

PNWQA Training

Control

Control: Definition



- Rule 5-6-1: Restraining power, advantage
- Case Manual p. 74

Considerations:

- **What positions did we start in**
- **Felt as well as observed**
- **Looking for:**
 - **Gain**
(takedown)
 - **Change**
(reversal)
 - **Loss**
(escape)

Simple Principle

Wrestlers remain in the same control positions they started in until the official declares it has changed.

Definition: Escape

Rule 5-10: Escape requires 3 elements:

1. Neutral position
2. Loss of control
3. Beyond reaction time

Two Exceptions

1. Case 5.15.2C: Defensive wrestler lifting opponent's leg when action stops

- 100% of defensive wrestler's choice to be neutral
- Applies whenever action stops (e.g., buzzer sounds, out of bounds, injury time out, illegal hold, etc.)
- Applies to other holds/positions where the first bullet is true (e.g., front headlock)

2. Case 5.16.2D: Reversal completed out of bounds

- Rewarding aggressive wrestler
- Theoretically, he could have become neutral instead of finishing out of bounds (similar to Exception 1)

Test for Neutral Position

Some questions to ask when evaluating whether wrestlers are in a neutral position:

- Do both wrestlers have equal opportunity?
- Can the defensive wrestler go where I tell him to in a second or two?
- If you're a coach, would you allow me to start the Sudden Victory in this position?

Scenarios:

Red started on top – is this a reversal yet?



Scenarios:

Is this a takedown?



Scenarios:

Is this a takedown?



Scenarios:

Is this a takedown?



Scenarios:

Is this loss of control?



Scenarios:

Has blue earned an escape?



Scenarios:

Has blue earned an escape?



Scenarios:

Buzzer sounds - has blue earned an escape?



Scenarios:

Buzzer sounds - has green earned an escape?



Scenarios:

Buzzer sounds - has red earned an escape?



Discussion

Is this control?

