Professional wrestling is a form of performance art where the participants engage in simulated sporting matches. Originating as such, in the days of traveling carnival shows, professional wrestling’s humbler beginnings include strongman feats, hook wrestling, and other acrobatic performances.

For the better part of a century, professional wrestling promoters and performers claimed that the competition was completely real and vehemently defended secrets of the trade (a situation known as kayfabe).

Any pretense of sporting competition was dropped in the late 1990s, when Vince McMahon’s World Wrestling Federation began describing its events as “sports entertainment,” along with a formal change of moniker to World Wrestling Entertainment (although the name change was in response to a lawsuit from the World Wildlife Fund against the World Wrestling Federation over the rights to the initials “WWF” in the United Kingdom, the increasing use of the term “entertainment” leading up to the suit’s resolution seemed to explain McMahon’s willingness to change the name).

Reality and fantasy

Please note that “simulated”, in this context, does not mean “faked”. While the outcomes are predetermined, the maneuvers are rehearsed (sometimes ad-libbed by experienced, or quick wrestlers) and executed cooperatively, and their effects upon the opponent are exaggerated, most moves cause genuine pain (and if performed incorrectly, capable of causing serious injury) and involve knowledge and skill in gymnastic sports such as weight lifting and tumbling, as well as a variety of film stunt work performed live and without benefit of backup safety devices. Matches whose results are predetermined (the vast majority) are called “worked”.

The final result of a match is pre-determined by “bookers” to maximise “heel heat” for the bad guy and “(baby)face heat” for the good guy, often in the context of a long-running “feud” or storyline. Typically the wrestlers will work out some signature “spots” marking key moments in the match in advance. During the match, the move sequences and transitions are improvised with the participants “calling spots” to each other to inform them of their next up-coming move. The referee is also often involved in executing the match to schedule and dealing with unforeseen circumstances.

The vast majority of bleeding incidents in wrestling are “real”, and are typically induced by using hidden razor blades to cut oneself on the forehead; the act of cutting is known in the business and among fans as blading, and bleeding is known as juicing. If a wrestler bleeds without being cut, such as due to an accidental broken nose, he is said to be juicing hardway. If a wrestler hits another wrestler harder than he should on purpose, that is called “stiff”, “being stiff”, a “potato” or “potato shot”.

Besides the somewhat real violence however, there have constantly been times where the division between reality and fantasy has been blurred, especially when it comes to who should win the matches. See the Clique as an example of this. On occasion, although increasingly rarely in recent decades, a wrestler will shoot, or ignore the script and attempt to win legitimately. This is also known as “going into business for yourself.” In the past, promotions’ World Champions were often intentionally-chosen “hookers” such as Lou Thesz who could defend themselves if the fight became real.

Rules

The simulated nature of professional wrestling is only one of the many differences it has with traditional wrestling. Other differences can be found by looking at the supposed rules of pro wrestling.

The referee has ultimate control in any match, and has so much authority that a decision reversal can only be made by the referee involved in the match; even the promotion owner (usually) has no influence over this decision. Of course, even this “rule” is subject to modification, depending on current storylines within the promotion. A “motto” in the pro-wrestling world used to describe the interpretation of the rules (actually more like loose guidelines) is: “You can’t call what you can’t see”, implying that anything is justified as long as the referee doesn’t see. This is often used as a plot twist to drastically change the momentum in a match.
A match can be won by pinfall, submission, count-out, disqualification, or failure to answer a ten count. Punching is permitted as long as the wrestler’s fist is open. You may only kick with the flat part of the foot, and “low blow” only refers to actually striking the crotch. If either wrestler is in contact with the ropes, all contact between the wrestlers must be broken before the count of five. This strategy is used very often in order to escape from a submission hold, and also, more seldom, a wrestler can place his foot on the ropes to avoid losing by pinfall.

[edit]

Pinfall

In order to win by pinfall, a wrestler must pin both his opponent’s shoulders against the mat while the referee slaps the mat three times. This is the most common form of defeat.

[edit]

Submission

To win by submission, the wrestler must make his opponent give up, usually, but not necessarily, by putting him in a submission hold (i.e. leg-lock, arm-lock, etc.).

Passing out in a submission hold constitutes a loss by knockout. To determine if a wrestler has passed out, the referee will usually pick up and drop his hand. If it drops three consecutive times without the wrestler having the strength to stop it from falling, the wrestler is considered to have passed out.

Today, a wrestler can indicate a submission by "tapping out", that is, tapping a free hand against the mat. The tapout is not a traditional part of professional wrestling; it was introduced during the mid-1990s in response to the increased popularity of mixed martial arts competitions, where the tapout has always been accepted. Recently, some promotions have used the option of a verbal submission, in the case of the wrestler’s arms being inactive due to the submission manœuvre. This does not happen often though.

[edit]

Count-out

A count-out happens when a wrestler is out of the ring long enough for the referee to count to 10 (in Japan and Mexico, the rule is a 20 count). If both wrestlers are outside the ring, the count is broken if either one re-enters the ring. If both of the wrestlers are lying on the mat and not moving, the referee may issue a ten count. One wrestler reaching his knees will break the count. If neither wrestler reaches his or her knees or feet, it is considered a draw, also known as an "in ring count-out."

[edit]

Disqualification

Offenses punishable by disqualification include:

- Performing any illegal holds or maneuvers, such as refusing to break a hold when an opponent is in the ropes, choking or biting an opponent, staying on the top turnbuckle, and repeatedly punching with a closed fist, for more than a referee-administered five count.
- Any outside interference involving a person not involved in the match striking or holding a wrestler. If someone attempts to interfere but is ejected from the ring by a wrestler or referee before this occurs, there is usually no disqualification.
- Striking an opponent with a foreign object (unless the rules of the match specifically allow this).
- A direct low-blow to the groin.
• Laying hands on the referee.

In practice, the “rules” of the fight are often violated without disqualification due to the referee being “distracted” and not seeing the offense, or the referee seeing the offense but allowing the match to continue. Almost always, a referee must see the violation with his own eyes to rule that the match end in a disqualification and the referee’s ruling is almost always final. Indeed, it is not uncommon for the referees themselves to get “knocked out” during a match. While the referee remains “unconscious,” rules are often violated at will.

[edit]

Variations

The rules for a one-on-one pro wrestling match have not always been the same. For instance, the National Wrestling Alliance (NWA) had a rule that your opponent couldn’t be thrown over the top rope. The now-defunct WCW or World Championship Wrestling, an offshoot of the NWA, formerly had a rule stating you could not jump off the top rope onto a prone opponent. Both instances would have caused a disqualification. The World Wrestling Federation (now World Wrestling Entertainment) once disqualified wrestlers for pulling their opponent’s ringwear or tights while covering for a pin. The move is still illegal in most promotions, but only breaks the hold or pin.
Professional wrestling aerial techniques

Aerial techniques are used in professional wrestling to show off the speed and agility of a wrestler or Ronald McDonald. These moves are mainly done by smaller quicker wrestlers that are unable to do most of the power moves.

There is a wide variety of aerial techniques in pro wrestling. Many moves are known by several different names. Professional wrestlers frequently give their “finishers” (signature moves that usually result in a win) new names. Occasionally these names become popular and are used regardless of the wrestler performing the technique.

Moves are listed under general categories whenever possible.

This list is incomplete; you can help by expanding it.

Contents

- 1 Axe handle
- 2 Banzai drop
- 3 Crossbody
- 4 Diamond Dust
- 5 Diving bulldog
  - 5.1 Springboard bulldog
- 6 Diving elbow drop
  - 6.1 Axe handle elbow drop
  - 6.2 Diving back elbow drop
  - 6.3 Shooting star elbow drop
- 7 Diving stomp
  - 7.1 Diving double foot stomp
  - 7.2 Mushroom stomp
- 8 Diving fist drop
- 9 Diving headbutt
- 10 Diving hurricanrana
  - 10.1 Dragonrana
  - 10.2 Springboard hurricanrana
- 11 Diving knee drop
- 12 Diving leg drop
  - 12.1 Diving Fameasser
  - 12.2 Somersault Legdrop
  - 12.3 Shooting Star Legdrop
  - 12.4 Springboard Legdrop
- 13 Diving shoulder block
  - 13.1 Diving Spear
- 14 Flying clothesline
- 15 Flying neckbreaker
- 16 Flying thrust kick
- 17 Shooting star piledriver
- 18 Sunset flip
- 19 Frankensteiner
- 20 Iconoclasm
- 21 Moonsault
  - 21.1 Springboard moonsault
  - 21.2 Corkscrew moonsault
  - 21.3 Solo Spanish fly
  - 21.4 Split-legged moonsault
  - 21.5 Standing moonsault
- 22 Missile dropkick
  - 22.1 Springboard dropkick
  - 22.2 Corner-to-corner missile dropkick
23 Plancha
24 Senton
  - 24.1 630 senton
  - 24.2 Seated senton
  - 24.3 Molly-go-round
  - 24.4 Senton bomb
  - 24.5 Corkscrew senton
  - 24.6 Imploding senton bomb
  - 24.7 Front flip 360 spinning senton
25 Shiranui
26 Splash
  - 26.1 450 splash
    - 26.1.1 Corkscrew 450 splash
  - 26.2 Frog splash
  - 26.3 Split Legged Splash
  - 26.4 Shooting star press
    - 26.4.1 Imploding star press
    - 26.4.2 Standing shooting star press
    - 26.4.3 Corkscrew shooting star press
27 Transition move
  - 27.1 Grounding
  - 27.2 Springboard
  - 27.3 Slingshot
  - 27.4 Shooting star
28 Modifiers
  - 28.1 Super

### Axe handle

A top-rope axe handle is accomplished by jumping from the top turnbuckle to the mat or floor and striking your opponent with two fists held together in the fashion of holding an axe. This is usually done on a standing or rising opponent, not a prone one. Many wrestlers include this move in their repertoire, though one particularly famous version is done by Randy Savage.

