



## OFFENSIVE NEUTRAL POSITION MOVE: FIREMAN'S CARRY



The fireman's carry can be a powerful takedown that puts an opponent to his back.



From collar tie (far side) and an overhook, the wrestler is ready to attack with a fireman's carry.



He elevates the elbow of the overhook while stepping inside and changing levels downward.



His hand comes off the collar tie and reaches, splitting the opponent's stance.



The wrestler's head clears under the opponent's arm. Notice that the wrestler has not dropped to a knee; rather, he is in a squatting position.



The squat produces more power as he throws his opponent to his back.



The wrestler elevates his arm while pulling down on the opponent's elbow.



The wrestler takes the opponent forward as he arches and turns.



If the wrestler maintains elbow control he should be able to land chest-to-chest for near fall.



The wrestler finishes in strong pinning position.

There are many ways that a wrestler can step in on a fireman's carry. The squat step-in produces a lot of power as the attacker hits the fireman's carry.