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**Complete Technical Outline**

*By Daryl Weber*

<b>Beginners</b>	<b>Advanced</b>	<b>Expert</b>
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## Neutral System (From Takedown System)

### Session One:

1. **Footwork**
  - a. **Inside Step Power Step**
  - b. **Drop Step**
  - c. **Side Step**
2. **Inside Tie up, V-Block & Head Position**
  - a. **hi crotch => Switch to double => Shelf and Claw**
  - b. **Double => Shelf and Claw**
  - c. **Power Single => Knee up Finish**
3. **Bunt Grip => Side Step Hi-C => Double**
4. **Russian Pull => Power Step => Hi-C => Double**

### Session Two:

1. **Footwork**
  - a. **Power Step & Drop Step Review**
  - b. **Sweep Single**
2. **Hi-C finishes (Feet)**
  - a. **Movement Drill**
  - b. **Double => Shelf and claw**
  - c. **Run pipe to =>**
    - i. **Grab Ankle and Cover**
    - ii. **Circle across and shelf and claw**
  - d. **Lift and Turk**
3. **Single Finishes (Feet)**
  - a. **Movement Drill**
  - b. **Knee up**
  - c. **Run pipe**
  - d. **Lift & Sweep**
  - e. **Mis-Single => Hi-C**
4. **Sweep Single**
  - a. **Back Side**
    - i. **Shelf & Tackle**
    - ii. **Shelf and Limp arm**

5. Knee Pull Single from outside
  - a. Back Side Finish

### Session Three:

1. Footwork
  - a. **Power Step**, Drop Step & Sweep Step Review
2. Single Finishes
  - a. Knees (Get to feet and Knee Up – Important to Instill the importance of getting to feet in the beginning)
    - i. Low Lift
      1. Pop Off
      2. Swing Across
    - ii. Cut Back => Shelf and claw
    - iii. Crack Hole
    - iv. Step over Back Side
3. Hi-C Finishes Knees (Drive up to Double – Important to instil importance of always looking to head up, to feet or cut corner to double early)
  - a. Crack down
    - i. Jump Across
    - ii. Shelf
    - iii. Cradle
  - b. Iranian
    - i. Back Door
    - ii. Duck Across
  - c. Drop and Duck

### Session Four (Shot Defense)

1. Sprawl Drill
2. Single
  - a. Feet
    - i. Toe to mat & square
    - ii. Limp Leg
    - iii. Wizzer Down and Square
3. Hi Crotch
  - a. Feet
  - b. Toe on mat & Crossface
4. Hi Crotch
  - a. Knees
    - i. Knock over
      1. Crossface and clear leg
      2. Barbed Wire
      3. Cross ankle & drag (when opponent holds base)
5. Single
  - a. Knees

- i. **Stuff Head n Slide Back**
  - 1. Circle to Break Lock
  - 2. Break Lock on Belly
- ii. **Wizzer and Square**
- iii. **Stuff Head & Spin**
  - 1. Defend Spin

## 6. Double

### a. Feet

- i. **Square on neck**
- ii. **Funk Roll**

## Session Five

1. Footwork
  - a. **Power Step, Drop Step & Sweep Step Review**
2. Pressure Sweep Single
  - a. Mis-Single => Hi-C
3. Review Knee Pull Single
  - a. Cutback Finish
4. Mis-Direction Footwork
5. Mis-Direction Double
6. Turk
  - a. **Frame face**
  - b. **Jacobs Hook**
  - c. **Bow-n-Arrow and hop on top**

## Session Six

### FHL

1. Finishes (Knees)
  - a. **Backhand Drill**
  - b. **Bounce Go Behind**
    - i. Opponent has elbow
      1. Bounce Left => Hook Ankle
    - ii. **Run Down Double**
    - iii. **Shuck**
  - c. Torture Position
    - i. **Drag Down**
    - ii. **Head in hole => Cradle**
    - iii. **Head in hole => Hip Hook**
    - iv. **Shuck**
  - d. Float Position
    - i. **Knee tap**
    - ii. **Knee tap and spin**

### Session Seven

1. Dresser Dump
2. Step ups
  - a. Force FHL
    - i. Pressure Snap
    - ii. Under Hook => FHL
    - iii. Bang Left and Cover
    - iv. Fake Shot and Snap
3. Finishes (Feet) (Pull down to mat and go behind)
  - a. Dresser Dump
  - b. Cross Ankle (shelf ankle on finish)
  - c. Double (Pull Out)
  - d. Ankle Pick

### Session Eight

1. Look By Footwork
2. Drag
  - a. Same Side Wrist
    - i. Drag to Mat
    - ii. Lift and Return
  - b. Wax Off
    - i. Run Down Double
  - c. Over Under Drag
3. Defense
  - a. Square
  - b. Re-Drag
  - c. Wrist Fight
4. Passbys
  - a. Prescott
  - b. Akin
5. FHL Defense
  - a. Sucker Drag
  - b.