### Banzai drop

A Banzai drop is a move in which a wrestler jumps down from a raised platform and drops his buttocks on the opponent’s body. This move was originated by Yokozuna. Rikishi also used this move, dubbing it the Rump Shaker.

### Crossbody

A crossbody (or “cross body block”) is a maneuver in which a wrestler jumps onto his opponent and lands horizontally across the opponent’s torso, forcing them to the mat and usually resulting in a pinfall attempt. This can be accomplished from the top rope or by going over the top rope to the outside. In lucha libre, this is called a “pescado” when the top rope is used as a slingshot, though the term “plancha” has been popularly accepted in American wrestling for the same maneuver. In Mexico, a plancha is any move which uses the chest or abdomen.

This is another move used by many wrestlers, usually of lighter weights. Ricky Steamboat was well-known for his excellent crossbody.

### Diamond Dust
This can refer to a Forward Somersault three-quarter facelock bulldog or Forward Somersault three-quarter facelock jawbreaker, but it is best known by the name Diamond Dust, given to it by Masato Tanaka. This move involves an attacker standing on the top rope facing the back of a standing victim. The attacker then leaps forward, somersaulting, and catches the victim in a three-quarter facelock (the victim's head on their shoulder with the attacker's arm pinning the victim's head in place) as they fall. The attacker falls to a seated position and pulls the victim down with them, driving the victim's jaw into the shoulder of the attacker (Jawbreaker), or falling flat on his/her back forcing their victim's face into the mat (bulldog).

This move is also used by Shark Boy as a finisher; he refers to it as the Dead Sea Drop (DSD).

Diving bulldog

This is a Bulldog (head-lock takedown) performed by an attacker from an elevated position. A bulldog is a move in which the wrestler applies a head lock or face lock to his opponent and leaps forward, so that the attacker lands on his back or in a sitting position, driving the victim's face into the mat.

A standard diving bulldog sees an attacker jump down on an opponent from an elevated platform and apply any version of a headlock to take down the victim to the mat.

Springboard bulldog

This is a Bulldog performed after springboarding (bouncing) off the ring ropes, in some cases a headlock is first applied before the wrestler bounces off the ropes. Trish Stratus uses this move and calls it “Stratusfaction”.

All types of bulldog can be performed in this way including the Three-quarter Facelock Bulldog variation which sees the attacker run up to ropes while applying Three-quarter Facelock then dropping the victim to the mat face first. This version is used by Spike Dudley as the Acid Drop (in ECW) or the Dudley Dog (in WWE).

Another version is the springboard bulldog is seen where a wrestler will springboard off the ring ropes before applying the headlock. While flying towards an opponent, a wrestler will catch the victim in a headlock and the drive them into the ground as he fall to the mat.

Diving elbow drop

A diving elbow drop is executed by diving onto a prone opponent with one’s elbow cocked, driving the elbow into the opponent’s shoulder or chest. Variations of this move have been used as signature maneuvers by Bret Hart, Stone Cold Steve Austin, Randy Savage, Test, Garrison Cade, Chris Jericho, Shawn Michaels, and each of The Nasty Boys.

Shane McMahon would place his opponent on an announcer’s table, climb to the top rope, and then leap off and drive his elbow into the opponent’s chest, breaking the table in the process. He called this “The Leap of Faith.”

Axe handle elbow drop

The attacker sits on the top rope with a foot on each second rope, facing a supine victim. The attacker then leaps towards the victim, clasping their forearms together, and lands on their knees, driving both elbows into the shoulder or chest of the victim.
Diving back elbow drop

A less common variation on a diving elbow drop; the attacker stand on the top rope facing away from the victim then leaps backwards, extending and cocking one elbow. This allows for greater range but less precision.

Shooting star elbow drop

The attacker leaps towards a prone opponent from an elevated position, executes a backflip in mid-air, and lands with their elbow cocked, driving the elbow into the victim.

Diving stomp

When a wrestler jumps down from a raised platform on an opponent dropping his foot onto any part of an opponent's body.

Diving double foot stomp

When a wrestler jumps down from a raised platform on an opponent driving both his feet into anywhere on the opponent's body. This is a signature move of Spike Dudley and Tajiri.

Mushroom stomp

Whilst situated on the middle rope of a turnbuckle, a wrestler will jump over a charging attacker, pressing his feet off their back to push them into the turnbuckle with more force, before landing on their own two feet.

Notable users: Paul London

Diving fist drop

A fist drop is a move in which a wrestler jumps down from a raised platform on an opponent driving his fist into anywhere on the opponent’s body. This move was used by RAW color commentator Jerry “The King” Lawler as a finishing maneuver.

Diving headbutt

A diving headbutt is exactly what it sounds like: a “swan dive” style headbutt delivered from the top rope to anywhere on the opponent's body. The move was originally used by “The Dynamite Kid” Tommy Billington. The most popular version today is used by Chris Benoit as one of his finishing manuvers. Though Meng/Haku, Bam Bam Bigelow, and Chris Candido are also known for using variations of the move aswell.

Diving hurricanrana
This move is executed by jumping forward with legs apart, landing on a standing opponent straddling his shoulders, and using the momentum to execute a *hurricanrana*.

**Dragonrana**

In this variant of the diving hurricanrana, the attacker performs a front flip from the top rope before executing the technique. The technique is named by and after the wrestler “Dragon Kid”, pupil of *Ultimo Dragon*, who invented the maneuver.

**Springboard hurricanrana**

A move in which the wrestler jumps up and springboards off the top rope from the outside of the ring, performs a hurricanrana in to a *pin*. Rey Mysterio uses this as a finisher when combined with the 619 and calls it a *West Coast Pop*.

**Diving knee drop**

A move in which a wrestler will jump from a raised platform (the top rope, the apron, etc) and land his knee on a prone opponent.

**Diving leg drop**

A move in which a wrestler will jump from a raised platform (the top rope, the apron, etc) and land his leg across an opponent’s throat or face. Also called a *guillotine legdrop*, and is used by many wrestlers as well as popular luchador *Psicosis* as a finisher.

**Diving Fameasser**

This is a version of a diving leg drop, it involves the attacker coming off one of the rope and dropping his leg across the back of the head of an opponent whos is leaning forward. Named by “Mr. Ass” *Billy Gunn*.

**Somersault Legdrop**

The wrestler performs a forward somersault off of a raised platform while descending to drop their leg across the throat or chest of an opponent.

Notable users: Booker T (*Harlem Hangover*)

**Shooting Star Legdrop**

The wrestler performs a reverse backflip but keeps revolving and performs a legdrop. This move is used by Georgia-based independent wrestler *Jason Cross*, who calls it the *Crossfire*. 
Springboard Legdrop

A move in which a wrestler bounces off the ropes and lands his leg across an opponent's throat or face. Currently used by wrestler Rey Mysterio who refers to it as Dropping the Dime, as a finisher when combined with the 619.

Diving shoulder block

Diving Spear

This is a Diving Shoulder Block Takedown a move in which a wrestler will jump from a raised platform i.e. top-rope and drive their shoulder into the victim's stomach and force them down to the mat.

Flying clothesline

A move in which a wrestler will jump from a raised platform (i.e. the top rope or turnbuckle) and perform a clothesline to a standing opponent. The Undertaker's version of the move, called “Old School”, has Undertaker twist the opponent's arm, then use it to balance himself as he walks across the top rope before performing the move. It is referred to as “Old School” now because Taker has used this move for over ten years. Kane also uses the flying clothesline regularly.

