



DEFENSIVE NEUTRAL POSITION MOVE: FRONT HEADLOCK TO GO-BEHIND



Proper technique on a go-behind can earn wrestlers valuable scores for countering an opponent.



After blocking a shot, the sprawling wrestler locks in front headlock position, encircling his opponent's head and arm.



The arm that is under the chest should be palm down as he locks.



The wrestler locks palm to palm and extends the trapped arm off the mat.



Here the attacker tries to bury his head in the side of the opponent.



The head pressure drives into the opponent, giving space for the attacker to go behind.



The wrestler shuffles around the defender.



Notice how the wrestler has kept his head buried as he gains the takedown.



The wrestler releases the front headlock to score.



Once he is behind the defender, the attacker immediately needs to transition to a breakdown.

This is one of two front headlocks. The other does not encircle the opponent's arm; rather, the wrestler controls the chin and triceps of the opponent.