

NEW Build-Your-Own Granby System DVD

Price: \$19.95 Each

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- Ankle and Wrist Ride Defense** – Ankle and wrist rides can be deadly to the bottom wrestler. Get ready to clear ankles and wrists no matter what the top man does.
- Arm Drags** – Arm drags from your feet, used as setups, singles, doubles, short drags and defense. This must be part of your basic wrestling package.
- Armbars**– A no-nonsense approach to Armbars. Secrets to running the armbar, how to get it, how to pin with it. Lots of extras.
- Attacking the Head for Takedowns – INSTANT IMPACT-** How to use the head for snaps, setups, front headlock, to dominate and more. Terrific DVD with drills and skills for aggressive wrestling.
- Breakdowns** - First Move on Top. The most important topwork skill. Everything starts from here. Learn several strong breakdown techniques that control the bottom man and put you in a position to PIN.
- Counters-** Counter some of wrestling most common problem holds. Includes counters to lateral drop, headlock, power half, crabride and more...
- Double and Head Control Attack Drills – INSTANT IMPACT-** This is the surest way to takedown success ever. Develop instinctive reactions, and control your opponents. Nothing will improve wrestling on your feet like this DVD. It is ultimate weapon for winning takedowns.
- Duck-Unders** – See Duck-Unders in a whole new light. We've got great new ideas that make the Duck-Under more successful.
- Fireman's Carry-** Very effective teaching of the mechanics of the fireman's carry. Learn several ways to do and finish it. Takes the carry from a skill young wrestlers should learn early to advance techniques that score on your toughest opponent.
- Hand-fighting- INSTANT IMPACT-** The Ultimate skill for Dominating takedowns. Nothing is more important than hand-fighting and position, the skills you need are on this video.
- Head Outside Finishes(crackdown)** – Control and finish shots when your head is stuck on the outside (from doubles and high crotches). Great skills and tricks for scoring on your opponent from this position.
- Head Position Defense to Go-Behind Takedowns** – Turn defense into offense with a series of unstoppable go-behinds. The DVD that shows you how to use head positioning to defend all shots.
- Heel/Ankle Picks** - The fundamentals and advanced level training on ankle picks. Ankle pick from anywhere.
- Highlights Vol.1** – See live action shots of Granby System skills. It doesn't get better than this! Top level wrestling everyone has to see!
- Position and Attack Drills for Singles - INSTANT IMPACT** – A DVD drill program for single leg attacks that instantly transforms any level wrestler into an expert. Foot work, head position, movement & stance all rolled into a series of drills never been seen before. The video that customers have been begging for.
- Russian Arm** - Learn techniques that very few wrestlers know. We'll reveal the secrets that will have an instant impact on your takedown success.
- Seatbelt Position** – One of wrestling's most common positions where one wrestler is battling to score the takedown and the other is battling to defend it. Learn the skills to do both.
- Set-ups in the Tie-Up Position** – Master the absolute most important skill for scoring takedowns: controlling the tie-ups. We'll show you how to dominate this position.
- Single Finishes from Down on the Mat** - You **will** be stuck under the man on singles, you better know what to do or you are in big trouble. We have the solutions you need to be successful and win this position.
- Standing Rolls and Switches** - Standing Granby, Wayne's roll, Flips, Kilgore Switch and much more. Surprise your opponent with things he's never seen before. These really work!
- Taking the Man to the Mat** – Your behind the man on your feet, and you have to get him back to the mat. What do you do? We'll show you all of the answers to this common problem.
- The Art of Pinning** - Pins, the ultimate in wrestling. Details on the use of leverage, weight, and tightness. Become an expert ending the match with a pin with halves, cradles, headlocks and more.
- Whipovers and Pancakes-** See how we make this fundamental hold better than ever. It should be part of every wrestler's arsenal.

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