Shelton Benjamin and Hardcore Holly has recently been using a version of this move, called a Flying Lariat which is similar but involves the wrestler wrapping his arm around the opponent's head.

Flying neckbreaker

also known as a Flipping Neckbreaker are neckbreaker techniques involving the attacker jumping from a raised platform (usually the middle/second rope at the turnbuckle) and throwing the opponent to the ground by twisting the victim's neck. Made famous by Marcus "Buff" Bagwell, dubbing it the Blockbuster.

Other users include: Shannon Moore (Moorgasm), Simmons (Butlerbuster), The Hurricane, (Overcast)

Flying thrust kick

Executed when an attacker jumps from a raised platform (usually the top turnbuckle), and hits a standing victim with a thrust kick in mid-air. "Gentleman" Chris Adams invented this maneuver in the late-1980s, calling it a "flying superkick". Also used by Rob Van Dam.

Shooting star piledriver

This move more closely resembles a shooting star ending in a facebuster rather then a piledriver, though it was refered to as a “Shooting Star Piledriver” by announcers at the time of its most notable occurrence.
During a Ring of Honor event, wrestler Jody Fleisch tried to execute a springboard shooting star press on a standing wrestler but botched the landing in such away that, instead of the opponent catching Fleisch and falling to the ground, Fleisch's legs straddled the head of the opponent and grounded him with so much force it drove the opponents head into the mat below.

Other occurrences of this move taking place have seen wrestlers end in positions similar to that of the DDT and the Flatliner.

**Sunset flip**

This is a pinning move where a wrestler and his opponent face each other, with the attacker on higher ground (such as the top turnbuckle). The attacker dives over the victim, catches him in a waistlock from behind, and rolls into a sitting position as he hits the mat. As the attacker rolls over, he pulls the victim over backwards so that he lands on his back.

**Frankenstein**

This is a headscissors takedown executed on a victim sitting on the tope rope. With the attacker's legs scissored around the opponent's head while they face each other, the attacker performs a backflip to swing through the opponent's open legs, dragging the victim into a forced somersault that distances the attacker from the victim and lands the opponent on his back. The name “Frankenstein” comes from Scott Steiner, who popularized the move in the United States after learning the technique on a tour of Japan.

**Iconoclasm**

The opponent is seated on the top rope. The wrestler turns his back to him and grabs hold of the opponent's arms from below, right at the arm pits. He then throws the opponent forward while sitting down, flipping them over in midair, and slamming them down to the mat back first.

Notable users include CIMA, who also uses a cross-arm variation called the Goriconoclasm. Christopher Daniels also uses a cross-arm variation.

**Moonsault**

A move in which a wrestler executes a backflip and lands on an opponent. A basic moonsault is generally attempted from the top rope, though myriad variations exist. Much of its popularity in America can be attributed to the Great Muta, also known as Keiji Mutoh. Because it wears down the knees of the user (from repeated impacts), a wrestler often does not do the moonsault for a long period of his/her career.

Other notable users include Kurt Angle, Lita, Super Crazy, Taka Michinoku, Essa Rios.

**Springboard moonsault**

Called La Quebrada in Mexico, this is a move in which a wrestler springboards (bounces off ropes) then executes a backflip and lands on an opponent. It was invented by the Luchador Fantasma de la Quebrada. In the United States, it is also known as a Lionsault, particularly when executed by Chris Jericho.
When a springboard moonsault is performed onto an opponent on the floor outside the ring, rather than one in the ring, it is called an **Asai moonsault**, named after the man who popularised its use in modern wrestling **Yoshihiro Asai**, better known in the United States by his stage name Último Dragon.

A **double springboard moonsault** is a move in which a wrestler bounces off the middle-rope to elevate himself/herself to the top-rope from where he/she bounces off to perform the moonsault. This version of a moonsault is often referred to as a **picture perfect moonsault**, its most well-known user is **Christopher Daniels** who calls it the **Best Moonsault Ever (B.M.E.)**.

**Taka Michinoku** often uses a variation of the Asai Moonsault that he calls the **Spaceman Quebrada**. With the opponent standing on the floor, the attacker jumps to the third rope from the inside of the ring as if to execute a Plancha. However, he turns around in mid-air so that he is standing on the third rope with his back turned toward the opponent. Finally, the attacker executes an Asai Moonsault from the third rope onto his opponent (note that this is all done in fast motion). **Super Crazy** also uses this move from time to time, calling it the Crazy Special.

**Edit**

**Corkscrew moonsault**

A twisting moonsault in which the attacker stands on an elevated platform, such as the top rope, and performs a moonsault with a 180° rotation or multiple rotations, landing as if performing a normal moonsault. This maneuver was innovated by female Japanese wrestler Chaparrita Asari, it is also used as a signature maneuver by Japanese legend Último Dragon (Cancun Tornado), American independent wrestler **Jack Evans**, (who does it from a standing position), and lucha libre star **Héctor Garza** (Tornillo). **Kid Kash** uses a variation of this move dubbed the Money Roll, which is best described as an Asai Twisting Moonsault. **Jeff Hardy** also uses this move, usually with a running start, and calls it Whisper in the Wind.

**Edit**

**Solo Spanish fly**

This **Moonsault ura-nage slam** is performed while both wrestlers are on the top turnbuckle. The attacker stands slightly behind and facing the side of a standing victim, the attacker then reaches under the near arm of the victim, across the chest of the victim and under their far arm, while placing their other hand on the back of the victim to hold them in place. The attacker then performs a backwards somersault while holding the victim, driving the victim into the ground back-first in a side slam position.

**Frankie Kazarian** uses this move and calls it **The Flux Capacitor**. The name **Solo Spanish Fly** is in reference to the double team move.

**Edit**

**Split-legged moonsault**

A moonsault variation in which the performer jumps to the top rope, but before moonsaulting drops down so that his legs split and flips back using his thighs. **Rob Van Dam** uses this as a trademark maneuver. Also slingshot or springboarding variations have been used by **Rey Mysterio** and **Jeff Hardy**.

Other notable users include: **CM Punk** (Crooked Moonsault), **Sabu**

**Edit**

**Standing moonsault**

A move in which a wrestler, who is standing next to an opponent laying on the ground executes a backflip and lands on him. Many competitors add something to the move to make it their own before performing the backflip, some do a dance, while others perform moves like **cartwheels** to built momentum.
Notable users include: Rob Van Dam, Victoria

A dropkick from a elevated surface such as a turnbuckle, a table or a ladder to a standing opponent. Booker T used this move as a finisher in WCW.

Springboard dropkick

A move in which a wrestler bounces off the ropes and performs a dropkick, either to the outside or into the ring. Chris Jericho uses it as one of his trademark moves. It is also one of Taka Michinoku’s signature flying attacks.

Corner-to-corner missile dropkick

In the variant, the attacker places the opponent in the corner and ties the opponent up in the ropes so he/she cannot escape. The attacker then ascends to the top rope/second rope at another corner. The attacker leaps the length or width of the ring and performs a dropkick to the opponent. Used by Naomichi Marufuji and CIMA (Tokarev). CIMA also invented a front flip variation called the Mona Lisa Overdrive.

In the United States, Rob Van Dam performs the move with the assistance of a steel folding chair, known as the Van Terminator. This sees the opponent sitting in the opposite corner, as Van Dam jumps from the opposite corner, going “coast to coast”, placing the chair front of his feet before impact and hitting his opponent in the face. Shane McMahon used a modified version of this, instead using a trash can over a chair.

Plancha

An accepted term in American wrestling for a slingshot crossbody from the inside to the outside of the ring. In Mexico, a plancha is any move which uses the chest or abdomen.

Senton

A senton is similar to a splash, except that instead of impacting stomach first, the attacker lands back first across the opponent.

630 senton

The attacker performs a senton, spinning 630 degrees before landing, i.e. one full rotation (360 degrees) following by a somersault senton (270 degrees).

This move was invented by Jerrelle Clark.

Seated senton
This variant on the senton is performed by jumping forward off a raised platform or springboarding on to the shoulders of a standing opponent forcing them to the ground. Japanese wrestler Dick Togo is the most famous user of the move; he copied it from an older Japanese wrestler, Hiro Saito. A variation of this move, springboarding from the top rope, is used regularly by Rey Mysterio.

Molly-go-round

This variant on the seated senton is performed by flipping forward off a raised platform on to the shoulders of a standing opponent forcing them to the ground, generally named after WWE diva Molly Holly its technical name is a flipping seated senton.

Senton bomb

This variant on the senton is performed by leaping from the top turnbuckle (or other raised surface), flipping forward 270°, and landing on the opponent back-first in the standard senton position. Jeff Hardy employs a variant of this as his finisher, dubbed the “Swanton Bomb”, in which he waits until the last second to execute the flip, so that he just barely completes the flip when impacting with his opponent.

