

The Wrestling Move Checklist

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Created for Patrick Henry Wrestling Team

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Technique	Beginner (1 time)	Intermediate (100)	Advanced (1000)
Defense Stance	x	x	
Offense Stance	x	x	
Sprawl	x	x	
Cross Face	x	x	
Wizzer	x		
Double Leg	x	x	

Stand Up	x	x	
Stand Up Counter	x		
Sit Out/Turn and Reverse	x		
Double to HC	x		
Head and Arm Pin	x		
Near Ankle/Tight Waist	x		
Stand Up Break Down.	x		
Hip Heist	x		
Inside Trip			
Outside Trip			
Barb Wire	x		

Technique	Beginner (1 time)	Intermediate (100)	Advanced (1000)
Head and Arm Throw	x		
Throw Defense	x	x	
Single Leg	x		
High C	x		
High C Defense	x		
Single Leg Defense	x		
Switch	x		
Spiral	x		
Limp Arm	x		

Simple Cradle	x		
Cradle Defense	x		
Pass By Setup	x		
High Low Setup	x		
Half-Nelson	x	x	
Pancake/Cowcatcher	x		

Simple Fireman's	x		
Low Single	x		
Cross Body Leg Ride	x		
Tight Waist Break Down	x		
Leg Ride Defense	x		
Half Nelson Pin	x		
Pin Defense	x		

Technique	Beginner (1 time)	Intermediate (100)	Advanced (1000)
Headlock	x		
Headlock Defense	x		
Bow and Arrow Cradle			
Reverse Cradle	x		
Double Underhook Throw			
Foot Sweep			

Chicken Wing/Arm Bar Pin	x		
Chicken Wing Defense	x		
Cowride Legride	x		
Banana Split			
Suplex			

Gut Wrench			
Lace Turn			
Partere			
Russian Tie	x		
Ball and Chain Ride			
Quarter Nelson			

Technique	Beginner (1 time)	Intermediate (100)	Advanced (1000)
Ankle Pick			
Arm Drag	x		
Duck Under	x		
Drop High C to Double			
Elbow Pass-by	x		
Turk			

Double Chicken Wing			
Cheap Tilt	x		
Shrug	x		
Spin around	x		

Downblock/Crossblock			
Snap Down	x		
Over Hook Throw			
Gut schove (single leg defense)			
Cross face pin			
Double Hammers			