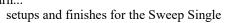
### **THE GRANBY SERIES**

### TAKEDOWNS

Learn...

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- simple setups for the Inside Step and Russian Arm Series
- the Granby School's Front Head Lock Series
  - our patented Iranian Series to successfully finish poor shots BOTTOM

Learn...

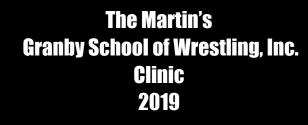
- the Shoulder Granby, the hold that Billy Martin invented
- the Head Shrug, the basis building block on the bottom that can be executed from the ref position, sit-out, or change-over motion
- the Head Granby, the most powerful shrug from the bottom
- our patented Forced Roll series that finishes all bottom techniques with a sure five-point hold
- our Standing Rolls that can be easily incorporated with your stand-up series
  - Tilt and leg defense **TOP**

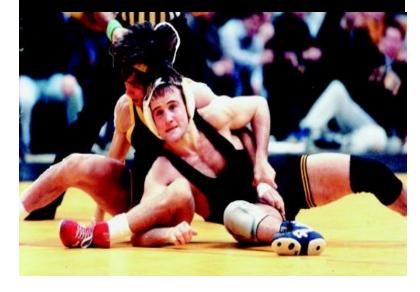
Learn...

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- the Radman Ride and how it sets up the Arm Bar and Churella Tilts, Turks, and Cradles
- special techniques to stop the Stand-up, Switch, and all first holds off the whistle
- Tilt and leg defense

At Session V a Coaches Meeting will be conducted on how		
to:		
**Run a practice		
**Conditioning		
**Strength Training		
**How to run and set-up a championship		
program from scratch		
**Psychology		
*A short video will be shown to illustrate that the tech-		
nique shown at this clinic works in championship compe-		
tition		
*A modified practice simulation will take place		
*Standing Granby competition will take place		





<u>Site/Dates</u>	
*Old Dominion University Wrestling Room	Wre
4509 Elkhorn Avenue	
Norfolk, VA 23508	In 757
June 21-23, 2019	

### OPEN TO ANY AND ALL ENTRANTS

www.granbyschool.com

Presented Granby School of restling, Inc For More nformation 57-482-2177

# Franby School of Wrestling, Inc. O BOX 15265 Chesapeake, VA 23328 -757-482-2177

# ODU Commuter Camp

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June 21-23, 2019

### Photo Copies Accepted

### Detach and Mail

### CASH, MONEY ORDERS, CASHIERS CHECK ACCEPTED ONLY ON SITE

### **OPEN TO ANY AND ALL ENTRANTS**

City/State/Zip	Application and Parental Permission		
School	Name	Address	
Age	School		
Coach	AgeWeight	Mail to: Cranby Sabool of Wrostling DO Box 15265. Chasanaaka, VA	
Coach	Phone ( ) Fax ( )	<b>23328</b> Include denosit (check or Money order) of \$100.00 payable to	
June 21-23, 2019         Old Dominion Wrestling Room         Norfolk, VA         Deposit ofCheck #	Coach Grade	Granby School of Wrestling. Only CASH, CERTIFIED CHECK OR	
Old Dominion Wrestling Room Norfolk, VA         Deposit of **Cost: \$240.00 for Clinic         Parents: Please read and sign         Parents: State and sign         Priday June 21         80.09 900 AM - Registration 900-AM - 1200 PM - Session 1         1200-1300 PM - Lunch on your own 100-3300 PM - Session 11         1200-1300 PM - Session 12         1200-1300 PM - Sessin 14         1200 - 1600 PM -		MONEY ORDER ACCEPTED AT REGISTRATION. Upon receipt of	
Norfolk, VA         Deposit ofCheck #		deposit you will receive a confirmation letter. This form may be duplicated.	
Deposit of			
<ul> <li>2) There no knowledge of any physical impairment that would affect or be affected by my son's/daughter's participation in the Granby School of Wrestling, Inc.</li> <li>3) I acknowledge that at camp my son/daughter will participate in a sport that will involve physical contact of the body with other persons or objects in cluding that mat where he may sourd and free persons or objects in cluding that mat where he may sourd and there persons or objects in cluding that mat where he may sourd and free persons or objects in cluding that mat where he may sourd and free persons or objects in cluding that mat where he may sourd and the persons or objects in cluding that mat where he may sourd and the persons or objects in cluding that mat where he may sourd and the persons or objects in cluding that mat where he may sourd and the persons or objects in cluding that mat where he may sourd and the persons or objects in cluding that mat where he may sourd and the persons or objects in cluding that mat where he may sourd and the persons or objects in cluding that mat where he may sourd and the persons or objects in cluding that mat where he may sourd and the persons or objects in cluding that mat where he may sourd and the persons or objects in cluding that mat where he may sourd and the persons or objects in cluding that mat where he may sourd and the persons or objects in cluding that mat where he may sourd and the persons or objects in cluding that mat where he may sourd and the persons or objects in cluding that mat where he may sourd and the persons or objects in cluding that mat where he may sourd and the treatment is compared to any may sourd and the source of the body with other persons or objects in cluding that mat where he may sourd and the source of the body with other persons or objects in cluding that mat where he may sourd anglet requires medical care. I authorize the staff of the Granby School of Wrestling, Inc. to ob tata in for hand the source of the cluding that mat where he may sourd any</li></ul>	Norfolk, VA	Parents : Please read and sign	
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		Phone Number	
nasits ara nan transfaranja	posits are non-transferable.		

**Parent/Guardian Signature** 

## **GRANBY SCHOOL STAFF**

All of our staff members are master teachers.

The majority of the staff coach at

the high school level in championship programs.

The remaining portion of our staff are competing

For several Division I Universities throughout the

In college at Old Dominion University or wrestle

Nation. All are products of the Granby School and

Excellent teachers.

# **ODU Computer Camp**

**Contact: Steve Martin** Phone: 757-373-6177 Email: smartin@odu.edu