Corkscrew senton

Also known as the Sky Twister Press, this senton is performed by executing a backflip, then spinning 720°, landing on a fallen opponent back-first, this is used by Amazing Red who called it the Infrared. This move can also be performed on a standing opponent, and is often referred to as a Halo when it is.

Imploding senton bomb

This is variant of a Reverse Shooting Star Press sees an attacker facing away from the ring while on the top turnbuckle jump backwards executing a Senton Bomb.

Front flip 360 spinning senton

The attacker is on the top turnbuckle facing the ring. He jumps, does a front flip as he spins 360 degrees and executes a Senton. A.J. Styles calls this the Spiral Tap.

Shiranui

This is a Springboard somersault three-quarter facelock diving reverse DDT, which has also been known as Sliced Bread #2, Ninja, and Shinobi. In this move a wrestler grabs a Three-quarter facelock on the opponent and runs up a vertical surface, usually the corner turnbuckles, and jumps backwards, somersaulting in the air, and landing face down to the mat, driving the opponent back-first down to the mat.

Notable users include: Naomichi Marufuji (Shiranui), Spanky (Sliced Bread #2)

In a slight variation the wrestler lands instead to a seated position, driving the opponent’s head between his legs. This variation is used by Jimmy Jacobs, who calls it the Contra Code. Both variations can see a
modified version where both wrestlers are already perched on the top rope, and the somersault DDT is the only part performed, which is known as the **Super Shiranui**.

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**Splash**

A basic splash (also known as a *Press*) involves a wrestler jumping forward from a raised platform—usually the top turnbuckle—and landing stomach first across an opponent lying on the ground below.

WWE wrestler **Val Venis** uses the move, which he calls *The Money Shot*, which is a little variation of a Splash. The splash was popularized in America by Jimmy “The Superfly” Snuka, one of the first ‘high-fliers’ to wrestle in North America, who called the move “The Superfly”. It was one of the first and most popular highflying moves to be seen in mainstream wrestling.

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**450 splash**

Invented by **2 Cold Scorpio**, the **450 Splash** involves flipping forward 450° from a raised platform, landing on the opponent in the splash position. Wrestlers like **Juventud Guerrera** and **John Kronus** popularized the move in the United States, while it was a trademark in Japan for **Hayabusa**, who called it the **Firebird Splash**.

Other notable users include: **Austin Aries**, and **Paul London**.

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**Corkscrew 450 splash**

A **Corkscrew 450° splash** is performed when a wrestler (facing backwards to the ring from the top turnbuckle) jumps, turns 180° and performs a 450° splash. This move was popularized by the Japanese wrestler **Hayabusa**, who called it a **Phoenix Splash**. **Low Ki** uses it by that name. It is also known to some as the **Stardust Press**.

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**Frog splash**

This move is performed by leaping from the top rope, stretching out to a horizontal position, and bringing one's feet and hands inward and outward before landing. This is **Eddie Guerrero**'s finishing move, as well as **Rob Van Dam**'s, though he calls it the “Five-Star Frog Splash”.

Other slightly different variation sees the wrestler bring his hands between his legs and kick up with his feet before drawing both arms and legs back outwards. Among notable users of this variation are **Art Barr**, **CiMA** (*Mad Splash*), **D'lo Brown** (*Lo-Down*)

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**Split Legged Splash**

Similar to the **Split Legged Moonsault**, only instead of moonsaulting, the attacker turns arounds and hit a splash.

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**Shooting star press**
The attacker jumps forward from an elevated position, executing a backflip in mid-air, landing on the opponent in the splash position. The move was invented by Jushin Liger but is performed by many other wrestlers. Billy Kidman and Brock Lesnar have used it as their finishers. Paul London, Teddy Hart, AJ Styles and Mark Briscoe can often be seen performing it as well.

**Imploding star press**

A reverse shooting star press. The attacker gets on a higher ground, and executes a 450 Splash inwards. Sonjay Dutt has used this move at Independent shows. Has also been known as the Flaming Star Press.

**Standing shooting star press**

A move in which a wrestler, who is standing next to an opponent laying on the ground jumps forward, executing a backflip in mid-air, lands on the opponent in the splash position. One of the people most well known for this move is Amazing Red, who calls it The Red Star Press. Although many other workers, including Paul London and Johnny Nitro, use it as a finisher.

**Corkscrew shooting star press**

A move which a wrestler on a raised platform, jumps like a shooting star press, but then turns 180° in the air, and lands in a splash position facing the raised platform. Also known as a Corkcrew Shooting Star Splash used by Paul London.

**Transition move**

Some moves are meant neither to pin an opponent, nor weaken them or force them to submit, but are intended to set up the victim for another attack.

**Grounding**

The attacker jumps onto an opponent from an elevated platform as the opponent is standing up, so that the opponent falls to his knees with his head between the legs of the attacker. This move is generally used to set up for a powerbomb.

**Springboard**

Springboarding involves a wrestler using any of the ring ropes to bounce off of, most high-flying techniques can be performed after a spring board, i.e. Springboard leg-drop, Springboard dropkick. Sometimes wrestlers will bounce off of one set of ring ropes then off another to perform a move, this is referred to as a double springboard, the most notable double springboard move is a version of a Springboard moonsault in which a wrestler bounces off the middle-rope to elevate himself/herself to the top-rope from where he/she bounces off to perform the moonsault.
Slingshot

A slingshot involves a wrestler pulling on the rope and using the spring of the ropes to hurl themselves over it. Most high-flying techniques can be performed after a sling shot.

[edit]

Shooting star

This move sees an attacker jump forward from an elevated position, executing a backflip in mid-air. Many techniques can be performed after a shooting star, most well known is the shooting star press but there are other variations like the shooting star legdrop, Shooting Star Elbow Drop and the unique shooting star piledriver.

[edit]

Modifiers

[edit]

Super

The term Super is placed before any move which is being performed off the top rope. For example, if a samoan drop was performed from the top turnbuckle it would be called a “Super Samoan Drop”. Many move variations performed off the top rope use the term “Avalanche” instead of “super”, especially in Japan.

Suplexes performed from the top or second rope are referred to as superplexes.

Retrieved from

“http://en.wikipedia.org/wiki/Professional_wrestling_aerial_techniques”
Professional wrestling attacks

From Wikipedia, the free encyclopedia.

Attacking maneuvers in professional wrestling are mainly used to wear down an opponent for a submission hold, or set up for a throw.

There is a wide variety of attacking moves in pro wrestling. Many moves are known by several different names. Professional wrestlers frequently give their “finishers” (signature moves that usually result in a win) new names. Occasionally these names become popular and are used regardless of the wrestler performing the technique.

Professional wrestling contains a variety of punches and kicks found in martial arts and other fighting sports, listed below are moves more specific to wrestling itself.

Many of the moves below can also be performed from a raised platform (the top rope, the apron, etc) these are called high-flying variations.

Moves are listed under general categories whenever possible.

This list is incomplete; you can help by expanding it.

Contents

[hide]

- 1 Ax handle
- 2 Back elbow
- 3 Bell Clap
- 4 Big splash
  - 4.1 Body Avalanche
  - 4.2 Lou Thesz Press
  - 4.3 Stinger splash
- 5 Bronco buster
- 6 Chops
  - 6.1 Backhand chop
    - 6.1.1 Kesagiri chop
  - 6.2 Forehand chop
  - 6.3 Mongolian chop
- 7 Clothesline
  - 7.1 Short-arm clothesline
  - 7.2 Flying clothesline
- 8 Crossbody
- 9 Crossfaces
- 10 Drops
  - 10.1 Butt drop
  - 10.2 Elbow drop
    - 10.2.1 Bionic elbow
    - 10.2.2 Hell-bow
    - 10.2.3 Spinning headlock elbow drop
  - 10.3 Fist drop
  - 10.4 Forearm drop
  - 10.5 Headbutt drop
  - 10.6 Knee drop
  - 10.7 Leg drop
    - 10.7.1 Fameasser
    - 10.7.2 Guillotine Leg Drop
    - 10.7.3 Discus Leg drop
- 11 Elbow smash
- 12 European uppercut
- 13 Headbutt
Ax handle

Also known as a Double Sledge, or Polish Hammer, this attack sees the wrestler clasp both his hands together, and swing them at a victim, hitting any part of them.
The names for this move comes from the attack mimicing the motion of that seen when people swing a sledgehammer or axe. Ivan Putski used this as his finishing move.

During “The Masterpiece” Chris Masters debut match on WWE RAW, which saw him face the WWE’s star Jobber Steven Richards, Masters hit an Ax Handle to Richards, which broke both Richards’ nose, and orbital bone.

