

WRESTLING MOVE LOG

TRACK YOUR TECHNIQUE • REVIEW EVERY SESSION

DATE:

CLINICIAN'S NAME:

LEGEND

SL — Single Leg	HC — High	CDL — Double Leg
L — Left	R — Right	O — Opponent
B — Back	F — Forward	

MOVE LOG

Num	Wrestling Move	Description	Notes
Ex	Single Leg Defense	Shot on B L leg. Down block L arm. R arm grab OR Tricep Head in ribs, L arm grab O ankle. Circle to behind leg, shelf or cradle.	Keep your legs back to prevent them getting your leg. Grab the ankle not the waist.
1			
2			
3			
4			
5			
6			
7			
8			

Tip: fill in the Notes column right after practice while the correction is still fresh.