



LIMITED  
TO 40  
SPOTS



# STATES CAMP

**Saturday February 21st**

**11:00am - 2:30pm**

## Rookie Camp

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- Hand Fighting - Controlling and Clearing Ties
- Staying in Good Position
- Develop and Master their Wrestling Plan
- 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

## Advanced Camp

### BOTH GROUPS

- Drilling Pace
- Armbar Series
- Hand Fighting - Controlling and Clearing Ties
- Staying in Good Position
- Develop and Master their Wrestling Plan

- 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
- Single Leg Finishes
- Continous Movement off Bottom
- Short Offense
- Breakdowns to a Turn
- Live Situational Wrestling
- Looking for at turn after scoring a TD or a Reversal

**Cost: \$25 (\$15 Members) VENMO: @NCLEGEND**

**Location: 15916 US-17, Hampstead, NC**

**Email: Chuck@nclegend.com**

**Register: [www.nclegend.com/schedule](http://www.nclegend.com/schedule)**