

**User:  KOLAT**  
  
Take the number 5 takedown from the NCAA tournament Cross Hand Single Leg and tie it into the Claw Tilt.  
  
**Warm-Up 40 minutes**  
  
Defending legs skills and hustling out of the crab ride when pulled into the position:

* Jog, tumble, partner stretch
* [Defend Legs elbow blocking / knee sliding clearing leg rider](https://www.kolat.com/defending-legs-series/defending-legs-defending-a-foot-first-attack-with-elbow-movement" \t "_blank)
* [Defend Legs switching out of the leg when in](https://www.kolat.com/defending-legs-series/defending-legs-switch-out-of-leg-in" \t "_blank)
* [Defend Legs using the mat to clear then hop out of pocket](https://www.kolat.com/defending-legs-series/defending-legs-using-the-mat-to-clear-the-leg" \t "_blank)
* [Defend Crab ride down and away from look for double leg](https://www.kolat.com/leg-defense/-defending-legs-sit-through-defense-2-hands" \t "_blank)
* [Sit Through when in Powerhalf](https://www.kolat.com/leg-defense/-defending-legs-sit-through-opponent-power-halfs" \t "_blank)

**Live Wrestling:  16 minutes**you will need two partners changing half way through the live wrestling:

* **8 X’s** - :30 sec bottom each man, followed by 1 minute on feet (switch halfway)

**Technique 20-30 Minutes**  
  
This follows live wrestling so athletes should be battling for position on this drill to extend conditioning:

* Cross hand single leg
* Arm on back claw tilt, tie into cross hand single when drilling
* Best position for claw tilt, tie into cross hand single leg when drilling

**Total Practice Time Approx. 90 Minutes**  
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