

TAKEDOWNS & Reversals

Rule 5-14-1 (21)



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Introduction To Takedowns

- Key to defining a takedown
 - ★ From a neutral position
 - ★ A wrestler gains control
 - ★ Down on the mat (as opposed to reversal)
 - ★ While supporting points of either wrestler are inbounds.



Introduction to Reversals

- Defensive man
- Comes from underneath and
- Gains control
- On the mat or *in a rear standing position*
- While the supporting points of either wrestler are inbounds.

Control

- What is control?
 - ★ Restraining power
 - Hips and angles
 - ★ Beyond reaction time
 - ★ Down on the mat (rear standing position for reversal)
 - ★ Failure to free head does not prevent control
 - ★ Failure to get knee out does not prevent control
 - ★ Timing is everything



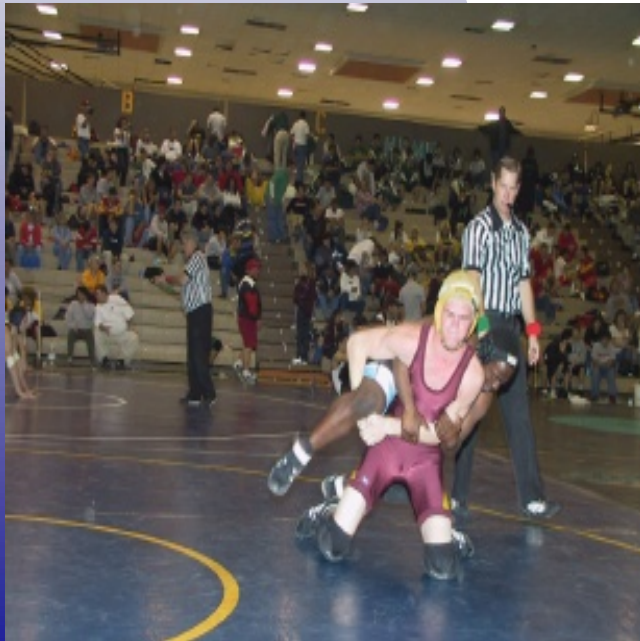
Down on the mat

- What is met by “down on the mat”?
 - ★ Supporting points must be controlled on the mat
 - ★ Supporting points include:
 - Hips, knee or knees, hand or hands, back or shoulders



While supporting parts of either wrestler are in bounds

- ◆ Again this includes either wrestler's feet, hips, knees, or the defensive wrestler's shoulders in a near-fall situation
- ◆ If the feet of the scoring wrestler finish in bounds, the wrestler's are inbounds
 - ★ Knees stop the match, feet determines in bounds.
 - ★ Must have control



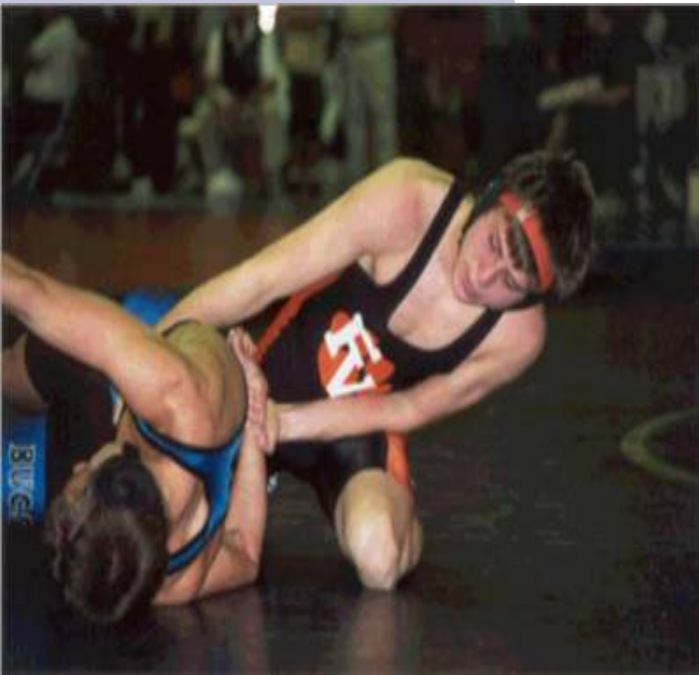
Feet finishing inbounds



- Are knees supporting points or feet?
- When does control have to exist?
- What do we mean by finish inbounds?

Difficult Situations

- Is that a stalemate or takedown?
 - ◆ Body lock, and/or attempt to elevate scoring wrestler
 - ★ Stopped or stuck
 - ◆ Scoring wrestler's inside leg trapped
 - ★ Hip to hip
 - ★ Control of 3 supports
 - ★ Broken off base or on knees



Summary of a Takedown or Reversal

- From a neutral position (from a mat position)
- Control
- On the mat (or in a rear standing position for a reversal only)
- While either wrestle in bounds.

