WRESTLING/GRAPPLING
TAKE DOWNS

BY GRANDMASTER TED GAMBORDELLA
COACH DAVID WRIGHT
Wrestling and Grappling Takedowns

By

Grandmaster Dr. Ted Gambordella

With

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About David Wright:

5 time National All-American
9 time Texas Amateur Wrestling Association State Champion
  4 time Irving High School State Champion
  2 time High School All-American
2 time NJCAA All-American National Champion
  On 9 State Championship teams
  On 2 National Championship teams
Holds National record for State wins - 13 times
  Lifetime record 494-20
1999 Brute Cotton bowl Team Champions 10U
2000 Team State Champions 10U and 12U
2000 USA Team State Champions 10U and 12U
2000 Head Coach- Texas Junior Olympic Team
2000 Junior Olympic Team Champions 6U and 8U
2000 Junior Olympic Team runner-up 10U and 12U
2000 Reno World Champions 8
1998-2000 24 State Champions
2001 Inductee, Wrestler- TEXAS WRESTLING HALL OF FAME

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INTRODUCTION:

I have been studying martial arts for over 37 years and during that time I have met many great champions, but few as great as Coach David Wright “The World Record Holder for the Most Consecutive State Championships” with 13. He is an exceptional wrestler and an exceptional coach. He understands wrestling/grappling as no one else I have ever met and I have decided to do a series of books with Coach Wright on Wrestling/Grappling. This is our first book and will cover Takedowns with a special section on Wrestling Self Defense Moves. We will be doing 5 more books, including: Hold downs, Locks, Chokes, Mounts, Escapes and Wrestling/Grappling in the Streets.

David will be the featured person in the books and I will be doing various techniques and demonstrations to help and assist him. This is because David is imminently more qualified to write the book about Wrestling/Grappling than I and so I relinquish my usual place as the main person demonstrating techniques in my books and let the real “master” do the work.

I hope to follow the same idea with several other prominent Martial Artists and teachers and develop an extensive series of books using some of the Greatest Martial Arts Teachers in the World.

Grand Master Dr. Ted Gambordella
One of the Most important things you must learn is the Drop Step. Keep your arms tight to your sides and step forward with the right leg, dropping the left knee to the ground, now slide forward with the left leg and up and drop the right leg to the ground. This stance is fundamental for all Takedowns and offensive moves.
THE DOUBLE LEG

To begin you lock up with your partner, now step in and slide his arm around your head and lock both of your arms around his legs just above the knees. Keep the back very straight and the head up and to the side, do not bury the head into the body. Lifting with the legs and not the back, pick your partner up and then throw him to the ground, using control. Do not smash him on the ground, or you will not have a partner to work with anymore.
Start by locking up and sliding his right arm up over your head, now keeping your back straight and head up lock both of your arms around One Leg just above the knee.

Continue to straighten up and lift up on the left leg, and then hold the other leg, lift the partner off the ground and then gently drop him to the ground as you keep control by grappling around his waist.
THE LEG GRAB AND LIFT

Here we lock up and do a modified drop step, while pulling his left arm to the front, and hitting his chest with your head, reach down and grab the right left just under the knee with your left arm, and then bring the right arm over to secure the lock. Be sure to keep the head directly into his chest to keep him from moving forward.
Now step back and lock the leg securely under the armpit. Keep your hands close to your body and pull back and out hard to keep his leg fully extended. (I have reversed the view for you)

Now reach up with your left hand and around the neck, then turn the body directly in front and wrap the left leg across his left knee and begin to throw him to the ground.
Now throw him to the ground directly in front of you and keep the foot locked across your body and you reach under his waist to hold him down by controlling his leg.
THE ANKLE SHOOT

You do not lock up and instead you do a drop step and shoot directly into his leg and grab his right ankle with both of your arms, wrapping tightly around his ankle.

Continue to push thru with your body and hold the right ankle as you force your entire body between his legs and begin to go around his back.
Now he will be forced over your body and to the ground, you continue your grip on his ankle and turn your body directly into his, reaching up with your right arm around his hips, while continuing to hold his ankle with your left.

Finish your turn and lock him up around the waist to control him for your next move.
THE HEAD THROW

Here you lock up and quickly slide in and wrap your right arm up over his head, while securely holding his left arm across your body.

Now turn your hips directly in front of him and hold securely around the head and begin your throw.
Now throw him over your hips and to the ground, continue to hold on and lock him up by pulling his right arm across your body and leaning hard into him with your body weight.
THE ARM DRAG

You begin by grabbing his right arm before he gets a chance to lock up, now pull his right arm straight, and wrap your left hand inside his arm, by the bicep. Pull his arm across your body and turn around him and wrap him up with both your arms, to begin to lift him off the ground.
Now wrapping tightly around his body, lift with the legs and pick him off the ground, sweep his legs across your body and throw him to the ground, and continue to hold him around the waist for control.
THE HEAD SLAP

We start by getting into a good stance in front of the partner, and before he can move we snap our right arm out and directly into his forehead, this will snap his head back and allow us to drop step into his chest.
Now we finish my throwing him to the ground and crawling up his body to lock our arms around his chest, keeping our head pushed hard against his body.
THE ARM SNAP

Here we lock up and reach our arms up to the tops of his shoulder and snap him down very hard using both your arms to pull down on his shoulders.

