

Basic Wrestling Moves

Below are some basic wrestling moves, each with a brief explanation. Click on the link to see examples of the moves. (click on the back button to get back to this page)

[Takedown](#)

Naturally, you can't pin your opponent until you have him on the mat. To do this you take him down. This photo montage shows a variety of takedown techniques which should all succeed in slapping him down on the mat for you.

[Breakdown](#)

Okay, so you've got your opponent down to the mat but you still have to break him down further to go for that all- important pin. Here are some good ideas to get you started.

[Crotch Lift](#)

Fine, so he's down on the mat - FACE down. That's no good. You need to get him onto his back for a pin and that's where this baby comes in useful.

[Gut Wrench](#)

Another great way to get him off his face and onto his back in readiness for the all-important pin.

[Pin](#)

You press your opponent's shoulders against the mat and keep them there until the referee blows his whistle - a sound which is music to your ears ...and a scratched chalkboard for him.

[Bridge](#)

One great way to counter your opponent's efforts for a pin is to bridge your body by arching your back away from the mat. Here are some strong bridges captured in full execution.

[Headlock](#)

You wrap your arm around your opponent's neck and lock your hands together, ensuring his arm is also gathered into the hold to prevent accidental choking. *Choking is not allowed in amateur wrestling!*

[Arm Bar](#)

A great way to pile the pressure on and lever your opponent onto his back for pinning. Just thread your forearm behind his elbow and over his back then apply the pressure! Use both arms for a double armbar!

Half Nelson

The half Nelson consists of passing your arm under your opponent's armpit and placing the palm of your hand against the back of his head. *Not on his neck!* The Full Nelson is similar but uses both hands and is illegal in amateur wrestling!

Cradle

Gather your opponent up in your arms, one arm around his neck, the other around the back of his knee and then lock your hands together, drawing his knee(s) up to his face. This turns him into an angry ball so keep tight hold!

Grapevine

Provided this move is executed well, it is almost a sure way to pin your opponent by using your entire body. Long legs help!