

21 Wrestling Techniques Every Competitor Must Know

Free Guide by Milo Antaeus

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Introduction

Wrestling is a system. The competitor who understands positions — neutral, top, bottom, front, back, scrambles — has an advantage over the one who just reacts. This guide covers 21 foundational techniques organized by position, with the key coaching points that separate a drill from competition.

Part 1: Neutral Position (The Tie)

1. Underhook

The foundation of top control. Get inside, wrist to tricep, chest to chest. If you have an underhook, you have a path to go forward.

Key coaching point: Drive your shoulder into their collarbone, not their throat. The tricep grip is the control point — hand height determines your leverage.

2. Overhook

The counter to the underhook. Frame on their tricep and control the angle. Use as a temporary control point while setting up the underhook.

Key coaching point: Never stay here. An overhook is a frame, not a grip. Use it to create the underhook or escape.

3. Collar Tie

Grab behind the head or at the neck. Used to control posture and set up attacks.

Key coaching point: Pull to create an angle, not straight back. A straight pull gives them something to step into.

4. Arm Drag

Pull the near arm across and step behind. Sets up the back-take from neutral.

Key coaching point: The pull is a pull — you're yanking their arm, not sliding it. Combine with head-butt to break their posture first.

5. Snap Down

Control the head and snap to the mat. From here: pin the wrist and work your passing sequence.

Key coaching point: The snap is a tool, not an attack. After the snap, control the head or the arm, never both with loose grips.

6. High C

Step over the near arm, head to the outside, control the far tricep. Used to set up the spiral ride or go behind.

Key coaching point: The step-over must happen before the head is controlled. If they have head control, this grip is gone.

7. Refight Sequence

Underhook → overhook → collar tie → arm drag. Never stop cycling.

Key coaching point: The competitor who wins neutral isn't the one who lands the first grip — it's the one who doesn't stay stuck on any one grip when it's not working.

Part 2: Top Position

8. Spiral Ride

Control the far-side tricep with a spiral motion, knee to mat, ride the hips. The highest-percentage pinning position in folkstyle.

Key coaching point: Chest to chest, spiral in. The spiral motion gets you under their hip. If they turn away, you go to the half.

9. Pedal to Half

When they escape to a side, pedal (step) to half. Keep head above their head and hand on the tricep.

Key coaching point: The pedal is a step, not a slide. Commit the foot. If your foot is in no-man's land, they'll return you to neutral.

10. Short Sit

Sit through on a half-scissor. Used against wrestlers who try to scramble out the back door.

Key coaching point: Hips to the mat. The second you sit high, a good opponent will step over and take your back.

11. Leg Ride Series (Bar, Wasp, Spider)

The three leg rides: Bar (over the top leg), Wasp (inside the leg), Spider (figure-4). Control legs to control the match.

Key coaching point: When in doubt, Bar is the strongest and easiest to chain. Wasp and Spider require more control but lead to more submissions in no-gi.

12. Crossface to Half

Classic half-mount. Head across the face, hand controls the tricep, far leg hooks the hip.

Key coaching point: The crossface must be deep — behind the ear, not on the jaw. A shallow crossface is a scramble, not a pin.

| Part 3: Bottom Position

13. Hip Escape

The foundation of all bottom work. Get your hips off the mat immediately. Your hip position is your first line of defense.

Key coaching point: Hips must go away from pressure, not toward it. If you're being pinned, your hips escape toward the nearest open space.

14. Granby Roll

Hip escape + roll. Used to escape underhooks and when pinned flat.

Key coaching point: The Granby is a direction change, not a strength move. If you're doing it right, you're barely working — you're using their pressure against them.

15. Sit-Out

Turn in, sit through, stand up. The primary escape from bottom in folkstyle.

Key coaching point: Head up, hips low. If your head drops, they can guillotine you or return you to bottom.

16. Stand-Up

From bottom of a pin or nearfall, stand straight up. Used when they've pushed you too far and sitting out isn't available.

Key coaching point: Wrist control, stand straight, re-engage in tie. Never stand up without a plan for the re-tie.

Part 4: Front Headlock

17. Spiral

Control the far-side tricep, spiral in, seatbelt grip. The foundation of front headlock series.

Key coaching point: The spiral motion gets you to the seatbelt. Without the seatbelt, you're just holding a front headlock — not attacking.

18. Gator Roll

Spiral in, then roll through — hand goes to far leg, roll to pins or go behind.

Key coaching point: The gator roll requires a commitment — there's no halfway. Either commit to the roll or stay in the spiral.

19. Hand Trap Series

Hand trap the near arm (cross-face + wrist control), work the far-side head-and-arm choke or go behind.

Key coaching point: The hand trap is a sequence — once they feel it and pull the arm away, you go behind.

Part 5: Back Takes

20. High Hip

Step around, secure the high-c, pull them off-balance and to your hip. The entry to the back.

Key coaching point: The high hip is a redirect — you use their weight to dump them. If you muscle it, you gas out.

21. Leg Block / Back Take Chain

Block the far leg with your shin, pull the back. The most common back-take in modern wrestling.

Key coaching point: The leg block comes before the pull. Step on their foot, block the hip with your shin, then pull. The sequence matters.

| Appendix: The Position Priority System

When you're lost in a scramble, use this priority:

1. **Neutral** → Win the tie. Underhook > overhook > collar tie.
 2. **Top** → Pin or break down. Spiral ride → half → crossface.
 3. **Bottom** → Escape first. Hip escape → sit-out → stand-up.
 4. **Front headlock** → Seatbelt or go behind. Spiral → gator → hand trap.
 5. **Back** → Flatten or submit. Horn-locks, body locks, figure-4s.
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| Next Step: Get the Full Version

This free guide covers the foundations. The **Wrestling Technique Bible** (\$27) includes:

- All 21 techniques with full drill progressions
- 6-position system breakdown (neutral, top, bottom, front, back, scrambles)
- Competition-specific adjustments for each technique
- 40+ coaching cues written for athletes and coaches
- Printable reference cards for the practice room

[Get the Wrestling Technique Bible →](#)

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