

# OVERTIME

## Leg Riding Workshop

Featuring Coach Ed Giese

August 10-13, 2010

**Ed Giese was notorious for his punishing style of mat wrestling. The all time wins leader at the University of Minnesota, Ed has done a great job bringing his success on the mat to Overtime. At this four day workshop, wrestlers will develop an understanding for both leg riding offense and defense through immersion in the following areas:**

- How to effectively get the “legs” in
- A series of actions and reactions to control an opponent and ultimately work for the fall
- How to keep the “legs” out from the bottom position
- How to defend and wrestle from the bottom against a leg rider

**Location:** Overtime School of Wrestling (10s.224 Schoger Drive, Naperville, IL)  
**Dates:** August 10-13, 2010  
**Time:** 10:00am - 12:00pm daily  
**Cost:** \$90.00 payable to Overtime School of Wrestling (Cash, Check, and/or Visa/MasterCard)  
**Eligibility:** Currently enrolled Overtime students or by invitation only (All participants must have a valid USA Wrestling card at check-in)  
**Additional staff:** OT Staff, other OT Alumni

### Registration:

- To register for the leg riding workshop please email Sherry at [sherry@overtimewrestling.com](mailto:sherry@overtimewrestling.com) by **Saturday, July 31<sup>st</sup>**.
- Full payment must be submitted at the workshop check-in on Tuesday, August 10<sup>th</sup> at 9:30am.
- An email received prior to Saturday, July 31st registers you for the workshop. **Only if space is available** will we accept additional registrations at check-in on August 10<sup>th</sup> for **\$120.00**.

Please note this immersion approach is a great opportunity for all attendees to keep the focus solely on the offense and defense to leg riding. It will primarily consist of technique, drills, and light situational wrestling in the leg riding positions. The “Leg Riding” workshop can be extremely beneficial for the upcoming folkstyle season.