

Ultimate Turns & Pins

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Beginners	Advanced	Expert
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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