

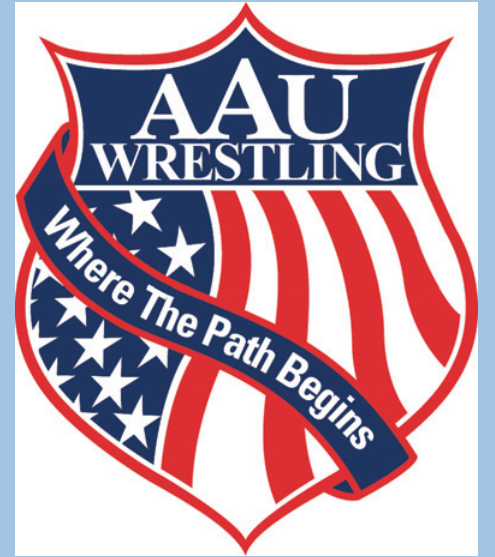
# AAU TECHNIQUE CORNER: 2-on-1 Throw



1 When opponent goes collar tie, take a 2-on-1 to gain position.



2 Stay high in your opponent's armpit and apply weight down on top of your opponent's shoulder.



3 When you feel your opponent start to raise, take a step in front to make it easier to level change.

4 Change levels by dropping your rear to your heel and extend your leg to trip your opponent. Do not slide off opponent's shoulder.



5 Pull down with your left arm and pinch your head into your opponent's chest to trip him to his back.

Technique by OSU's Zack Esposito, a 2005 champ & Bryce Hasseman, former OSU Volunteer Coach, Mishawaka HS (IN) Coach. Explanations by Esposito. Jeremy Cook photos.



Where The Path Begins

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