



# FALL COACHES CONVENTION

## Presenter Information Sheet

### SESSION TITLE

Dominating from the Top: Control, Pressure, and Purpose

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### PRESENTER NAME(S)

Real Woods

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### SESSION DESCRIPTION

World Bronze Medalist and NCAA All-American Real Woods breaks down the art of wrestling from the top position—an area often underdeveloped yet vital for championship success. This hands-on session emphasizes body control, pressure, and patience while working to secure turns and finishes. Coaches will learn how to teach athletes to apply consistent pressure, maintain positioning, and transition smoothly between attacks to keep opponents flat and vulnerable.

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### KEY TAKEAWAYS FOR COACHES

- Understand key principles for **building pressure and control** from the top.
  - Learn effective **starting positions and whistle-start techniques** to establish dominance early.
  - Gain detailed insight into **transitions**—from thigh prys to tight waist adjustments.
  - Explore methods for **securing position and attacking** with precision using levers, chops, and knee/ankle combinations.
  - Review effective **turns and finish series**, including cross wrist tilts and bar arm bundles.
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### 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**

