



## BOTTOM MOVE: GRANBY



The granby is a complex hip heisting maneuver that can be set up and finished in a variety of ways. This example demonstrates a basic escape.



The setup for this granby is a tripod or "second level." Here the wrestler begins pushing back into the top man's pressure.



The bottom man raises his hips and grabs with control on the waist hand as he circles into the top man, essentially "crowding" him.



To do a granby, the wrestler places his feet in a "back step" position creating a tight pivot point.



Notice that the wrestler has driven his hip high and back while moving his feet back in a circle.



Here the wrestler begins the roll high across his shoulders. He explodes off the toe of his inside foot and throws his near arm deeply under him.



The granby should be explosive and powerful. Notice the height of the roll. (The goal is to perfect a flip that is quick and difficult to stop.)



The granby works best when the top man is chopping the arm and tight waisting. The forward pressure helps to generate power for the roll.



In this example the bottom man escapes; however, the ultimate finish is to capture a granby cradle, taking the top man to his back for a reversal and near fall.



After escaping the bottom, the wrestler should quickly move to a strong neutral stance.

The granby is a complex hip heisting maneuver that is nationally recognized as one of the most powerful escaping and reversing techniques.