[edit]

Back elbow

The wrestler stand with their back to a running opponent and thrusts out an elbow, which the victim runs into.

[edit]

Bell Clap

The attacker slaps both ears of the victim simultaneously with the palms of his hands, distorting their balance.

[edit]

Big splash

A big splash involves a wrestler jumping forward and landing stomach first across an opponent lying on the ground below. This move is mainly used by heavier wrestlers like Big Daddy.

[edit]

Body Avalanche

The attacker charges into a victim in the corner of the ring without leaving their feet, crushing them into the turnbuckle. This is normally used by bigger, heavier wrestlers. King Kong Bundy used a version of this move called the Atlantic City Avalanche.

[edit]

Lou Thesz Press

The attacker jumps towards a standing opponent and knocks them over, resulting in the victim lying on their back with the attacker sitting on their chest, pinning the victim. This move was frequently used by and named after Lou Thesz. Also, Stone Cold Steve Austin would repeatedly strike the victim in the face after mounting them using this manuver.

[edit]

Stinger splash

This is an attack in which a wrestler run at an opponent who is resting on the turnbuckle then jump foward so that he slashes his whole body, stomach-first, squashing his opponent between him and the turnbuckle. This move was named after its inventor, Sting, and is now most populary used by Shelton Benjamin.

[edit]

Bronco buster
This is a seated senton to an opponent who is resting on the bottom turnbuckle, popularized by X-Pac and Goldust. Goldust added pelvic thrusts to his version of the bronco buster.

Chops

Backhand chop

The act of a wrestler to ‘slap’ the chest of his opponent, using the back of his hand.

Many wrestlers use this chop more or less but it has been popularized by Ric Flair, Ricky Steamboat, Chris Benoit, Shawn Michaels, and Jimmy Snuka.

Kesagiri chop

A downward diagonal Backhand chop to the side of the opponents neck.

Forehand chop

The act of slapping the chest of the opponent using the forehand. This is commonly used by The Big Show.

Mongolian chop

The act of ‘karate chopping’ both the opponent’s shoulders and sides of the neck with the hands’ edges in a swinging motion at the same time. Used by Hiroyoshi Tenzan and Kazushi Sakuraba.

Clothesline

A move in which one wrestler runs towards another and extends his/her arm out from the side of the body and parallel to the ground, knocking over the other as he/she runs by. This is often confused with a lariat.

JBL’s finisher is a type of clothesline in which he bounces off the ropes first before assisted with a running high-impact clothesline calling it the Clothesline from Hell. He briefly called it Clothesline from Wall Street when turning to his current gimmick, but naming has since reverted to Clothesline from Hell.

Short-arm clothesline

This variation of the clothesline is set-up by irish-whipping the opponent, but holding onto the arm. When the arm is completely extended, the attacker pulls the victim back, and clotheslines him with either arm. This maneuver is one of the signature attacks of Jake “The Snake” Roberts.
Flying clothesline

Similar to a clothesline from the top rope, however this version is done while running towards the opponent (usually after bouncing off the ropes), leaping up, and connecting with a clothesline. Among the people who use this variation is The Undertaker.

[edit]

Crossbody

A crossbody (or “cross body block”) is a maneuver in which a wrestler jumps onto his opponent and lands horizontally across the opponent’s torso, forcing them to the mat and usually resulting in a pinfall attempt.

[edit]

Crossfaces

This is an attack performed when a wrestler has a rear mount (sitting across the opponent’s back) and uses forearm shots across the victim’s face.

[edit]

Drops

Drops are moves in which wrestlers jump or fall down onto a person on the floor, landing with a specific part of the body

[edit]

Butt drop

A butt drop, also known as a hip drop, is a move in which a wrestler jumps/falls, sitting down usually onto the chest of an opponent. This move is generally used by larger wrestlers such as Rosey, Rikishi, and Brazo de Plata. The Butt drop is an obvious and often-used counter to the Sunset Flip.

Elbow drop

A elbow drop is a move in which a wrestler jumps down on an opponent driving his elbow into anywhere on the opponent’s body.

The Rock’s People’s Elbow is an elbow drop, preceded by a routine that involves The Rock pulling off his elbow pad, bouncing off the ropes, then lifting one leg as if performing a leg drop, and hitting the elbow drop as his opponent lays motionless on the mat.

[edit]

Bionic elbow

This is a move in which a wrestler faces an opponent and smashes his elbow on to the top of the victim’s head, made famous by Dusty Rhodes.

[edit]

Hell-bow

The attacker forces the victim onto all fours. The attacker then climbs on to the back of the victim before jumping in the air and dropping an elbow on the neck of the victim. This move was invented and named by The Original Sinn.
Spinning headlock elbow drop

This is any elbow drop which is performed straight after a headlock is applied, the most widely known variation is an inverted facelock elbow drop in which a wrestler puts his opponent into an inverted facelock and then spins round dropping the elbow across the victim's chest forcing him to the mat below.

Big Show and The Hurricane have both used slight variation of the inverted facelock elbow drop, Big Show calling it a Final Cut and Hurricane naming his the Eye of the Hurricane.

Fist drop

A fist drop is a move in which a wrestler jumps down on an opponent driving his fist into anywhere on the opponent's body.

John Cena's Five Knuckle Shuffle is a fist drop preceded by a routine that involves Cena bouncing off the ropes then he wipes one hand on his shoulder before hitting the fist drop using that hand, as his opponent lays motionless on the mat.

Forearm drop

A forearm drop is a move in which a wrestler jumps down on an opponent driving his forearm into anywhere on the opponent's body.

Scotty 2 Hotty's The Worm is a forearm drop preceded by a routine that involves Scotty hopping on one leg four times (as the crowd chants W-O-R-M), doing worm dance moves towards the opponent and swinging his arms just before hitting the forearm drop, while his opponent lays motionless on the mat.

Headbutt drop

A headbutt drop is a move in which a wrestler jumps down on an opponent driving his head into anywhere on the opponent's body.

Knee drop

A knee drop is a move in which a wrestler jumps down on an opponent driving his knee into anywhere on the opponent's body.

Leg drop

A move in which a wrestler will jump and land his leg across an opponent's chest, throat or face. Most famously used by The Undertaker and Hulk Hogan, who uses this as his finisher when wrestling in North America.

Fameasser
A version of a leg drop, it involves the attacker placing the back an opponent’s head, who is leaning forward, under the his leg, then dropping his leg and the opponent’s head down to the mat. A version of this move was first made popular by Shawn Michaels and Marty Jannetty as part of the tag team “The Rockers”, it was called the Rocker Dropper, this variation involved the victim being placed in a wrist lock while the move took place. The move’s current name comes from its use by “Mr Ass” Billy Gunn; He also used the name Famouser while using a different gimmick.

Usually the back of the head is place under the attackers leg, though the name hoglock (most recently used by the Big Show) is referred to when the head is the other way round when the leg is dropped.

Guillotine Leg Drop

This move is similar to the leg drop although it is done with the opponent’s body hanging over something, sometimes with the opponent’s head hung over one of the ring ropes or most notably the ring apron (so the head is suspended over the outside), the attacker will then walk across the apron and execute a leg-drop onto the opponent’s sternum, causing both of them to fall and land on the outside of the ring. This move is commonly used by The Undertaker and has remained one of his signature moves since the beginning of his career.

Discus Leg drop

The wrestler spins in a circle while they jump and land their leg across an opponent’s chest, throat or face.

Notable users include: Rosey (Revolving Leg Drop)

Elbow smash

The attacker delivers a punch, but tucks their hand into their chest so that their elbow and forearm make contact instead of their fist.

European uppercut

This is an uppercut forearm in which a wrestler does a quick grapple then brings their arm up inside to hit the opponent under the chin. This move has long been a signature move of William Regal and Kurt Angle, and has more recently been adopted by Randy Orton.

Headbutt

An attack where a wrestler uses his head to strike a part of the opponent’s body, usually the head or skull, to daze him. Unlike a legitimate headbutt, the pro-wrestling version most often impacts with the opponent’s forehead, counting on the superior hardness of the attacker’s head and the momentum delivered to hurt the victim without hurting the attacker. The headbutt is most often used by Samoan and Tongan wrestlers, who are generally portrayed in pro wrestling as having hard heads.

Battering Ram
The attacker stands facing an upright opponent, lowers their head and then charges forwards, driving the top of their head into the abdomen of the victim. This move was made famous by the Bushwhackers.

**Trapping headbutts**

The attacker holds both the opponent’s arms under his own, and delivers a series of headbutts to his opponent, who is unable to counter. This is a signature maneuver of Al Snow, The Big Show, and Chris Benoit.

**Heart Punch**

With the attacker facing a victim. The attacker lifts up one of the victim’s arms straight up in a wrist lock. The attacker then punches the victim in the chest.

