

Understanding the Right Call: The How and Why of Takedowns

Top wrestler = Attacking wrestler

Bottom Wrestler = wrestler being taken down

Single Leg with the Leg Hook

- Is the shoulder beat or not
- Is Leg Laced or hooked
- Far ankle covered or hooked
- Where are hips - hip to hip and is the waist deep
- Covering the other wrestler
- Are the hips off the mat
- Hands positions – where are they and are they superior to opponent
- Is the bottom wrestler surviving or can they advance their position
- Is there a cross face – does it include the shoulder of the other wrestler
- Is bottom man flat
- Is the top wrestler's weight being carried by the bottom wrestler
- Is the rear of the bottom man anchored and secured
- Where are the bottom man's elbows out to side or pinned up against them
- Are hands locked around the body
- Is bottom wrestler in jeopardy of giving up near fall
- Can bottom wrestler overpower top man to move out of situation or stuck
- Can they use a crotch lift to get out or not

Single Leg Crackdown

- Is the shoulder beat or not
- Is Leg Laced or hooked
- Are both legs being controlled, hooked, or gathered
- Is the foot on the mat or do you see the bottom of the shoe (lose loading power to step up or away if the bottom of the foot is no longer on the mat and leg laying on mat with foot pointing up position)
- Can the top wrestler elevate the situation by lifting off the mat with their foot or hands
- Can they use the foot / leg to drive or elevate
- Head position of top wrestler – is it under the other wrestler, between the legs, in the abdomen area, or it is on the side or top of opponent (hard to secure a takedown with head under opponent)

Cross Leg Takedown

- How far did the top wrestler penetrate into the legs of the bottom wrestler
- How deep is the cross ankle
- Advanced cross leg action, does bottom wrestler lose ability to defend
- Where is the bottom of the feet – is it on the mat for step up or away or facing out to the crowd where there is not ability to lift or load
- Are ankle or ankles laced or hooked
- Is there a hand or arm around the waist, back or both legs
- Can the bottom wrestler improve

Chest Wrap

- Where is the bottom of the foot – on the mat or can you look at the complete soles of the shoes
- Can the bottom wrestler elevate, drive, lift, or push off their foot / feet
- Can the bottom wrestler lift the top wrestler and put them in a position where they have to brace in order to not be lifted or knocked over
- Does the top wrestler have to break hands if locked to stop lift
- Does the top wrestler have to use their hands to brace by placing both on the mat in a tripod type position and plants into mat to stop roll through
- If anchors (feet) are taken away, then it is a takedown
- If toe is dragged in bounds and control is established, then you have a takedown
- Head position of top wrestler – is it under the other wrestler, between the legs, in the abdomen area, or it is on the wide or top of opponent (hard to secure a takedown with head under opponent)

Whizzers

- Judge a whizzer for the force and ability to defend
- Can be used to stop control
- Know the difference between a gratuity whizzer with no effect on the attacking wrestler's ability to gain control versus one that actually stops and limits the ability to gain control
- Did the top wrestler beat the shoulder
- Can the bottom wrestler elevate, drive, lift, or push off their foot / feet (anchor)
- Does the whizzer have any power behind it
- Did the top wrestler step over the bottom wrestler
- Are any leg or legs hooked and laced
- Where are the hands located for the top wrestler
- Is there a cross face with upper body control

