP:

- Head and arm with light contact

PREPARATION:

- Cause opponent to step forward with leg to be attacked
- Shoot deep under opponent high crotch position

BODY POSITION:

- Keeping control high on arm
- At the same time pulling arm down

FINISH:

- Sit through with head and arm control
- Aim to pin opponent





Coaching points:

GRIP:

- Double shoulder with light contact

PREPARATION:

- Lift elbow to create space for head
- Dummy/attempt single leg attack

BODY POSITION:

- Stand and change to double leg
- Sideways push with head
- Inside leg steps across opponents body
- Shoot for takedown
- Control behind knees

FINISH:

- Aim to pin opponent





Coaching points:

GRIP:

- Head and arm with light contact

PREPARATION:

- Cause opponent to step forward with leg to be attacked
- Secure single leg adopting standing position with strong linked grip, hand behind knee palm down

BODY POSITION:

- Head inside, close to body
- Lift leg high to create opportunity
- Change grip to waist and lower leg
- Step in front to block leg and drive opponent to land in low par terre

FINISH:

- Attempt grip for next technical action





Coaching points:

GRIP:

- Head and arm with light contact

PREPARATION:

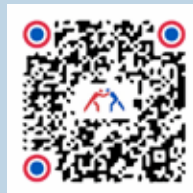
- Cause opponent to step with leg to be attacked
- Secure single leg adopting standing position with strong linked grip, hand behind knee palm down

BODY POSITION:

- Head inside, close to body
- Shift in rotation destroying opponents balance, reaching between legs to block leg, shoulder low, palm to knee
- Follow down in close contact

FINISH:

- Attempt grip for next technical action





Coaching points:

GRIP:

- Head and arm with light contact

PREPARATION:

- Cause opponent to step forward with leg to be attacked
- Secure single leg adopting standing position with strong linked grip, hand behind knee palm down

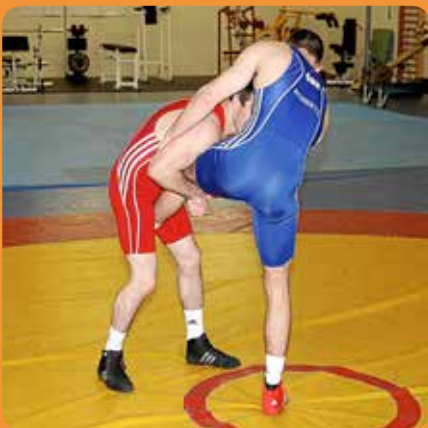
BODY POSITION:

- Head inside, close to body
- Lift leg, secure between legs
- Shift in rotation, pull/drive down on leg
- Follow down in close contact
- Control with head, arm and leg ride

FINISH:

- Aim to pin opponent





Coaching points:

GRIP:

- Head and arm with light contact

PREPARATION:

- Cause opponent to step forward with leg to be attacked
- Secure single leg adopting standing position with strong linked grip, hand behind knee palm down

BODY POSITION:

- Head inside, close to body
- Lift leg, secure between legs
- Move away to cause opponent to step in
- Reach with arms to control knees (rear arm first)
- Drive forwards squeeze knees

FINISH:

- Follow down in close contact
- Consider grip for next technical action



Double leg lift & swing (kneeling)



Coaching points:

GRIP:

- Head and arm with light contact

PREPARATION:

- Pull down until reaction is felt

BODY POSITION:

- Shoot for double leg control behind knees
- Immediately lift outside leg
- Straight back head up
- Lift and spin opponent
- Attempt to land opponent on shoulders

FINISH:

- Keep close body contact lifting legs
- Aim to pin opponent





Coaching points:

GRIP:

- Double leg attack

BODY POSITION:

- Turn hip towards attacker and control chin
- Step inside leg forwards to block body
- Rotate body and pull arm to throw

FINISH:

- Maintaining head and arm control
- Attempt to pin opponent





Coaching points:

GRIP:

- Double leg attack

PREPARATION:

- Sprawl defence – keep hips low and horizontal, legs wide, toes pointing out for stability

BODY POSITION:

- Push on hips then knees to maintain distance

FINISH:

