



WRESTLING MOVE MATRIX

Complete all your sets and takedown. Try to use move only you use or would like to use.

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 _____