



## Complete Freestyle & Greco Roman Series

*By Daryl Weber*

Tier One	Tier Two	Tier Three
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Use these tiers as a guide while teaching or learning these techniques. Attempt to master tier one then move to tier two while reviewing tier one. Do the same with tier three. This is not set in concrete, but merely a guideline. Good luck and feel free to send me any questions at [dw@darylweber.com](mailto:dw@darylweber.com)

### Par Terre Offense

#### **Gut Wrench**

Gut Wrench Series

Gut Wrench Solo Drill

Mis-Direction Gut Wrench

Jerk Gut Wrench

Gut Wrench Two Part Drill

Gut Set-up- Ankle Sweep

Gut Set-up- Run Over Arm

Gut Set-up- Hand Turk Lift

Gut Set-up- Fake Lace

High Gut Wrench

#### **Trap Arm Gut Wrench Series**

Tram Arm Gut Wrench – Driving

Trap Arm Gut Wrench – Tilt Version

Gut Back off Tram Arm Gut Wrench

### **Ankle Lace Series**

Base Position

Lock Transition

Lace Set-up – Knee in Toe out

Lace Turn – Gator Roll

Lace Turn – Drive to Feet

Lace Turn – Half Cartwheel

Lace Turn – Lay on Ankle

2-on-1 Shelf Lace – Block Knee

2-on-1 Shelf Lace – Jerk Leg Out

2-on-1 Shelf Lace – Sit Thru Defense

2-on-1 Shelf Lace – Wheelbarrow – Slam Down

2-on-1 Shelf Lace – Wheelbarrow – Knee-up

2-on-1 Shelf Lace – Wheelbarrow – Step Across

Quick Ankle Lace

Low Single to Quick Ankle Lace

### **Hand Turk Tilt Series**

Hand Turk Tilt

Hand Turk Tilt from Feet

Hand Turk Tilt Step Over

### **Crotch Lift Series**

Crotch Lift from Mat

Crotch Lift from Feet

Body Turk from Crotch Lift

### **Leg in Series**

Leg in Trap Arm Gut Wrench

Inside Leg In Trap Arm Gut Wrench

Inside Leg in Gut Back

### **Tripod Breakdown Techniques and Strategies**

### **Bow-n-Arrow Series**

Bow-n-Arrow

Turn Around Bow-n-Arrow

### **West Point**

### **Reverse Body Lift**

### **Russian Back Breaker**

### **Ball Up Breakdown**

## **Par Terre Defense**

### **Gut Wrench Series**

Heavy, Move, Fight Hands

Slide Off

Roll Lock and Look In

Use Legs

### **Ankle Lace Series**

Knees Under

Fight Hands

Chase Tail

### **Crotch Lift Defense**

### **Leg In Defense**

### **Bow-n-Arrow Defense**

### **West Point Defense**

### **Reverse Body Lift Defense**

### **Russian Back Breaker Defense**

# Neutral

## Freestyle & Greco Strategies

Freestyle

Greco

## Takedowns to Turns

Drags to Guts

Head Outside Shots to Guts

Single to Ankle Lace

## FHL Turns and Tilts

Gator Roll

Head Pinch w/ Butterfly Lock from Knees

Head Pinch w/ Butterfly Lock from Feet

Head Pinch w/ Face Lock

## Arm Spin

## Scoring off Opponents Shots

Ankle Roll off Hi-C

Crotch Lift off Hi-C

Belly Tilt off Single

Belly Tilt to Pin

Belly Tilt off Low Single

## Defense to Arm Throw & Arm Spin

## Push Out Strategies