- Keep opponents head in centre of chest





Coaching points:

GRIP:

- Leg attack

PREPARATION:

- Sprawl defence

BODY POSITION:

- Take chin control and opposite elbow
- Pull/stretch attacking wrestler to upset balance/flatten out
- Circle to get behind

FINISH:

- Consider grip for next technical action





Coaching points:

PREPARATION:

- Sprawl defence

GRIP:

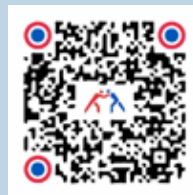
- If opponent's head up then meet chest to chest
- Over and under hook

BODY POSITION:

- Lift shoulder and rotate opponent towards shoulders
- Maintaining head and arm control

FINISH:

- Attempt to pin opponent



Additional points/safety

- During practice the attacker rotates with the technique to avoid injury



Coaching points:

PREPARATION:

- Sprawl defence

GRIP:

- Take chin control and under hook

BODY POSITION:

- Lift shoulder and rotate opponent towards shoulders
- Maintaining head and arm control

FINISH:

- Attempt to pin opponent



Additional points/safety

- During practice the attacker rotates with the technique to avoid injury



Figure 4 headlock with forward roll



Coaching points:

PREPARATION:

- From double arm forward roll (Yellow Award)

BODY POSITION:

- Opponent defends with a sprag and arm movement
- Front arm controls chin
- Underarm nearside of head onto own wrist
- Push head down, lift shoulder
- Rotate opponent towards shoulders

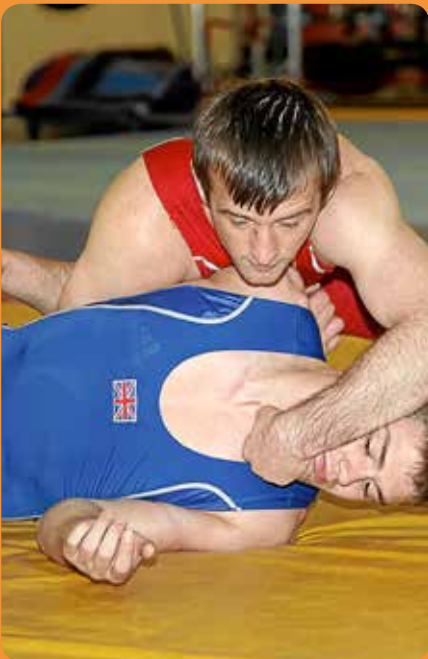
FINISH:

- Maintaining head and shoulder control
- Attempt to pin opponent



Additional points/safety

- Lock head position do not twist neck
- During practice the attacker rotates with the technique to avoid injury



Coaching points:

GRIP:

- Low par terre

PREPARATION:

- Arm bar and shoulder lift – back of hand towards opponent's back
- Turn shoulders to 90° drive forwards with body

BODY POSITION:

- Circle on toes (over back)

FINISH:

- Control head and arm
- Attempt to pin opponent



Additional points/safety

- During practice the attacker rotates with the technique to avoid injury





Coaching points:

GRIP:

- Low par terre

PREPARATION:

- Attempt arm bar

BODY POSITION:

- Opponent defends by returning to high par terre
- Maintain arm bar take hip control
- Tilt opponent driving knee under
- Rotate opponent towards shoulders
- Important to maintain tight control and maintain own balance

FINISH:

- Attempt to hold to gain extra point





Coaching points:

GRIP:

- Low par terre

PREPARATION:

- Under nearside arm, over opposite side arm
- Double wrist grip, pull arm under
- Control arm and shoulder
- Move towards head lifting shoulder

BODY POSITION:

- Block head with knee
- Lift shoulder and transfer arms
- Rotate opponent towards shoulders

FINISH:

- Maintaining shoulder control
- Attempt to pin opponent

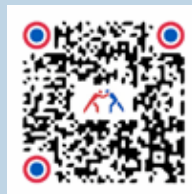


Figure 4 chest lock turn



Coaching points:

GRIP:

- Low par terre

BODY POSITION:

