

# WEST OTTAWA WRESTLING MATRIX

Name: \_\_\_\_\_ Date: \_\_\_\_\_

- Neutral

- Set Up #1 \_\_\_\_\_
  - Takedown #1 \_\_\_\_\_
  - Takedown #2 \_\_\_\_\_
  - Takedown #3 \_\_\_\_\_
- Set Up #2 \_\_\_\_\_
  - Takedown #1 \_\_\_\_\_
  - Takedown #2 \_\_\_\_\_
  - Takedown #3 \_\_\_\_\_
- Set Up #3 \_\_\_\_\_
  - Takedown #1 \_\_\_\_\_
  - Takedown #2 \_\_\_\_\_
  - Takedown #3 \_\_\_\_\_

- Top

- Series #1 \_\_\_\_\_
  - Move #1 \_\_\_\_\_
  - Move #2 \_\_\_\_\_
  - Move #3 \_\_\_\_\_
- Series #2 \_\_\_\_\_
  - Move #1 \_\_\_\_\_
  - Move #2 \_\_\_\_\_
  - Move #3 \_\_\_\_\_
- Series #3 \_\_\_\_\_
  - Move #1 \_\_\_\_\_
  - Move #2 \_\_\_\_\_
  - Move #3 \_\_\_\_\_

- Bottom

- Move #1 \_\_\_\_\_
- Move #2 \_\_\_\_\_
- Move #3 \_\_\_\_\_