**High knee**

An attack in which a wrestler will charge towards towards their opponent, then raise their knee or jump up so that their knee would hit the victim usually in the face.

This move has been closely associated with Harley Race and more recently Triple H.

**Hip attack**

Also known as a Thump this attack is usually performed with a running start, when attacker jumps into the air, spins around, and thrusts his pelvis backwards, thus hitting the opponent’s head or chest with his hip or buttocks.

**Illegal attacks**

Illegal attacks are mainly used by heel wrestlers and are usually an offense punishable by disqualification, though typically done when the referee is disabled or otherwise distracted..

**One man con-chair-to**

This move involves an attacker placing their victim so that they are horizontal with their head resting on a chair, then hitting their head from above with a second chair, squashing the head of the opponent between both chairs.

Made popular by the former team Edge and Christian, who developed this move from its double team version whilst feuding with one another.

**Chair shot**
The attacker hits the victim with a folded metal chair. The strike is performed with the flat face of the chair to slow the swing and distribute the impact, to prevent injury.

[edit]

**El Kabong**

A maneuver used by Jeff Jarrett in particular, it simply involves breaking a **guitar** over somebody’s head. It’s also referred to as “The Acoustic Equalizer”.

[edit]

**Eye poke**

When a wrestler pokes his finger(s) into an opponent’s eye(s). This is an illegal attack mainly used by heel wrestlers to gain an upperhand on their opponent.

[edit]

**Eye rake**

Also called a *Thumb to the eye*. This is when a wrestler rakes his thumb(s) down an opponent’s eye(s). This is an illegal attack mainly used by heel wrestlers to gain an upperhand on their opponent. Well used by “Nature Boy” Ric Flair.

[edit]

**Fireball**

The attacker sets a piece of quick-burning paper alight and throws it at the victim, giving the impression of a supernatural ball of fire emerging from their hand. The Sheik is credited as the first man to throw fire in wrestling. Other than the Sheik, the move was used most notably by the late Eddie Gilbert, but was also used by Jerry Lawler and Skandor Akbar.

[edit]

**Hangman**

Seen when a wrestler who is on the opposite side of the ring ropes from and opponent graps him by the head and drops down, forcing the victim’s throat across the the ropes. This is an illegal attack because of its use of the ropes.

[edit]

**Low blow**

A direct shot to the **groin** of an opponent. This is an illegal attack mainly used by heel wrestlers to gain the upper hand on their opponents and is an offense punishable by disqualification.

Goldust would trap his opponent in the corner by tangling their legs in the ring ropes and then deliver a running kick to the groin, which he dubbed *Shattered Dreams*.

Hardcore Holly would hold an opponent’s legs while their upper body was hung on the ropes, then kick between their legs into their mid-section. In turn, his shin would impact the groin of the victim. As this is indirect it was deemed a legal move.
Kicks

In violence, martial arts and sports, a kick is an attack using the foot, knee or leg to strike any part of the opponent’s body particularly in the head, shin, mid-section, etc.

Backflip kick

While the attacker has his back to the victim. The attacker performs a standing backflip and hits the victim in the head with one or both their legs, with the attacker usually landing on their hands and/or feet facing downward.

Corner backflip kick

With the victim is propped up in the corner, the attacker charges and runs up the outside ropes, as they reach the top, the kick the victim in the chest and preform a backflip so they land on their feet.

Big boot

This is usually done with the opponent charging towards the wrestler, using the opponent’s momentum to deliver the wrestler’s boot to the upper-body or head.

When this move is performed with the wrestler charging towards an opponent it is referred to as a Yakuza Kick, as Masahiro Chono uses it (though in Japan it is occasionally called a kenka kick).

Wrestlers who have used the big boot include Kane, The Undertaker, Hulk Hogan, The Barbarian, Kevin Nash, Toshiaki Kawada, and many other big men.

Notable users of the move as a finisher: Test, Tyson Tomko (Chainsaw Kick / Problem Solved)

Bicycle kick

The attacker jumps and kicks both feet as though pedalling a bicycle.

Notable users: A-Train / Albert

Dragon whip

This a leg lariat move which is performed after an opponent catches the leg of a wrestler who attempt a kick of some sort (i.e. superkick or side kick), then while the opponent throws the leg out away from himself the wrestler continues to spin all the way out with his leg still extended to hit the leg lariat.

Notable users include: Shelton Benjamin

Dropkick
A dropkick is defined as an attack where the wrestler jumps up and kicks the opponent with both feet. This is commonly employed by light and nimble wrestlers who can take advantage of their agility.

Billy Kidman, Maven Huffman, and Hardcore Holly have been credited with having some of the best dropkicks in the business, and Mark Jindrak has been credited with having the highest vertical leap to his dropkick.

Baseball slide

The attacker runs and slides feet first at the victim, kicking them with both feet, like a baseball player sliding into a base. It is usually performed by a wrestler in the ring or on the ring apron against the head or upper torso of a wrestler standing outside of the ring.

A baseball slide can also be used to counter an Irish whip, as the whipped wrestler slides before they can hit the ropes.

Dropsault

A dropsault is an attack where the wrestler jumps up and kicks the opponent with both feet and then executes a backflip, landing on the mat chest-first. Sometimes this move can see the wrestler land chest-first on another opponent.

This move is a signature move of Paul London.

Single leg running dropkick

The attacker runs towards the victim and jumps up sideways striking the victim’s head or chin with the sole of their upper leg, much like Superkick.

Among the wrestlers who have used this move are Christopher Daniels and Tsuyoshi Kikuchi, who calls it the Zero-san Kick.

Enzuigiri

There are two “versions” of the Enzuigiri: the Japanese version, and the Western version.

In Japanese puroresu, the term Enzui refers to any attack that strikes the back of the head. Giri is a generic suffix referring to a kicking attack (single leg). The Japanese Enzuigiri, therefore, is any form of kick to the back of the head, though commonly the Enzuigiri is a roundhouse-style kick. Sometimes, though, it is employed by striking the back of the head with the heel of the foot.

The North American version of the move, usually performed with one leg being held by the opponent (or with the wrestler running towards the opponent), involves the attacker jumping to the side of the victim and swinging the “far” leg (the leg further from the opponent’s body) to kick at the side or back of the opponent’s head. This is a misnomer, as it is not a true “Enzuigiri” as the name actually means in Japanese. It is also referred to as the Back Brain Kick or the Ghetto Blaster, and was the finisher of Bad News Brown. Chris Jericho can also be seen using this as one of his finishers by running up to his opponents and executing it. It is also known as the Running Enziguri used by Chris Jericho. Chris Adams also used both versions of the Enzuigiri, which announcers mistakenly refer as a superkick.
Legsweep

The attacker drops to one knee and extends their other leg, then quickly pivots their body around, using their extended leg to knock away the victim's legs.

[edit]

Mule kick

With the attacker facing away from the opponent who is charging them. The attacker bends down and pushes out one foot striking the victim with the bottom of it.

[edit]

Double mule kick

Usually done with the attacker facing away from the opponent, sometimes done in a corner, attacker jumps and kicks backwards with both legs to the victim hitting them with both soles of their feet. If acrobatically inclined, the attacker can roll forward so they are standing after they hit it.

[edit]

Overhead kick

Similar to a Back Flip Kick this attack sees the attacker either start by laying down or drops down on the mat while the victim standing near their head. The attacker lifts a leg and kicks up over their waist and chest, hitting the victim with the top of their foot, usually in the head. Can be used as a counter to an attack from behind. For example, a wrestler attempts a full nelson, the attacker breaks the victim's lock, falls to the canvas and kicks them in the face with their foot.

[edit]

Rolling wheel kick

Also known as a Rolling Koppou Kick. The attacker rolls towards a standing victim, extending a leg which connects with the back, chest, or head of the victim.

Notable users include: Jushin Liger, Genichiro Tenryu, Toshiaki Kawada, Low-Ki.

[edit]

Savate kick

The most commonly used savate kick in wrestling is the chasse a piston-action kick, with the sole of the foot to an opponent's head or chin. In some ways similar, but not considered, a superkick, only without the sidestep.

Notable users include: Rikishi

[edit]

Scissors kick

A version of a leg drop, which is performed on an opponent who is standing, bent over, usually in the middle of the ring. This sees a wrestler bounces off the ropes, jumps—driving his leg(s) into the back or neck of the opponent, forcing them face first into the floor. Also known as an Ax Kick, or a Butterfly Kick.
Notable users: Ron “The Truth” Killings, Booker T, Bull Buchanan

Shoot kick

A kickboxing-style kick with the shin (generally protected by a shinguard) striking an opponent’s face or chest. Originated in the Japanese UWF, used by many Japanese wrestlers and in shoot-style environments.

