



OFFENSIVE NEUTRAL POSITION MOVE: BASIC HIGH-C



A high-crotch takedown is characterized by having control of one leg with the attacker's head to the outside.



As the opponent reaches, the wrestler gains inside elbow control.



He changes levels as he elevates the arm and steps to the inside.



With his lead hand going to the inside, the wrestler wraps the leg with his arm extending down the calf.



Immediately the "shooter" brings his trail leg up as he begins to reach with his second arm.



The second arm wraps over the other arm, creating a stronger lock against the opponent's sprawl. Notice that the wrestler is ready to drive up and across.



The wrestler runs up and through the takedown, changing his level back up.



Having lifted his opponent, the wrestler drops his inside shoulder down as he steps behind for the score.



The wrestler returns the opponent to the mat by dropping the shoulder out from under him.



He then drives on top for the score.

Wrestlers should concentrate on the many finishes of the high-C takedown.