- Drop shoulder reaching under chest palm away (close to arm pit)
- Other arm controls and blocks high on opposite arm
- Grip figure 4 chest lock
- Pivot hips to face mat
- Pull shoulder down
- Rotate legs towards head
- Rotate opponent towards shoulders

FINISH:

- Maintaining figure 4 chest lock
- Attempt to pin opponent



Additional points/safety

- During practice the attacker rotates with the technique to avoid injury



Coaching points:

GRIP:

- High par terre

PREPARATION:

- Tight double grip on floating ribs (lower/soft ribs)
- Use body to push at 45°

BODY POSITION:

- Attacker drives knee in front of opponent's knee
- Gut wrench with bridging
- Maintain strong tight grip and very close contact

FINISH:

- Finish on top
- Consider multiple actions



Additional points/safety

- During practice the attacker rotates with the technique to avoid injury



Coaching points:

GRIP:

- Prevent action by adopting semi-standing or standing position
- Control hands to break grip to facilitate escape





Coaching points:

GRIP:

- Low par terre

PREPARATION:

- Tight double grip on floating ribs (lower/soft ribs)
- Use body to push at 45° till opponent's shoulder touches mat

BODY POSITION:

- Attacker drives knee in under opponent's hips
- Gut wrench with bridging
- Maintain strong tight grip and very close contact

FINISH:

- Finish on top
- Consider multiple actions



Additional points/safety

- During practice the attacker rotates with the technique to avoid injury



Coaching points:

PREPARATION:

- Be aware of attacker's body position

BODY POSITION:

- Drive pelvis into mat
- Shoulders up, head up looking in direction of rotation
- Raise leg and arm in direction of rotation to maximise resistance
- As attacker changes direction so does defender





Coaching points:

PREPARATION:

- Low par terre

BODY POSITION:

- Control hips with shoulder pressure
- Lift lower leg to allow hand under knee
- Push opponent's free leg under with knee
- Cross ankles
- Lift twist and turn opponent
- Support with free hand to continue rotation and step over opponent maintaining tight grip throughout

FINISH:

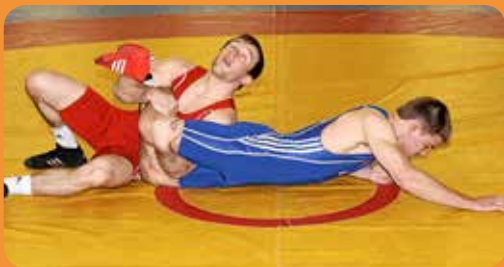
- Consider multiple actions



Additional points/safety

- During practice the attacker rotates with the technique to avoid injury

Cross ankle turn (bridging)



Coaching points:

PREPARATION:

- Low par terre

BODY POSITION:

- Control hips with shoulder pressure
- Lift lower leg to allow hand under knee
- Push opponent's free leg under with knee
- Cross ankles
- Roll with bridging maintaining tight grip throughout

FINISH:

- Consider multiple actions



Additional points/safety

- During practice the attacker rotates with the technique to avoid injury



Coaching points:

PREPARATION:

- Reaction is key

BODY POSITION:

- Defender pulls up free leg steps forward (keeping out of reach)





Coaching points:

PREPARATION:

- Reaction is key

BODY POSITION:

- Sit through with free leg (keeping out of reach)





Coaching points:

GRIP:

- Double leg attack

PREPARATION:

- Opponent defends by throwing legs back (sprawl), wraps arms around body
- From below, reach back to secure both of opponent's arms, tight grip above elbows

BODY POSITION:

- Head out to side by hip
- Sit out to turn opponent onto shoulders
- Maintain arm control

FINISH:

- Attempt to pin opponent





Coaching points:

GRIP:

- Par terre loose waist grip

PREPARATION:

- Control opposite arm maintaining very tight control
- Cause rotation by sitting into opponent (knee leads)

BODY POSITION:

- Pull arm maintaining arm control
- Maintain arm control

FINISH:

- Attempt to pin opponent



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This technical handbook and supporting DVD supports the UKCC Level 2 Coaching Course and provides the essential knowledge in video, pictures, coaching and safety points for coaches and wrestlers wishing to gain their orange technical award.

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Still photos by Verge Media and John Mortimer
www.britishwrestling.org

