

## THE GRANBY SERIES

### TAKEDOWNS



Learn...

- ◆ setups and finishes for the Sweep Single
- ◆ 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...

- ◆ 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:**

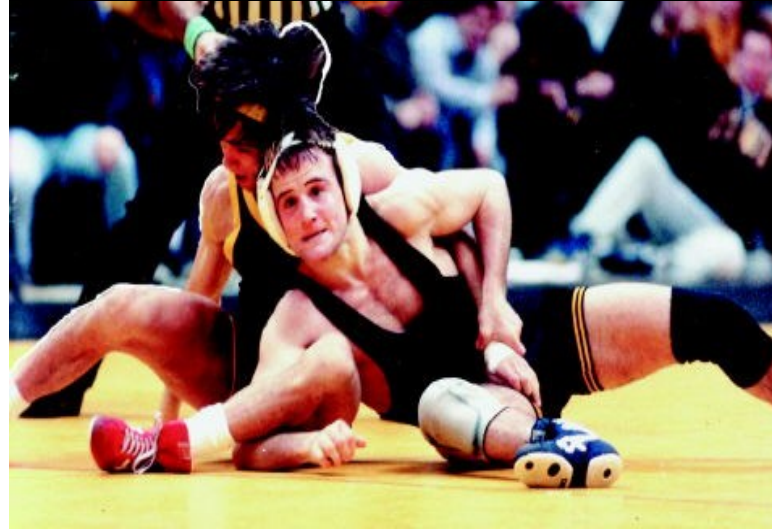
- \*\*Run a practice
- \*\*Conditioning
- \*\*Strength Training
- \*\*How to run and set-up a championship program from scratch
- \*\*Psychology

**\*A short video will be shown to illustrate that the technique shown at this clinic works in championship competition**

**\*A modified practice simulation will take place**

**\*Standing Granby competition will take place**

## The Martin's Granby School of Wrestling, Inc. Clinic 2015



### Site/Dates

\*Old Dominion University Wrestling Room  
4509 Elkhorn Avenue  
Norfolk, VA 23508

July 10-12, 2015

OPEN TO ANY AND ALL ENTRANTS  
[www.granbyschool.com](http://www.granbyschool.com)

Presented  
Granby  
School of  
Wrestling, Inc  
For More  
Information  
757-482-2177

Granby School of Wrestling, Inc.  
PO BOX 15265  
Chesapeake, VA 23328  
1-757-482-2177

\*Old Dominion University Commuter Camp

July 10-12, 2015

Photo Copies  
Accepted

Detach and Mail

**Granby School of Wrestling, Inc**  
**OPEN TO ANY AND ALL ENTRANTS**

**Application and Parental Permission**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City/State/Zip \_\_\_\_\_  
E-mail Address \_\_\_\_\_  
School \_\_\_\_\_  
Age \_\_\_\_\_ Weight \_\_\_\_\_  
Phone ( ) \_\_\_\_\_ Fax ( ) \_\_\_\_\_

CASH, MONEY ORDERS, CASHIERS CHECK  
ACCEPTED ONLY ON SITE

**ENROLLMENT**

To enroll in the Granby Clinic you may pay in full or send a **\$100 non-refundable deposit** with your application. **Balance may be paid at registration by cash only. NO CHECKS WILL BE ACCEPTED 14 DAYS PRIOR TO REGISTRATION. ONLY CASH, CERTIFIED CHECK OR MONEY ORDER ACCEPTED AT REGISTRATION.** Early registration is encouraged. No wrestler will be accepted without a signed parental permission and waiver form. **Deposits are non-transferable.**

\_\_\_\_\_ July 10-July 12, 2015  
Old Dominion Wrestling Room  
Norfolk, VA  
Deposit of \_\_\_\_\_ Check # \_\_\_\_\_

**\*\*Cost: \$240.00 for Clinic**

**Mail to: Granby School of Wrestling PO Box 15265, Chesapeake, VA 23328** Include deposit (check or Money order) of \$100.00 payable to **Granby School of Wrestling. Only CASH, CERTIFIED CHECK OR MONEY ORDER ACCEPTED AT REGISTRATION.** Upon receipt of deposit you will receive a confirmation letter. This form may be duplicated. Do not send form without parents signature.

***ODU Commuter Camp***

***Friday July 10***

8:00-9:00 AM – Registration  
9:00-AM – 12:00 PM – Session I  
12:00-1:00 PM—Lunch on your own  
1:00-5:00 PM—Session II

***Saturday July 11***

9:00 AM – 12:00 PM – Session III  
12:00 – 1:00 PM – Lunch on their own on campus  
1:00 – 3:00 PM – Session IV

***Sunday July 12***

9:00 AM – 12:00 PM – Session V  
12:00 – 1:00 PM – Lunch on their own on campus  
1:00 – 3:00 PM – Session VI

TIMES ARE SUBJECT TO CHANGE

Parents : Please read and sign

- 1) My son has permission to attend **Granby School of Wrestling, Inc.**
- 2) I have no knowledge of any physical impairment that would affect or be affected by my son's participation in the **Granby School of Wrestling, Inc.**
- 3) I acknowledge that at camp my son will participate in a sport that will involve physical contact of the body with other persons or objects including that mat where he may incur a risk of injury.
- 4) I specifically, fully and forever, waive and release the **Granby School of Wrestling, Inc.**, its owners and staff from liability and claims for damages my son may sustain at camp and in his travel to and from said camp.
- 5) In the event of an emergency in which my son requires medical care, I authorize the staff of the **Granby School of Wrestling, Inc.** to obtain, for him, necessary medical treatment.

Drug Sensitivities \_\_\_\_\_  
Insurance Co \_\_\_\_\_  
Other Allergies \_\_\_\_\_  
Policy Number \_\_\_\_\_  
Emergency Phone Number \_\_\_\_\_

\_\_\_\_\_  
**Parent/Guardian Signature**

**GRANBY SCHOOL STAFF**



All of our staff members are Granby trained and master teachers. The majority of the staff coach at the high school level in championship programs. The remaining portion of our staff are competing in college at Old Dominion University or wrestle for several Division I Universities throughout the Nation. All are Granby System trained and Excellent teachers.

**Old Dominion Commuter Camp**

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