

# CALIFORNIA USA WRESTLING DEVELOPMENTAL PROGRAM FREESTYLE PAR-TERRE DEFENSE

## ➤ GUT WRENCH DEFENSE (NO PARTNER\*)

### A. MOVEMENT

1. GUT TO RIGHT, DEFENSE TO LEFT
2. GUT TO LEFT, DEFENSE TO RIGHT
3. ROTATE LEFT & RIGHT (ON WHISTLE ROTATE)
4. MOVE BACKWARDS

### HIGH GUT

1. MOVE FORWARDS (CHEST DOWN GLUE TO THE MAT)

## ➤ TRAP ARM GUT DEFENSE \*

1. PUSH BACKWARDS
2. POST ARM ON THE MAT PUSH BACKWARDS

## ➤ LEG LACES DEFENSE \*

1. SITUP (CRUNCH THE WRESTLER OR KICK LEGS OUT)
2. SITUP (WIDE BASE & ANKLE TOGETHER)
3. GET ONE LEG OUT OF LOCK

## ➤ ESCAPE \*

1. POP UP TO FEET (MAKE SURE YOU ARE IN A BALL & HAND CONTROL)

## ➤ KEY POINTS:

1. WRESTLER NEEDS TO MOVE IN PAR-TERRE
2. HAND CONTROL
3. FIGHT THE LOCK
4. ROLL THE LOCK
5. TRAIN WRESTLER TO DEFENSE NOT CATCH

## ➤ WORKING WITH PARTNER IN PAR-TERRE

# CALIFORNIA USA WRESTLING

## DEVELOPMENTAL PROGRAM

### FREESTYLE

### PAR-TERRE DEFENSE

#### ➤ TRIPOD GUTS DRILL

1. PHASE 1: GUTTING SIDE TO SIDE (NOT TOUCHING GROUND & DON'T MOVE LOCK)
2. PHASE 2: PLACE ONE LEG IN THE MIDDLE OF TRIPOD AND GUT  
(DON'T MOVE LOCK)
3. PHASE 3: DO IT FROM THE MAT

#### ➤ LOCK GUT OFF PARRE-TERRE

1. REG. GUT (DRAG BODY ON THE MAT & ROLL LOCK)
2. HIGH GUT (CHEST DOWN ON THE MAT & ROLL LOCK)
3. FIGHT LOCK ON SIDE (HIP DOWN & ROLL LOCK)

#### ➤ LEG LACE DEFENSE

1. KNEE BEING ATTACKED (SITUP KNEE WIDE ANKLE TOGETHER)
2. ANKLE BEING ATTACKED (ONE LEG OUT OR ANKLE TOGETHER KNEE WIDE)

#### ➤ PARRE-TERRE DEFENSE

1. LEG LACE TO GUT COMBO
2. GUT TO LEG LACE COMBO
3. GUTS RIGHT SIDE & LEFT SIDE COMBO

#### ➤ HIGH GUT DEFENSE

1. FIGHT HANDS
2. ROLL LOCK (DROP CHEST TO MAT)

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