### Session Nine:

1. Double Unders
  - a. Offense
    - i. Bear Hug
    - ii. Throw By
    - iii. FHL
    - iv. Defense
      1. Sag Head Lock
      2. Metzger
    - v. Re Throw

2. Russian Ties
  - a. Offense
    - i. Shuck
    - ii. Snag single
    - iii. Double
    - iv. Firemans
    - i. Drag
  - b. Defense

### Session Ten

1. Low Single Footwork
  - a. Low Single Finishes
    - i. Lasso
  - b. Post and Lift
  - c. Back Ankle
    - i. Back Side Defense (Spin)
    - ii. Vanish
2. Fake Hi-C => Low Single
3. Snap Off => Low Single
4. Low Hi-C
  - a. Footwork
  - b. Low Corner Cut and Run Down

### Session Eleven

1. Footwork
  - a. Power Step, Drop Step & Sweep Step Review
2. Stalk to Pressure Snap
3. Stalk to Hi-C
4. Stalk to Double
5. Stalk to Single
6. Opponent Get Under Hook
  - a. Near Arm Far Leg (NAFL)
  - b. Firemans
  - c. Hi-C
  - d. Helicopter Firemans
2. Russian Pull
  - a. Double
  - b. Power Single => Knee Up
  - c. Hi-C
  - d. Sweep Single
  - e. Defense
3. Miss Single => Hi-C
4. Miss Hi-C => Low Single
5. Stalk to Under Hook

## Session Twelve

### Steiner Tie

1. Hi-C
2. Single
3. Double
4. Miss Single => Hi-C
5. Miss Hi-C => Single/Low Single

### Drills (Done at all levels with appropriate techniques)

1. Focus on shots
2. Focus on Tie ups (Hand Fighting)
3. Focus on Finishes
4. Outside Shots
5. Control Ties
6. Front Headlock & Shot Defense
7. Down Block

# Ultimate Front Head Lock Series

*By Daryl Weber*

Beginners	Advanced	Expert
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- **FHL From Knees – Quick Score Series**
  - **Backhand Drill**
  - **Bounce & Backhand**
  - **Shuck**
  - **Hook Ankle**
  - **Run Down Double**
- **FHL From Knees – Torture Series**
  - **Torture Down**
  - **Head-n-Hole Cradle**
  - **Shuck**
  - **Hip Hook**
- **FHL From Knees – Float Series**
  - **Knee Tap**
  - **Knee Tap & Spin**
  - **Dresser Dump**
- **FHL From Feet – Pull Down Go Behind**
- **FHL From Feet – Cross Ankle Pick**
- **FHL From Feet – Dresser Dump**
- **FHL From Feet – Pullout & Side-Step Double**
- **Quick Score Go-Behind**
- **FHL Set-ups**
  - **Pressure Snap**
  - **Fake & Snap**
  - **Under Hook to FHL**
  - **Bang & Cover**
- **FHL Defense**
  - **Circle Off**
  - **Sucker Drag**
- **FHL Drills (Use at all levels with appropriate techniques)**
  - **Down Block Drill**
  - **Force FHL Drill**

# Escapes & Reversals Series

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## Stand up Series

1. Hip Heist Drill
  - a. Solo
  - b. With Partner
2. Find your dominate leg
3. Stand Up Finish From Feet
4. Base Position
5. Hand Control Drill
6. Back Presser Drill
7. Entire Stand Up
8. Wheel Standup (Ankle Defense)
9. Windshield Wiper Standup
10. Knee Slide Drill
11. Slip Arm Stand Up
  - a. Cut Under From Feet
12. Tripod Knee Slide Standup
13. Breaking Locked Hands From Feet
14. Standing Switch
15. Shelf Leg when Opponent Follows
  - a. Limp Arm Cradle
16. Granby From Standup
17. Crab Ride Defense from Stand Up

## Leg Def

1. Preventative
  - a. Ankle Whip
  - b. Pinch-n-Attack/ Pinch and block – hip heist away
  - c. Mule Kick
2. After Legs in
  - a. Swim Move Drill
  - b. Far Leg Swim
  - c. Hip Bounce Drill (Solo)
  - d. Hip Bounce
  - e. Power Half Defense
    - i. Head Hunt
    - ii. Drive Across Body
    - iii. Swim
    - iv. Climb the Rope
  - f. Toe Hold
  - g. Clearing Double Legs



