



**LIMITED
TO 40
SPOTS**



STATES CAMP

Saturday February 21st

11:00am - 2:30pm

Rookie Camp

Advanced Camp

BOTH GROUPS

- Drilling Pace
 - Armbar Series
 - Hand Fighting - Controlling and Clearing Ties
 - Staying in Good Position
 - Develop and Master their Wrestling Plan
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| <ul style="list-style-type: none">• Headlock Defense• Cradle Defense• 2 Leg Attacks• Breakdowns to a Turn• First Moves off bottom• How to build your base to return to good position• Learning in Match Situations | <ul style="list-style-type: none">• Single Leg Finishes• Continuous Movement off Bottom• Short Offense• Breakdowns to a Turn• Live Situational Wrestling• Looking for a turn after scoring a TD or a Reversal |
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Cost: \$25 (\$15 Members) VENMO: @NCLEGEND

Location: 15916 US-17, Hampstead, NC

Email: Chuck@nclegend.com

Register: www.nclegend.com/schedule

WWW.NCLEGEND.COM