

Position	Setup	Series	Finish	Technician	Link
Top		Arm Bar 1	Inside chop to pry	Stieber, Logan	https://www.youtube.com/watch?v=cAlRvRvW5Qc
Top		Arm Bar 2	Wrist & run	Stieber, Logan	https://www.youtube.com/watch?v=aTam632yf0o
Top		Arm Bar 2	Wrist & run (clarify pressure)	Rosselli, Lou	https://www.youtube.com/watch?v=dn1l8R2Cn1s
Top		Arm Bar 3	Opp. rolls wrist & bar/half	Stieber, Logan	https://www.youtube.com/watch?v=N89O2zUgP0o
Top		Claw Series 1	Claw/wrist tilt	Stieber, Logan	https://www.youtube.com/watch?v=UbuG68RkDA
Top		Claw Series 2	Arm on back to bar	Stieber, Logan	https://www.youtube.com/watch?v=AwC65B5L8
Top		Claw Series 3	Opp. to base & bar/half	Stieber, Logan	https://www.youtube.com/watch?v=6Far6uSIN5g
Top		Claw Series 4	Opp. to belly & bar/wrist tilt	Stieber, Logan	https://www.youtube.com/watch?v=F7_dQ2Jd4
Neutral	Overcollar	Slide-By	Slide-By	Stieber, Logan	https://www.youtube.com/watch?v=yvni-rb1k2M
Neutral	Overcollar	Slide-By	"Shot put" Single	Rosselli, Lou	https://www.youtube.com/watch?v=ncGqAUuksp8
Neutral		Underhook	Shot put	Rosselli, Lou	https://www.youtube.com/watch?v=cXO78aA0fw
Neutral	N/A	Single - Knee Pull	N/A (penetration drill)	Rosselli, Lou	https://www.youtube.com/watch?v=k_7wzK4jKTs
Neutral	Collar Tie	Single - Knee Pull	N/A (penetration drill)	Sanderson, Cael	https://www.youtube.com/watch?v=a3m10d6-jrc
Neutral	Collar Tie	Ankle Pick	Ankle Pick	Sanderson, Cael	https://www.youtube.com/watch?v=tp00k0ieA
Neutral	Collar Tie	Ankle Pick 2	Ankle Pick	Taylor, David	https://www.youtube.com/watch?v=7K6ebVFTB8
Neutral	Short O	Cross Ankle Pick	Bottom Leg Cradle	Jordan, Jeff	https://www.youtube.com/watch?v=6LhVhK1Qao
Neutral	Collar Tie	Ankle Pick	Ankle Pick	Jordan, Bo	https://www.youtube.com/watch?v=aKCR4EjHic
Neutral	Collar Tie	Ankle Pick 1	Ankle Pick	Taylor, David	https://www.youtube.com/watch?v=vtvriF5CN70
Top		Leg Ride - 1	Banana Split	Jordan, Bo	https://www.youtube.com/watch?v=46F7_vyfdic
Top		Leg Ride - 2	Banana Split	Jordan, Bo	https://www.youtube.com/watch?v=2VQ00H15v4
Neutral		Single	Cut back	Leng, Jesse	https://www.youtube.com/watch?v=8HKq1QdQc
Neutral	Inside Tie/Collar Tie	Single - Sweep 1	Rationale	Jordan, Jeff	https://www.youtube.com/watch?v=Jr6j1PQ0E
Neutral	Inside Tie/Collar Tie	Single - Sweep 2		Jordan, Jeff	https://www.youtube.com/watch?v=Q3WkU7o_P9E
Neutral	Inside Tie/Collar Tie	Single - Sweep 3		Jordan, Jeff (ish)	https://www.youtube.com/watch?v=SS0518V36TU
Neutral	Inside Tie/Collar Tie	Single - Sweep 4	Dump	Jordan, Jeff (ish)	https://www.youtube.com/watch?v=5z_Huw4f6w0
Neutral	Inside Tie/Collar Tie	Single - Sweep 5	Back Double	Jordan, Jeff (ish)	https://www.youtube.com/watch?v=wGlt9p4U4
Neutral	Inside Tie/Collar Tie	Single - Sweep 6	Chase Back Ankle	Jordan, Jeff	https://www.youtube.com/watch?v=zhumzuzd4
Neutral	Inside Tie/Collar Tie	Single - Sweep 7	Chase Back Ankle & Drill	Jordan, Jeff	https://www.youtube.com/watch?v=7H7FmF2yK4R
