

# 11 Commandments of an Attack Style Wrestler

Skills to Know & Routinely Go Back To



1. Stance & Footwork
2. Stalking
3. Down Blocking
4. Shot Defense
5. FHL Scoring
6. Leg Attack
7. Angles
8. Stand up
9. Clearing Legs
10. Sitout/back
11. Forward Pressure on Top

[www.AttackStyleWrestling.com](http://www.AttackStyleWrestling.com)

*The Way Wrestling is Supposed to Be*