3. Strategies
  - a. Up n roll (find edge of mat)
  - b. Up-to-stalemate (stand-up)

### **Sitout Series**

1. Proper Sit out
2. Sit out from Belly & Side
3. Seal off and Kick Out
4. Head Gazonnee Series
5. Arm Gazonnee
6. Sit Out Stand Up

### **Switch Series**

1. Solo Drill
2. Switch
3. Re-Switch
4. Step Over

### **Hand Fight (From Butt)**

- Double Unders
  - Push – Seal & Push - Seal
- 2 – Single Bars
  - Roll – Push – Seal & Roll – Push – Seal
- Cross Wrist
  - Scrape & Seal
- 2-on-1
  - Scrape - Roll – Push – Seal
- Claw & Tight waist
  - Peel – Push – Zip & Peel – Push – Zip

### **Tight Waist Defense**

- Tight Waist (Initially Brace – Look in, shift hands and hip)
  - Tripod & Elbow off
  - Tripod & Granby
- Tight Waist (Side Chop) Defense
  - Wrist Away and Back to Base
  - Kip Across (If Chopped to side)

### **Turk Defense**

- Clear Hand Turk
- Clear Shoulder
- Army Crawl Forward & Clear Turk

**Wrist Control Defense**

- 2 – Single Bars
  - Roll – Post & Roll – Post => Build Base
- 2-on-1
  - Scrape – Roll – Post & Hand Control => Build Base

**Spiral Ride Defense**

- Spiral
  - Change over to Sitout
  - Change over to Stand up

**Claw Defense**

- Wing Roll
- Wing Down & Hand Fight

**Cradle Defense**

- Nearside Cradle Catch Hand & Head Up
- Crossface Cradle Look in and Catch
- Break Lock
- Houdini
- Nearside Cradle => Sit Thru

**Cross Wrist Defense**

- Side Scrape => Keep Hand control
- Slip arm => Sit => Arm Gazonne

**Merkle Defense**

- Arm Spin Action

# Ultimate Turns & Pins

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## Crossface Series

1. Ankle Down Breakdown & Setup
  - a. Ankle Downs
    - i. Inside & Outside
    - ii. Sweep Foot
2. Throwing a Crossface
3. Barbed Wire
4. CF Cradle
5. Pancake
6. Ankle Down & Freight Train or Barbed Wire
7. CF Cradle from Base
  - a. Finishes
    - i. Drive Over Hip
    - ii. Suicide
    - iii. Rip Back
    - iv. Flop
    - v. Houdini
    - vi. Counter to Houdini
8. Switch Cradle

## Cross Wrist Series

1. Gathering The Cross Wrist
2. Ball – n – Chain
  - a. Half (Opponent Looks In)
  - b. Claw
  - c. Stack
  - d. Chicken Wing
  - e. Tilt
  - f. Fake Tilt => Chicken Wing
3. Money Tilt Series
  - a. Get loaded and Split
  - b. Lay on leg
  - c. Suck Back Tilt
  - d. Standing
  - e. Switch to Cross Elbow
4. Steiner
  - a. Over free arm
  - b. Roll Through
  - c. Chicken Wing Pin

#### d. Spiral Down to Chicken Wing

##### **Chicken Wing**

1. Chicken wing
2. Chicken Wing & Half
3. Post and run back side

##### **Half Series**

1. Breakdown
2. Stuff Head & Half
3. Power Half
4. Spike Half
5. Sweep Half
6. Suck back (if opponent does change over)
7. Hook n post (if opponent turns away)
8. Sit Up and Suck back
9. Strategies

##### **Near Wrist (Spiral Ride)**

1. Breakdown
2. Post Across
3. Eagle Claw
4. Cobra
5. Gable

##### **Near Side Cradle Series**

1. Getting Cradle
2. Inside pound cradle
  - a. Finish
    - i. Barbell (see the knee and step through)
    - ii. Crunch (get knee on hip)
    - iii. High leg over (pinch head and come back on top get knee in face)
    - iv. Sit Through Defense
    - v. Roll Through when opponent sits through
    - vi. Knee up leg

##### **Legs Series**

1. Break Down
2. Figure Four Hip Over
3. Steiner Tilt
4. Jerk Tilt
5. Power half

# Granby Defense Series

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1. Strategies from Whistle Starts
2. Float Drill
  - a. Breakdown to turn
  - b. Granby out back door
  - c. NS Half
  - d. Change over to lose Half Nelson
  - e. Suck back when doing change over
  - f. Hook and Post from Suck Back
  - g. Post and slide when beats the NS Half
3. Clearing the Granby if caught
4. Beating the Standing Granby