

Mastering the Single Leg to Corner Cut and Ankle Pick Finish

The **Single Leg Takedown with a Corner Cut and Ankle Pick Finish** is a highly effective way to score even when an opponent sprawls hard. By applying proper weight shifts, strategic movements, and grip adjustments, you can turn a defensive position into an offensive scoring opportunity. This guide covers the full execution of the move, incorporating techniques from elite wrestlers like **John Smith and Ben Askren**.

Step 1: Executing the Single Leg Shot

Heel-Toe-Knee Shot Mechanics:

1. **Set Up the Shot:** Use hand-fighting to get inside position, controlling your opponent's wrist or elbow.
2. **Level Change:** Drop your hips **by bending your knees, not your waist**.
3. **Penetration Step:**
 - Step deep **between your opponent's legs** using a **heel-toe-knee** motion.
 - Your knee should land **just outside their foot** for deep penetration.
 - Keep your **head tight to their hip or ribs**, ensuring strong positional leverage.
4. **Secure the Leg:** Wrap both arms **above the knee** (high single) or **around the ankle** (low single).
5. **Drive Up:** Use your **trail leg** to step up and **bring the opponent's leg off the mat**.

Common Mistakes:

- Shooting **too far away**, making it easy for your opponent to sprawl.
 - **Not staying tight** to the leg, allowing for easy counters.
 - **Not stepping deep enough**, leading to a shallow attack.
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Step 2: Opponent's Sprawl and Weight Shift

How the Opponent Should Sprawl:

- They will **extend their legs backward** to create space.

- They will **apply weight downwards** onto your shoulders.
- They may attempt to **cross-face** or **whizzer** to break your grip.
 - The leg that is being attacked will have that same side hand with a hook onto the armpit of the attacking arm.

How to Counter the Sprawl:

1. **Catch the Weight Early:**
 - As soon as they sprawl, **keep strong arms** to support the weight and head high in the middle of the chest, with a straight neck (no bends at all)
 - Keep your **chest and head as high as possible** to avoid being flattened.
2. **Quick Pull on the Leg:**
 - While being sprawled on but with two hands on the leg give a **short, strong tug** to your opponent's leg to pull them slightly forward.
 - This forces their **knees to drop** momentarily, shifting their balance.
 - The instant they lighten their weight on your back, transition into the corner cut.

Common Mistakes:

- Allowing your **elbows to drift away from your body**, losing strength.
 - Not recognizing **the weight shift opportunity** to transition.
 - Letting go of the leg prematurely, giving up control.
 - Letting your neck bend, which lets your head drop.
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Step 3: Cutting the Corner and Walking Backward

Key Steps to Corner Cut:

1. **Shift Your Weight to Your Near-Side Hip:**
 - Move your weight off both knees and onto the **hip closest to their leg**.
2. **Post Your Elbow Behind Their Ankle:**
 - Take your free elbow behind the leg and **plant it on the mat** just behind their ankle. This is your new support post now.
3. **Walk Backwards in a Circular Motion:**
 - Move your feet in small, **choppy steps backward toward their leg**.
 - This action forces them to **redistribute their weight**, making them vulnerable.
4. **Maintain Control of the Leg:**
 - Keep your **head tight to their hip** while walking back.
 - Avoid letting them create space to recover balance.
 - Keep elbow behind ankle as you turn.
 - One HAnd above the knee always while on the ground

Common Mistakes:

- Not shifting weight **high enough**, keeping too much pressure on your shoulders.
 - Failing to **post your elbow**, making the walk-back less effective.
 - Walking backward too slowly, giving them time to counter.
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Step 4: Securing the Ankle Pick Finish

Final Movements for the Takedown:

1. **Keep Pressing Into Their Base:**
 - If they try to regain posture, keep **head pressure into their ribs or hip**.
2. **Reach for the Far Ankle:**
 - With your **near hand**, reach and **grab their second ankle**.
 - Keep a strong grip and **pull their feet together**, collapsing their base.
3. **Drive and Finish:**
 - Drive forward **into partner** while keeping a hand above the knee.
 - This will cause them to **fall forward**, securing the takedown.

Key Tips:

- Keep your grip tight, elbow in as much as possible until they are fully on the mat.
- Stay **low and compact** to avoid getting rolled over.
- If needed, use **a short burst forward** to fully collapse their base.

Common Mistakes:

1. Letting go of the **initial leg too early**, reducing control.
 2. Not securing **both ankles**, allowing them to recover.
 3. Hesitating after grabbing the ankle, which gives them time to escape.
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Troubleshooting Defenses and Counters

Opponent Tries to Whizzer Hard

- **Solution:** Keep chest high and **drive into their far hip** while walking back.
- **Adjustment:** If they resist, use **a limp-arm technique** to free yourself.

Opponent Cross-Faces to Break the Grip

- **Solution:** Turn your head **into their ribs** to prevent space.
- **Adjustment:** If the cross-face is too strong, switch to **an inside trip or bear hug**.

Opponent Circles and Tries to Escape

- **Solution:** Follow their motion with **short choppy steps** and maintain pressure.
- **Adjustment:** Cut off their angle by **pulling their near knee in immediately**.

This **Single Leg to Corner Cut and Ankle Pick Finish** is an excellent way to score when an opponent sprawls. By maintaining weight balance, strategically shifting your hips, and securing both ankles, you can turn an opponent's best defense into an easy two points.

Drilling Focus:

- **Speed Repetitions:** Train quick transitions from single leg to corner cut.
- **Reaction Drills:** Have partners sprawl at different intensities to refine responses.
- **Live Situations:** Work from a sprawled position to develop strong counter-wrestling skills.

By consistently refining these details, you can make this finish a **high-percentage scoring tool** in your wrestling arsenal!