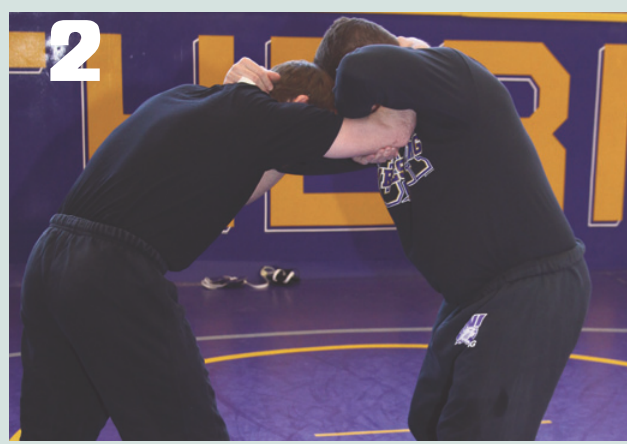


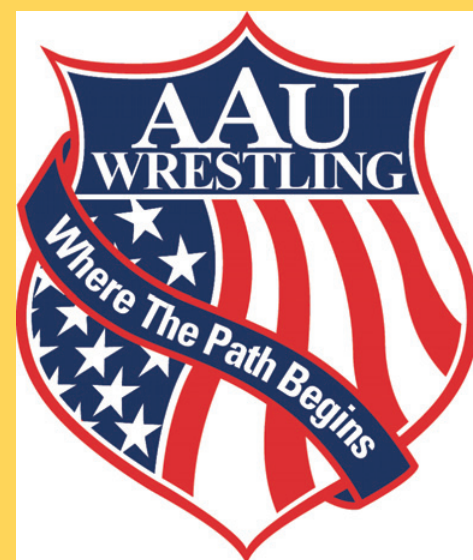
AAU TECHNIQUE CORNER: Throw-by



1 If your opponent is pulling down or banging on the backside of your head, come over the top of his arm and grab his elbow to set up the throw-by.



2 Note the position of where you need to grab his elbow. Shrug your shoulders up, step to the outside with your near-side leg as you start to rotate your body.



To see video footage of each technique, scan the QR code or go to www.WIN-magazine.com, and click on the Training Tech/Video section.



3 One of the keys is pulling with both hands to start moving your opponent past you.



4 Note the angle of your body to your opponent as you're pulling him past you.



6 Continue to pull downward with your right hand while you work to control your opponent when taking him to the mat.



7 You can either go to the crotch or the waist to take him to the mat to finish your takedown.



8 Quickly cover your opponent's hips and break him down to keep from losing the two points.

Technique by UNI assistant Randy Pugh, a former All-American (2000), and UNI's Strength & Conditioning Coach Brett Robbins. Explanations by Pugh. John Johnson photos.



Where The Path Begins

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