



OFFENSIVE NEUTRAL POSITION MOVE: ARM SPIN



Wrestlers can use many upper-body throws in a match.



Here the two wrestlers are in an over-under position. The wrestler controls the elbow of his opponent.



He steps in toward his opponent, bringing his feet together so he can pivot quickly.



He drops his level and brings his free arm across the opponent's chest.



He throws his arm high into the opponent's shoulder. Notice that the attacker is shoulder-deep with his free arm.



Here the wrestler pivots and throws.



He still controls the elbow as he turns.



When they land, the attacker wants to get out of the side-by-side position and get perpendicular to his opponent.



To keep his opponent on his back, the wrestler brings his inside arm up and across his chest.



The wrestler finishes in strong pin position, again getting perpendicular.

Wrestlers can learn a variety of arm spins. A key to the arm spin is being skilled in the back step.