



**TAKEDOWNS
& TURNS
JULY 18TH & 19TH**

\$150

Becoming proficient in takedowns is not a matter of chance. It requires a deep understanding of the neutral position and the ability to consistently create scoring opportunities. Mastering the techniques to score from ties or open space is vital for achieving success at a competitive level. Our technical system encompasses a wide range of positions, from fundamental footwork and movements to intricate strategies and tactics for scoring on the top wrestlers in the country.

We'll progress into our crab and leg riding system learning the basic transitional positions and gain the ability to attack near fall positions from top on the best kids in the country. We will explore the crab & leg positions to enhance your secondary layers of turning with wrist tilts, cradles and various other positions on top.

Where: Misison Viejo HS – 25025 Chrisanta Dr, Mission Viejo, CA 92691

When: July 18th & 19th – 9AM – 2PM (Lunch 11AM–12PM)

Clinician: CMP Coach Cliff Fretwell

Reminder: Lunch will be provided by aPizza Doho

For: All ages and skill levels

Further Questions Contact: Cesar Dash | livewiregrappling@gmail.com
619.250.4006

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