Stomp

When a wrestler stamps his foot on any part of an opponent. Also known as a foot stomp.

Double foot stomp

When a wrestler jumps and stamps both feet on any part of an opponent.

Spinning heel-kick

Usually involves the attacker spinning as they jump so that his body is somewhat horizontal, before hitting their opponent with back of his leg(s) or heel(s) on the face, neck or chest. Familiar mainly with agile wrestlers as Rob Van Dam and Shannon Moore, but larger wrestlers have also been known to show off their agility by using this move like Viscera.

Superkick

A high side thrust kick with the sole of the foot to an opponent's head or chin, usually preceded by a sidestep, often referred to as a Shuffle side kick, Crescent Kick, or just a Side kick. The attacker will often slap their thigh to generate an appropriate sound effect.

The late Gentleman Chris Adams was among the first wrestlers to use the superkick and was for years credited as its originator. Adams before used the enzuigiri as his “superkick”, before touring Japan in the early-1980s and bringing the real maneuver to the States. He was also the first wrestler to utilize the superkick from the top turnbuckle (around 1989).

Many wrestlers have used this as signature move since then, most notably Shawn Michaels who uses this as his finisher (which is often preceded by a series of foot stomps), referring to it as the “Sweet Chin Music”. Parodying Michaels, Mick Foley, while wrestling as Dude Love, performed a superkick to the shin, calling it “Sweet Shin Music.” Steven Richards also uses the move, and calls it the “Stevie Kick”. Glacier uses it as his finisher, calling it the Cryonic Kick. Savannah Jack, a UWF wrestler in the 1980s, used the superkick with either his left or right foot.

Other wrestlers to use the move regularly include Chuck Palumbo, Michael Shane, Lance Storm, Raven and Taka Michinoku.

Tiger Feint Kick
The Tiger Feint Kick is a move where a wrestler jumps through the second and top rope while holding on to the ropes, using his momentum to swing around back into the ring. This move is also used to perform a fake dive to opponents outside the ring. This move requires high agility, and is mainly used in Japan and Mexico.

A variation of this move used by Rey Mysterio Jr. and dubbed the “619” (referring to the area code of San Diego) sees an opponent being placed hung over the second rope in the “stun gun” position facing the outside as he swings around back to the ring his feet would hit the prone opponent in the head (or any other part of the victim’s body).

Knee Lift

The attacker applies a front facelock to the victim or otherwise forces their head down. The attacker then brings up a knee and hits the victim in the face. The move can be performed using two knees; the attacker forces the victim’s head down, then quickly jumps, bending at the knees, and hits the victim in the face.

Lariat

Lariat is another name for a lasso and is referred to in wrestling when an attacking wrestler runs towards an opponent wraps his arm around their head then forces them to the ground, very similar to a Clothesline. Notable wrestlers who have used this move as their finisher include Stan Hansen, Kenta Kobashi and Satoshi Kojima.

Crooked Arm Lariat

The Crooked Arm Lariat is performed when an attacking wrestler runs towards an opponent with the his arm bent upward at the elbow 60-90 degrees and wraps his arm around their head forcing them to the ground.

Hulk Hogan uses this maneuver as a finisher while wrestling in Japan, and calls it the Ax Bomber. This move is famous in Japan because Hogan accidentally knocked out Antonio Inoki with it. Takao Omori uses it as one of his finishers.

Leg lariat

When an attacking wrestler runs towards an opponent, jumps and wraps his leg around the opponent's head then forces him to the ground. Also referred to as a Jumping Leg Lariat.

Notable users include: Doug Basham

Palm strike

The attacker delivers and open hand strike with the palm of their hand, usually to the chin of the opponent.

Notable users include: Jushin Liger (Shote).
**Senton**

A senton is similar to a big splash, except that instead of impacting stomach first, the attacker lands back first across the opponent.

**Shining wizard**

An aerial knee/shin to the face usually delivered to an opponent who is down on one knee, after stepping off that opponent's raised knee with the other foot. It can be performed in numerous positions and can be seen by wrestler Keiji Mutoh, or The Hurricane.

**Shoulder block**

A shoulder block is when an opponent usually runs towards the opponent and rams their shoulder into their victim's shoulder or abdomen.

**Chop block**

This is a shoulder block to the back of the knee, used to weaken the leg for submission holds.

**Spear**

Also known as the Shoulder Block Takedown. This is an attack where a wrestler runs towards his opponent, drives their shoulder into the victim's stomach, tackling them, and forcing them down to the mat.

Commonly used by wrestlers such as Goldberg, Edge and Rhyno, who calls it The Gore.

**Standing moonsault**

A move in which a wrestler, who is standing next to an opponent laying on the ground, turns his back to the victim and executes a standing backflip, landing on the opponent chest-first.

Rob Van Dam, a common users of this maneuver, sometimes adds a twist to the standing moonsault by running off the ropes, then performing a cartwheel before ending with a quick moonsault.

**Standing Shooting Star Press**

See Professional Wrestling Aerial Techniques.

**Stinkface**
This attack involves a wrestler forcing their buttocks onto the face of a victim lying in the corner of the ring, mainly to humiliate the victim rather than to injure them. The move was most famously used by Rikishi, though André the Giant had also used the move on occasion.

Transition moves

Some moves are meant neither to pin an opponent, nor weaken them or force them to submit, but are intended to set up the victim for another attack.

Discus

This is a move in which a wrestler will spin in place before hitting an attack, like the Discus Clothesline, Discus Punch, or the Discus Forearm. The move is usually used instead of charging towards an opponent to build up momentum for an attack.

Kerry von Erich during his stint in the then-WWF as the Texas Tornado, used the discus punch calling it his “Tornado Punch.”

Handspring

The attacker performs a somersault before hitting an attack, often a back elbow.
Professional wrestling double-team maneuvers

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Double-team maneuvers in professional wrestling are when two wrestlers work together to attack an opponent, these moves are mainly used by tag teams in tag matches.

Many of these maneuvers are combination of two throws, or submission holds.

There is a wide variety of double-team moves in pro wrestling. Most moves are known by the names that professional wrestlers give their “finishing move” (signature moves that usually result in a win) names. Occasionally these names become popular and are used regardless of the wrestler performing the technique.

Moves are listed under general categories whenever possible.

This list is incomplete: you can help by expanding it.

Contents

[hide]

- 1 Aided powerbomb
  - 1.1 Powerbomb, shiranui combination
  - 1.2 Aided superbomb
- 2 Aided piledriver
- 3 Aided neckbreaker
  - 3.1 Aided whiplash
  - 3.2 Dudley Death Drop 2
  - 3.3 Villano breaker
- 4 Backbreaker hold, top-rope elbow drop combination
- 5 Backbreaker hold, top-rope legdrop combination
- 6 Bearhug hold, top rope legdrop combination
- 7 Con-chair-to
- 8 Double bulldog
- 9 Double chokeslam
- 10 Double clothesline
- 11 Double hip toss
  - 11.1 Catching hip toss
- 12 Doomsday device
- 13 Double DDT
- 14 Double dropkicks
  - 14.1 Double missile dropkick
- 15 Double leg drop
- 16 Double team STO
- 17 Double submission
- 18 Double suplex
- 19 Dudley Death Drop
  - 19.1 Elevated diving bulldog
- 20 Elevated DDT
  - 20.1 Sidewalk slam, headlock takedown
- 21 Elevated jawbreaker
- 22 Elevated splash
- 23 Event Omega
- 24 Hart Attack
  - 24.1 Bearhug hold, flying crossbody combination
  - 24.2 Bearhug hold, high kick combination
• 25 Leapfrog body guillotine
• 26 Poetry in motion
• 27 Prone low blow
  o 27.1 Diving headbutt low blow
  o 27.2 Diving leg drop low blow
• 28 Rocket Launcher
  o 28.1 Assisted Senton
• 29 Russian leg sweep, clothesline combination
• 30 Spanish fly
• 31 Superkick-plex
• 32 Total Elimination
• 33 X-marks the spot

Aided powerbomb

Any double-team move in which one wrestler help another to perform a Powerbomb, either by aiding the wrestler to get the victim up on to their shoulders or by pulling down on the victim as they get dropped down, to force them into the mat harder.

The Acolytes (Faarooq & Bradshaw) were known for doing this double team maneuver.

A variation similer to that of a Device sees a wrestler hit a flying moves like a top rope clothesline, flying neckbreaker, seated senton etc. On a wrestler after he/she has been lifted up for an powerbomb.

Aided superbomb

In this version one partner sits on the top rope facing the ring, the second partner stands behind the opponent (both facing the first partner). The second partner then puts his head under one of the opponent’s arms and lifts him into the air placing him on the first partners shoulders (the opponents legs around his neck), from there the first partner stands up and jumps forward Powerbombing the opponent from the second rope down to the ring.

