



NOVA Wrestling Club
3-Style Fusion Training Program
March 1st - May 31st

Practice Structure

March

Basics:

Introduction to three styles
Understanding how to blend all three styles
Understanding the rules

Wrestling:

Warmup - Wrestling Specific Drills and Skills

Techniques Covered:

- Neutral Offense: Takedowns (w/ back points)
- Upper Body Takedown
- Neutral Counters
- Top
- Bottom (Par terre and Folkstyle Defense)

Live:

- Matches: 1 Freestyle, 1 Folkstyle, 1 Greco Roman
- 30 sec top/bottom scenario

Conditioning:

- Domination Drill
- Circuit with Throwing Dummies, Medicine Balls and ropes

April

Wrestling:

Drill Takedowns (2 point w/back, Upper-body Takedowns)

Drill Top turns

Drill Par terre defense

Techniques Covered:

- 5 Point Moves (Throws)
- Greco Lift from Par terre
- Chain Wrestling (i.e. Duck to Headlock, Inside Trip to Lateral Drop etc...)
- Strategy and Situations

Live:

- Situational Live with Partner Changes (Must Score)
- Period to Win It: 2 mins Live All Styles
- 30 sec top/bottom scenario

Conditioning:

- Domination Drill
- Jerk Drill (1 partner goes 100 drilling the other goes 50%, ensuring the takedown is effective)
- Ladder of Success

May

Wrestling:

Drill 2, 3 and 5 point moves

Drill Top turns

Drill Par terre defense

Techniques Covered:

- Film Review and Fine Tune

- Selected Topics
- Advanced Takedowns and Throws (Using your opponents holds to create openings i.e. Duck from Opponents 2 on 1)

Live:

- Drill Partner Medley
- Style of Your Choice Live (Vote)

Conditioning:

- Domination Drill
- Ladder of Success
- 20 mins on your own (Never stop moving)