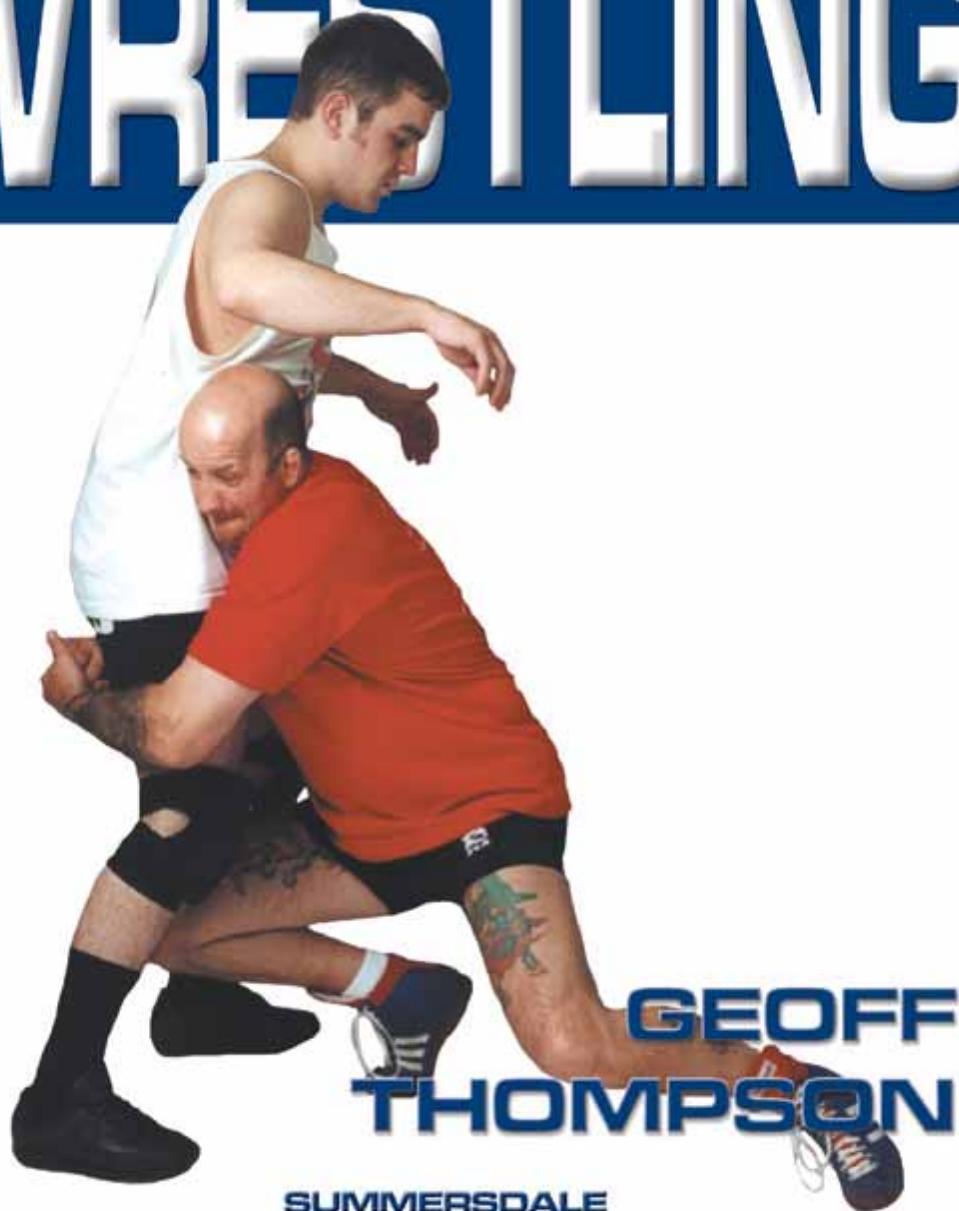


THE THROWS & TAKE-DOWNS OF  
**FREESTYLE  
WRESTLING**



**GEOFF  
THOMPSON**

**SUMMERSDALE**

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**Important note**

If you have or believe you may have a medical condition the techniques outlined in this book should not be attempted without first consulting your doctor. Some of the techniques in this book require a high level of fitness and suppleness and should not be attempted by someone lacking such fitness. The author and the publishers cannot accept any responsibility for any proceedings or prosecutions brought or instituted against any person or body as a result of the use or misuse of any techniques described in this book or any loss, injury or damage caused thereby.



