



Granby Defense Series

By Daryl Weber

Beginners	Advanced	Expert
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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