



OFFENSIVE NEUTRAL POSITION MOVE: ARM DRAG



A drag is a basic setup for takedowns.



Here the opponent controls the wrestler's wrist.



The wrestler reaches across his body and grabs the opponent's elbow.



The wrestler drags the elbow across his body, freeing his wrist to shoot a near-side double.



Immediately he lowers his level and penetrates on the open "angle" of the opponent.



The wrestler lets go of the elbow to capture the double-leg.



He brings his trail leg up quickly and drives through the double.



Notice the strong lean through the opponent as he drives for the takedown.



The wrestler should look to finish with a turk step or half-nelson (if available) to secure back points.



Here the wrestler drives on top for the takedown.

An arm drag is just one of the many setups that a wrestler can use. Some of the other essential setups are the pop, chop, shuck, pummel, fake or feint, and post.