# About the author

Geoff Thompson has written over 20 books and is known worldwide for his bestselling autobiography, *Watch My Back*, about his nine years working as a nightclub doorman. He currently has a quarter of a million books in print. He holds the rank of 6<sup>th</sup> Dan black belt in Japanese karate, 1<sup>st</sup> Dan in judo and is also qualified to senior instructor level in various other forms of wrestling and martial arts. He has several scripts for stage and screen in development with Destiny Films.

He has published articles for *GQ* magazine, and has also been featured in *FHM*, *Maxim*, *Arena*, *Front* and *Loaded* magazines, and has appeared many times on mainstream television.

Geoff is currently a contributing editor for *Men's Fitness* magazine.

Geoff first learned freestyle wrestling at Birmingham Wrestling Club under Jim Ault. He also trained with USA champion Khris Wheelan and studied basic catch wrestling under Dave Turton.

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# Introduction

Welcome to the throws and take-downs of freestyle wrestling, thank you for taking the time to read this book. You are probably well aware of the fact that grappling and ground fighting are the current favourites in the world of martial arts, and much has been said of late about the grappling arts. They seem to be experiencing something of a revival, a well-earned and long awaited renaissance. Between 1899 and 1914, proper wrestling (rather than 'show wrestling') was huge, so much so that the period was called the Golden Age of Wrestling. People like Hackeschmidt, Pojelo, Stalislauz Sabisko and the Great Turk actually made their fortunes in the wrestling rings of Europe. The wrestlers of the day were revered, much like the pop stars of today. The Golden Era lost its sheen and all but died off just before, some say because of, the Great War, only to be revived and reborn as show grappling post-war. There was never a better time for wrestling and now, at long last, people are starting to seek it out once again. It is a great art and my hope is that this time

## Introduction

around it will stay for good as a vital part of our martial art heritage.

Perhaps because grappling is not quite so aesthetically pleasing as some of the other arts due to its unembellished demeanour, its devastating potency has consequently been hidden from the untrained eye; people are naturally drawn to the more superfluously spectacular arts that are splashed across our cinema screens. However, the world of combat, and more specifically the world of martial art, has now evolved and many of these so-called spectacular arts have failed to cut the mustard, they have fallen well short of being effective in an arena (the street) that does not suffer mistakes gladly. The gorgeous systems, as I like to call them, are all shine and no substance. The fundamental movements of the grappling arts, so often ignored because of the Plain Jane factor, have come to the fore and proved themselves worthy of the name 'martial'.

## Freestyle Wrestling

The rise of the UFC (Ultimate Fight Competition) – cage fighting, reality combat and extreme fighting – has done us all a favour in that they have pointed out to all but the blind the gaping holes in the martial armoury of most contemporary arts. Now, everybody suddenly wants to join a grappling club. This is great in theory because we need to be competent in all ranges of combat so that any leaks can be sealed. The problems start to arise when people abandon their old arts in favour of the new and to the detriment of all the other ranges. Grappling without punching and kicking is just as limited as kicking and punching without grappling. I can understand this to a degree, ground grappling is the flavour right now and everyone (myself included) has been seduced by it. Grappling is the prodigal son of the martial arts that has returned home after so long. And because of the success of grapplers in the UFC style tournaments everyone is desperate to make up for lost time and fill his or her sack with the much needed and oft neglected art of ground fighting. And so they should. I've been trying to tell people this for the last ten years.