Then you let go and he will pop up, giving you a chance to step in and wrap your arms around his chest.
We now turn around his body and secure the lock around his waist, lifting him off the ground and then sweeping his legs to throw him in front of us to the ground.
THE ARM DRAG

Here we lock up and reach up with your right hand to the right wrist of our partner, we turn our body into the arm and drag it across the front of our body, locking the arm by holding the wrist with our right hand and locking the left tightly against our body with the left.
Now we lean back and reach down and grab the right leg and lock it against our body, then throw him to the ground using a leg sweep.
THE HIP TOSS

Here we lock up and wrap our right arm up under his left arm, then we step in and turn our hips directly into him, while pulling his right arm across our body. Put him on your hip and throw him gently to the ground following him to the ground and continuing to hold his arm wrapped around his body and control him with our left arm.
Here we lock up and drop our left arm to this right knee, keeping our head pressed hard into his chest, lift the left leg off the ground and then while continuing to push with our head, we reach down and grab the left leg.
Now we continue to lift the left leg and pull both legs off the ground and throw him to the ground directly in front of us. We lock him up by wrapping around his chest with both arms.
THE FIREMAN’S THROW

Here we lock up and do a drop step while turning our body into him, and reaching between his legs, keep his left arm tight across your neck.

We lift him up on our shoulders and turning out body throw him to the ground where we lock him up.
THE ANKLE GRAB SWEEP

Here we tie lock up and drop to our left knee and reach down and grab the outside of the right ankle, lifting up and pulling forward to force our partner to the ground, where we finish by pushing the leg to the chest and holding the body down.
THE HEAD SNAP

Here we lock up and reach up behind the head of the partner, using all our body weight and strength we snap down the head of the partner forcing him over and to the ground.
Now we continue to hold him down with our arms and run around the back to lock him up with double arms around his waist.
THE ARM SLIDE TO A SINGLE LEG

Here just as our partner starts to lock up, we push under his right elbow with our hand and force his arm directly up over his head, where we immediately drop to a single leg.
We finish the move by stepping to the side and throwing him to the ground.
THE LEG/ANLE LOCK TAKE DOWN

Here we lock up and drop our right knee to grab the right leg of our partner, we wrap out right arm around the knee and our left hand around the angle, pulling it to the side for control and the take down.
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THE HEAD CLUB DOUBLE LEG

Here we stop just short of locking up and reach up with our right arm and club the back of the head of our partner, then we continue our control by holding down the head with our left arm.
We finish by dropping to a double leg with both arms behind the knees, then we come up and throw him to the ground. Be careful not to smash him on the ground, use control.
THE OUTSIDE LEG HOOIK THROW

Here we lock up and drop to our knees on the outside of the partner's left leg, we reach down and secure the ankle of the leg and bring it up into our body. Then we step back and lock the leg securely against our chest, holding with both hands.
Now we secure the lock by holding him behind the neck, and pulling our right leg in front of his body throwing him to the ground, where we secure the hold.
Where we are attacked at the waist, we counter by plying a cross face with our forearm on the nose of the partner, then our arm around his head.

Now we finish by swinging around his body and grabbing his ankle to go around the back and lock him up.
SELF DEFENSE TAKE DOWNS

Here are a series of Self Defense moves against various attacks using the takedown you have learned I the book so far.

DEFENSE AGAINST A BOXER. The most important thing to remember in all these defenses is that you move first and don't stop. Don’t try to do the other man's techniques, use wrestling take downs and you will always surprise them and get the advantage.

Here the boxer starts with a jab and you block it with your left arm and duck under the right and smash your head into his chest and reach down to secure the leg.
Now you finish him by locking the left leg and throwing him to the ground directly in front of you. Continue to hold the left leg and apply pressure to his throat.
Defense against a hard right

Here the boxer is throwing a hard right, we block up with the right and left arm, and hold on to the arm with our right as we swing around the side and reach down to lock the knee, then we drop to our knee and throw him over on his head.
Blocking the Front Snap Kick

Here we block the front snap kick, using both our arms and then ducking under the leg, and locking the outside leg with our arm. Then we throw the attacker to the ground, while continuing to use leg pressure to hold him securely.
Blocking the Round House Kick

Here we block the round house kick by stepping to the side and using both hands, then we secure the leg by holding it tight against our body, allowing us to throw him to the ground.
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Blocking the Back Kick

Here we block the back kick by ducking under the leg and locking the opposite knee, throwing him to the ground to secure the hold.
Blocking the Side Kick

Here we block the side kick by turning our elbow into the kick, then pushing forward to knock him to the ground, where we roll around and lock the leg to secure the hold.
Blocking a Lunging Attack

Here we block a lunging attack by ducking under his arms and wrapping our arms around his legs to do a double leg take down for the finish.
Blocking a Wrist Grab

Here we block an wrist grab, by stepping to the side and pulling the arm to straighten it and break the grip.

Now we come around the back and securely lock around the waist.
We then pick him up and sweep the legs throwing him to the ground for the finish.