



TOP MOVE: BASIC TILT (2 ON 1)



As wrestlers become better in the top position they will need to learn how to score quick near fall points.



From the top-bottom starting position, a wrestler that wants to score a basic tilt will need to control the near arm using an arm chop.



The wrestler chops the near arm while driving the opponent forward with a tight waist.



The top wrestler needs to catch the opponent's arm in a 2-on-1, controlling the down man's wrist.



The top man must then look to "load" the opponent's hips on to his own.



Here the top man drives his front knee in front of the bottom man's hips.



To load the hips of the opponent the top man must roll to his side, but he still wants to stay in a tight ball using his legs to drive the opponent forward.



Notice how the down man's hips rest on top of the top man's hips. This is the "loaded" position.



The top man's feet have two different jobs to do. The load drives forward on the mat. His free leg elevates the opponent's legs into the air.



The tilt should be tight as the top man controls the wrist, elevates the legs and hips, and drives forward on the opponent.

This is not a move that wrestlers will get a pin out of, but the ability to score quick near fall points can be crucial in a close match. Pay attention to the tight, balled-up position of the top man as he loads the opponent's hips to expose him for the near fall. This is the most basic of tilts; from here wrestlers can use a variety of tilts.