



## TOP MOVE: CHICKEN WING

The chicken wing is a driving, pinning combination that all young wrestlers should learn.



In a flattened position the top man controls the opponent's far wrist and begins to overhook the near arm.



The overhook pulls the down man's arm back to his side, establishing the chicken wing.



Here the top man's fist is visible, having just gained control of the "wing." The top man must keep his arm at a 90-degree angle across the bottom man's back.



The top man wants to have the opponent's elbow in the center of his chest as he drives the bottom man forward by running in a circle.



Leg drive is essential in this hold. Also, notice how the top man has sunk his hips back so that he can finish chest-to-chest.



Very often wrestlers will learn to finish by "figure-fouring" the opponent's head. This finish is legal but it is not as solid as simple chest-to-chest position.



As the opponent is driven to his back the top man settles back bringing his arm out of the chicken wing.



Here the top man releases the wing and begins to apply a reverse half-nelson. Notice the wide foot spread of the top man for balance.



As he settles into the reverse half, he arches his chest up and hips down, keeping his feet wide as he drives off of his toes.

**There are many different ways to use a chicken wing in a match. This is the most basic chicken wing turn for a pin.**