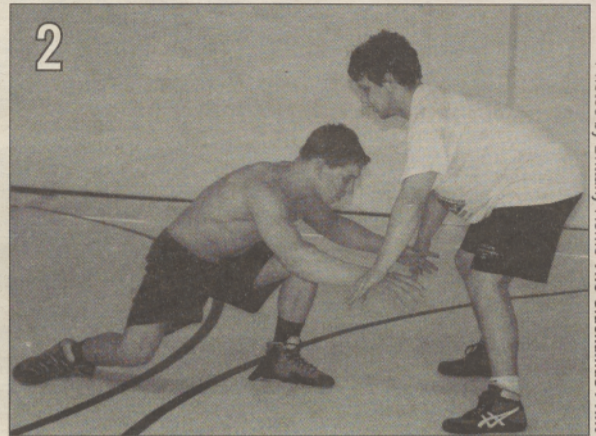
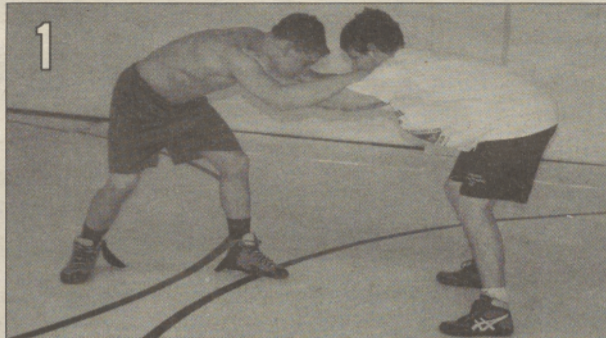


Technique of the Week: double leg takedown

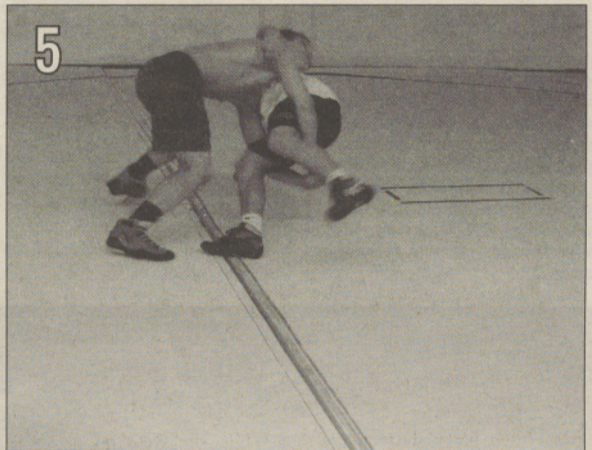
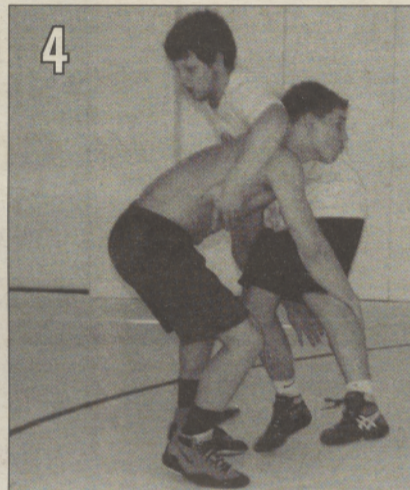
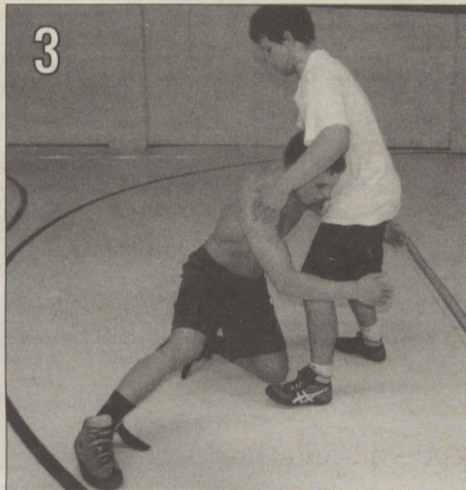
The Clackamas Print features a step by step breakdown of techniques from different sports. Players and coaches give their experienced advice and explain the developmental process of building competitive tools. This week former Clackamas wrestler Beau Roberts explained and demonstrated a double leg takedown with Leonard Daniel.

— Compiled by David Beasley



Roberts broke down the technique into four basic steps. **Pictured top and right:** Starting in a locked up position Roberts (left) pushed Daniel's hands down quickly and then lowered his base. "Step one is snap his hands," said Roberts. "Step two is change elevation."

Photos by Britiany Home The Clackamas Print



Pictured left and middle: After steps one and two Roberts shot toward Daniel, reached for his legs and started to lift up. "Step three, penetration to legs, driving forward up to your feet," said Roberts.

As Roberts secured a good grip on Daniel's legs and started to rise up, he ran sideways off-balancing Daniel and landing on top. "Step four, come up to both feet, put your head in the (opponent's) hip and dive. It's a side shuffle the way your head is going," said Roberts.



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