

# Bottom Master Skill Set

## Clearing Ties to Escape:

Notes: Bottom on belly, top wrestler starts with tie and bottom clears and either keeps hand control or digs hands in the mat after clearing. Bottom wrestler builds base after clearing, gets to feet with a kneeslide and back pressure.

- Single Bar
- 2 Single Bars
- 2-on-1
- Cross Wrist (high & low)

## Bottom Man Starts on Base and Defends...

- Spiral
- Claw

## Stand Up Series:

Notes: Explosive Stand ups (If a wrestler absolutely cant explode up, which is very few, we will give a variation. Variation may be a windshield wiper stand up, sit out etc...) Very Strong focus on clearing inside arm either with high elbow or a slip.

- Elbow Pinch Stand Up
- Slip Arm Stand Up
- Wheel Stand Up (Ankle Defense)
- Kneeslide Stand Up (Bump Defense)
- Tri-pod Kneeslide Stand Up (Chop Defense)
- Crab Defense

## Leg Defense:

- Pinch-n-Catch
- Pinch-n-Block
- Crab Def (Toe Hold)
- Swim
- Climb Rope
- Clearing Two Legs

Each of these has to be executed perfectly, at least by the starters. When implementing this routine it the group could do perfectly on each side then we would move on. Obviously it started out long. It got to where we could click through it pretty quick in a couple weeks and our bottom wrestling became much better.