



DEFENSIVE NEUTRAL POSITION MOVE: FRONT QUARTER-NELSON



The front quarter is a maneuver that a wrestler can use to take an opponent to his back after sprawling.



After stopping a shot, the wrestler grabs the back of the opponent's neck, pushing his head down as his other hand threads behind the near arm.



The wrestler puts weight on the defender and then grabs his own wrist with the hand that threaded under the near arm.



Here the wrestler elevates the near arm while driving his opponent's head to the mat, essentially pushing it under the near arm.



The wrestler wants to continue to extend the opponent's reach.



Here the wrestler is driven down to his shoulder as his head is pushed under with the front quarter.



With the wrestler extended, the attacker reaches for a reverse half.



To take the opponent fully to his back, the wrestler reaches up and pulls down his high hip.



He gains control and works for near fall.



Quickly the wrestler tightens the reverse half, lifts the far arm, and moves to a perpendicular position with feet wide.

A front quarter can be effective after blocking an opponent's shot. Some wrestlers even progress to using this move from the top position as a pin hold.