Neutral	Inside Tie/Collar Tie	Single - Sweep 8	Opp. closed whizzer step over	Jordan, Jeff	https://www.youtube.com/watch?v=jpC5_IDEY8k
Neutral	Inside Tie/Collar Tie	Single - Sweep 9	Cut back	Leng, Jesse	https://www.youtube.com/watch?v=8Fz2Mf-dwU1
Neutral		Single - Sweep	Cut back	Leng, Jesse	https://www.youtube.com/watch?v=8HKq1QdQc
Neutral		Single - Sweep	Cut back	Stieber, Logan	https://www.youtube.com/watch?v=ozvriF5CN70
Neutral		Single - Sweep	Cut back	Jordan, Jeff	https://www.youtube.com/watch?v=dqgn2YK1K0E
Top	Tight Waist	Tilt	Tilt	Taylor, David	https://www.youtube.com/watch?v=YmOnOGL-C4Q
Neutral	Motion/Level Change	Motion/Level Change	Motion/Level Change	Taylor, David	https://www.youtube.com/watch?v=clh_pau6IBU
Neutral	Overtie	Slide-By	Motion/Level Change	Taylor, David	https://www.youtube.com/watch?v=ufkufP7Q0UE
Top	2 on 1 (double under)	Tilt	Tilt	Taylor, David	https://www.youtube.com/watch?v=qgFH7J2G-w6w
Top	Cross Wrist	Tilt	Tuck/Easton Tilt	Taylor, David	https://www.youtube.com/watch?v=jp6-z8jmFE
Top	Cross Wrist	Tilt	Opp. drops Shelf Tilt	Jordan, Jeff	https://www.youtube.com/watch?v=a33U6XIPDQc
Top	Cross Wrist	Tilt	Opp. posts leg Trap Door Tilt	Taylor, David	https://www.youtube.com/watch?v=7al9v3mGqHE
Top	Mat Returns	Mat Returns	Lift, Re-Drop (double), Re-Drop (single)	Dubuque, Joe	https://www.youtube.com/watch?v=DcB50mC5s
Top	Various Setups	Cradle		Bond, Patrick	https://www.youtube.com/watch?v=Ujg9_1244
Neutral		Defense - Single 3	Bundle	Jordan, Jeff (ish)	https://www.youtube.com/watch?v=semPkuUCMO
Neutral		Defense - Single 1	Whizzer, stuff head, chase hamstring,	Jordan, Jeff (ish)	https://www.youtube.com/watch?v=uuuuuKex5UQ
Top	Spiral	Blair Ride	Blair half, Blair bar, Blair tilt	Jordan, Jeff	https://www.youtube.com/watch?v=8a5DKumvUE4
Top	Spiral	Blair Ride	Blair half, Blair bar	Suriano, Nick	https://www.youtube.com/watch?v=DcGtGx0ct7s
Top	Cross Wrist Tricks	Cross Wrist Tricks	Cross Wrist Tricks		
Top		Tilt	Cut Back Tilt		
Top		Tilt	Cut Back Tilt or Roll Through Tilt		
Top		Tilt	Cut back tilt		https://www.flowrestling.org/video/6008521-cleveland-standing-tilt
Top		Tilt			https://www.flowrestling.org/video/6009165-cleveland-roll-through-tlr-too-far-then-back
Top		Tilt	Shoulder grab (rebar)		https://www.flowrestling.org/events/6006395-c3-new-jersey-2017/videos?limit=27&playing=6008995
Neutral	Overcollar	Double		Dubuque, Joe	https://www.flowrestling.org/events/6006395-c3-new-jersey-2017/videos?limit=43&playing=6008961
Top		Tilt	Opposite side tilt		https://www.flowrestling.org/video/6009164
Top		Claw/Half 1	Drill	Dake, Kyle	https://drive.google.com/file/d/1r0LlQEXiWBhYUQCuaqptpWF1kKSRhVj/view?usp=sharing
Top		Claw/Half 2	Drill 1	Dake, Kyle	https://drive.google.com/file/d/14werR7BpmDW25xP5wAm87sQD2zwOp_/view?usp=sharing
