Folsom High Wrestling Foundational Moves

V2 11/10/2026

These moves are intended to build the foundation of wrestling success for our Folsom High School team. Specifically by choosing a small amount of moves and maniacally focusing on those, we will have the base to build off of as our individuals progress.

This will be expanded as the season progresses.

Neutral

- Pummeling
- Push outs
- Sprawl
  - Spin behind
- Snap downs
- Throw bys
- Arm drags
- Front head locks
- Single leg
- Snatch single
- Double leg
  - Iranian finish

Top

Breakdowns

- Chop
- Spiral ride
- Far knee far ankle
- Tight waste far ankle
- Capturing wrists - motorcycle grip
  - 2 on 1 forearms
- Weight on top - spreading the legs
  - Mat is hot lava

Pinning Combinations

- Half nelson
  - Power half
- Crossface cradle
  - Bow and arrow cradle
  - Barbed wire
- Bar arm
- Cheap Tilt

Bottom

- Outside leg standup
- Inside leg standup
- Dive start
- Pivot standup
- Switch