



# FALL COACHES CONVENTION

## Presenter Information Sheet

### SESSION TITLE

"Key Lock & Wrist Control: From Ties to Takedowns"

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### PRESENTER NAME(S)

Real Woods

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### SESSION DESCRIPTION

World Bronze Medalist **Real Woods** teaches a compact, high-percentage system that turns simple tie control into dominant attacks. Coaches and athletes will learn how to establish the key-lock tie, apply shoulder pressure to control and break posture, and convert that control into a variety of finishes (near-side singles, bowling, ankle picks, drags, and the tornado). The session also covers non-threatening thumb blocks and wrist control to close distance, create mat offense, and chain into single-leg entries using footwork and misdirection. This clinic is practical, detail-driven, and built for quick implementation in practice.

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### KEY TAKEAWAYS FOR COACHES

- Establish tight, controlled ties that create scoring pressure.
  - Use shoulder pressure to break posture and open attacks.
  - Convert ties into clean finishes: single, drag, ankle pick, and more.
  - Apply non-threatening wrist control to close the distance.
  - Chain attacks with footwork and misdirection.
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### PRESENTER PHOTO & BIOGRAPHY

#### Biographies:

Real Woods

U.S. Senior National Team member (65 kg)

2025 World Bronze Medalist

3× NCAA All-American

2023 Big Ten Champion

Wrestled for **Stanford University** and the **University of Iowa**

3× Illinois High School State Champion (Montini Catholic)

Member of the **Cliff Keen Wrestling Club**