Top		Claw/Half 3	Drill 2	Dake, Kyle	https://drive.google.com/file/d/1DaHlMIrOckRohDZTwnu5Uap49ZVrX/view?usp=sharing
Top	Lineup Heavy	Claw/Half 4	Chop & Pry	Dake, Kyle	https://drive.google.com/file/d/1VrHtjgRVS036dNkKopGf58kVnRqWdm9/view?usp=sharing
Top	Chop & Pry	Claw/Half 5	Roll Through Claw Tilt	Dake, Kyle	https://drive.google.com/file/d/1rzh813mWKP2Y0HwXF3o4HTM7TO/view?usp=sharing
Top	Roll Through Claw Tilt	Claw/Half 6	Knee Switch Claw Tilt	Dake, Kyle	https://drive.google.com/file/d/1rzh813mWKP2Y0HwXF3o4HTM7TO/view?usp=sharing
Top	Claw Tilt	Claw/Half 7	Half Tilt	Dake, Kyle	https://drive.google.com/file/d/1vs8rfdqWZ7-F5e7a23NgTf0kUjVA/view?usp=sharing
Top	Half Tilt	Claw/Half 8	Knee Switch Half Tilt	Dake, Kyle	https://drive.google.com/file/d/1YZAdHw7XQULOrsm8n3zaj8VcDZtfgb/view?usp=sharing
Top	Half Tilt to Fall	Claw/Half 9	Fall Adjustment w/ the Half	Dake, Kyle	https://drive.google.com/file/d/1UUViCdp365uvgellvMN8n70rtyvVb/view?usp=sharing
Top		Claw/Half 10	Power Claw	Dake, Kyle	https://drive.google.com/file/d/1UHsi4F3khwPI2EBOHymCVBeWk3Wl/view?usp=sharing
Top	Claw	Claw/Half 11	Bottom Leg Turk	Dake, Kyle	https://drive.google.com/file/d/1cBwVchMQ04D2D2om_D3mLyeztP1PNh/view?usp=sharing
Top	Claw	Claw/Half 12	Tight Waist	Dake, Kyle	https://drive.google.com/file/d/1m5QA0wervV8aRGWx8BWDK1-LU2FPT-ML7/view?usp=sharing
Top	Wrist First	Claw/Half 13	Claw Tilt	Dake, Kyle	https://drive.google.com/file/d/1PdpmrSFE3e5wDc251Q3P21w6d1r0a6/view?usp=sharing
Neutral	Slide-By STUDY	Slide-By STUDY	Slide-By STUDY	DPS BREAKDOWN	https://www.youtube.com/watch?v=LRSvndr2p
Neutral	Burroughs Double STUDY	Double STUDY	Burroughs Double STUDY	DPS BREAKDOWN	https://www.youtube.com/watch?v=40Gw-n215F8
Neutral	Underhook	Knee Pick STUDY	Yazdani Knee Pick STUDY	DPS BREAKDOWN	https://www.youtube.com/watch?v=Cc19HFUK4
Neutral	Underhook	Underhook STUDY	Yazdani Knee Underhook STUDY	DPS BREAKDOWN	https://www.youtube.com/watch?v=uuuUUBGkN88list=PL2sudC70dWwH-jhRt02d4z5mXfT70_
Neutral	Post, Club (Circle), Level C	Double	Tackle/Drive Across	Burroughs, Jordan	https://youtu.be/mr8B8HARDQU
Neutral	Reattack	Double	Tackle/Drive Across	Burroughs, Jordan	https://youtu.be/DpHD6v56nA
Top		Mat Return	Scissor Trip	Jordan, Micah	https://youtu.be/0_aF45p-Cw
Top	Mat Returns	Mat Returns	Scissor Trip	Jordan, Jeff	https://youtu.be/gIDNH0S61
Neutral	Inside Tie/Collar Tie	Single - Sweep 8	Opp. closed whizzer step over	Jordan, Jeff	https://youtu.be/etb_MivH3I
Neutral	Overcollar	Overcollar Snap 1	Snap	Diagnev, Tervel	https://youtu.be/Dak9K8O8g
Neutral	Overcollar	Overcollar Snap 2	Ankle Pick to Double	Diagnev, Tervel	https://youtu.be/VlA1Lr8RFI
Neutral	Defense	Far Ankle Defense	Far Ankle Defense	Taylor, David	https://youtu.be/vromy8K1bEU
Neutral	Underhook	Ankle Pick 1	Ankle Pick	Garland, Steve	https://youtu.be/GO-359xtnDM
Neutral	Overhook	Ankle Pick 2	Ankle Pick/Double	Garland, Steve	https://youtu.be/LnyHG6Rw47M