The Pitbulls popularized this move in ECW as The Super Bomb

Aided piledriver

Any double-team move in which one wrestler help another to perform a Piledriver on an opponent by pushing down on the victim’s feet for more impact. In a variation of the move, the second attacker jumps off the turnbuckle while pushing the victim’s feet downward for even more damage, this is well known as a Spike Piledriver (not to be confused with an one-man Spike piledriver).
Aided neckbreaker

Any double-team move in which one wrestler help another to perform a Neckbreaker, either by aiding the wrestler to get the victim up to an elevated position or by twisting/forcing the victim down to the mat harder while a neckbreaker is performed.

the most common version is the fireman's carry/neckbreaker combination in which one wrestler (usually the larger one) will place an opponent over his shoulders and turn on the spot (like and Airplane Spin as the wrestler turns the victim round the other attacking wrestler would run and jump up along side both men and take hold/twist the neck of the victim and at this point both the attacking wrestler fall back down to the mat forcing the victim down with them.

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Aided whiplash

this is a normal whiplash that instead of having the victim held in the air with the aid of the ring rope, he is kept in then elevated position by another wrestler, this wrestler has the opponent's legs on his shoulder and is is facing the first attacker, when the neckbreaker is performed the extra wrestler will often twist himself down to the mat and land on top of the victim. Best known as the Au Revoir a double team move used by La Resistance.

[edit]

Dudley Death Drop 2

This elevated neckbreaker is also known as a 3-D a combination of backdrop and a neckbreaker. Named by the Dudley Boyz this maneuver sees an opponent get pushed upwards in a Backdrop throw by D-Von Dudley then as the victim falls to the mat Bubba Ray Dudley would apply a headlock neckbreaker forcing the victim's head into the mat.

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Villano breaker

A elevated neckbreaker in which one wrestler picks up his opponent for a powerbomb, and his partner catches the opponent in a shoulder neckbreaker. Named after Villano IV, who was severely injured by a botched version of this move by Kanyon and Raven.

[edit]

Backbreaker hold, top-rope elbow drop combination

One wrestler would hit a backbreaker and hold the opponent over his knee as another wrestler jumped down to hit the opponent with a top-rope elbow drop to his exposed head, flipping the opponent over down to the mat. Used as the finisher of Demolition, who called it the Demolition Decapitation.

[edit]

Backbreaker hold, top-rope legdrop combination

One wrestler would hold the opponent over his knee, in a backbreaker position as another wrestler jumped down to hit the opponent with a top-rope leg drop to his exposed head, flipping the opponent over down to the mat. Used as the finisher of the WWE's version of the F.B.I.'s Chuck Palumbo and Johnny Stamboli and called it as the Kiss of Death.

[edit]

Bearhug hold, top rope legdrop combination
One wrestler would apply a bearhug and hold the opponent out as another wrestler jumped down to hit the opponent with a top-rope leg drop to his exposed head, forcing the opponent hard back down to the mat.

The most recent use of this move has been utilized by the team of America’s Most Wanted, Chris Harris and James Storm, who refer to the move as the Death Sentence. Also known as the Veg-o-Matic popularized by the Midnight Express.

Con-chair-to

This is a double steel folding chair shot to the head of an opponent, one from the front and one from behind.

Made popular by the team of Edge & Christian, who slammed the chairs on the mat to “tune up the band” before hitting the opponent.

Double bulldog

When two wrestlers both hit a bulldog on a single opponent.

Double chokeslam

When two wrestlers both hit a chokeslam on a single opponent at the sametime. Often used by the team of Undertaker & Kane and the tag team of KroniK (Brian Adams & Bryan Clark)

This move is also referred to as a Double Spinebuster Slam as the action of lifting an opponent up and throwing them down are much the same, though the spinebuster slam is more common on a charging opponent.

Double clothesline

When two wrestlers both hit a clothesline on a single opponent by joining hands. A variation has both attackers charging from opposite sides of a single opponent with a clothesline.

Double hip toss

When two wrestlers both hit a hip toss on a single opponent by both attackers underhooking the closest arm and then quickly lifting the victim up and throwing him/her forward, flipping the victim onto his/her back.

Catching hip toss

As two wrestlers hit the hip toss on a single opponent, both attackers catch the legs of the opponent as he/she flips over so that both have a hold of one arm and leg of their victim.
From this position the attackers can lift the victim up into the air and drop them onto the mat, or lift the victim up and drop to a kneeling position so that the victim would drop onto their knees.

Doomsday device

This is a move in which a top rope clothesline is hit on a wrestler while he is being set up for an electric chair drop. One wrestler hoists the victim on his shoulders, while his partner climbs the ring post and delivers the crushing blow. Created and named by the Road Warriors this move is also known as the Dudley device/Dudleyville device as named by the Dudley Boyz.

Double DDT

When two wrestlers both hit a DDT on a single opponent.

Double dropkicks

When two wrestlers both hit a dropkick on a single opponent. This is the finisher of the Rock ‘N Roll Express.

Double missile dropkick

Similar to the double dropkick, both wrestlers execute missile dropkicks from adjacent turnbuckles onto a single opponent. This was the finisher of Shawn Michaels and Marty Jannetty, the Rockers. Timing is of the utmost importance when executing this move: at the 2003 Royal Rumble, Edge jumped too late, and landed on the face of a supine Christopher Nowinski, injuring his nose.

Double leg drop

This is a tag team maneuver which involves two wrestlers hitting a variations of a leg drop (standing, or flying) on one person at the same time.

The team of Rob Van Dam & Rey Mysterio used a version of the double leg drop which they called the 420 (The official explanation for the name is that it comes from the number of feet 4 and their combined shoe size 20, though the obvious marijuana reference is often cited by fans, due to RVD’s past gimmick as a stoner). This version involves one wrestler standing upright and one hanging off the shoulders of the other. The hanging wrestler extends his legs in a horizontal position, similar to a normal leg drop. The upright wrestler then jumps, extends his legs in a horizontal position, where all four legs will land on an opponent’s chest, throat or face at the same time.

The Hardy Boyz also utilized a variation of this move; it involved Jeff delivering a double leg drop to the opponent’s groin while Matt delivered a flying leg drop to the chest.

Double team STO
This move can either be a Double STO when two wrestlers both hit a STO on a single opponent at the sametime, or an Aided STO where one wrestler help another wrestler to perform the STO, usually by sweeping out the legs from under the victim.

The Heart Throbs on WWE RAW use the Double STO version, it has been referred to as the Heart Attack (not to be confused with the Hart Attack.) The move was called the “Erectile Dysfunction” during their stay in Ohio Valley Wrestling.

Double submission

This is when two wrestlers will put the opponent in a submission move at the same time, most commonly this is done when one wrestler places an opponent in a Boston Crab while the other will put the opponent in a Crossface. Variations do exist, such as Sharphshooter and Camel Clutch, Texas Cloverleaf and Crossface, Sharphshooter and Crossface, Texas Cloverleaf and Camel Clutch, Reverse Figure Four and Camel Clutch, Reverse Figure Four and Crossface etc.

Chris Jericho and Chris Benoit often performed this maneuver when they were tag teaming, when Jericho puts the victim in The Walls of Jericho (Boston Crab) and Benoit adds The Crippler Crossface (Crossface)

Chris Benoit and Kurt Angle once performed an Ankle Lock and The Crippler Crossface combination on The Undertaker while competing in a Triple Threat match.

The (Self-Proclaimed) World's Greatest Tag-Team once performed a double Ankle Lock on their former mentor Kurt Angle.

Double suplex

This move mainly referes to when two wrestlers both perform a vertical suplex on a single opponent, also it is common to see a snap suplex performed in this fashion.

Dudley Death Drop

Widely known as a 3-D, or an Elevated Bulldog is a combination of a Flapjack and ¾ Facelock Bulldog. Created and named by the Dudley Boyz this maneuver sees an opponent get pushed upwards in a flapjack throw by D-Von Dudley then as the victim falls to the mat Bubba Ray Dudley would apply a ¾ facelock bulldog forcing the victims head into the mat.

Elevated diving bulldog

A variation of a device sees one wrestler hoists the victim on his shoulders, while his partner climbs the ring post and delivers a Diving Bulldog to the opponent. This was used by The Steiner Brothers in 1990’s, they called it The Steiner Bulldog.

Elevated DDT

Also known as a Flapjack DDT a combination of Flapjack and a DDT. This maneuver sees an opponent get pushed upwards in air during a flapjack attempted then just as the victim falls to the mat the attackers partner will put victim in a front facelock and as all three fall down to the mat the DDT will ensure the
victim is forced to dive forward onto his own head. This has been used as a finisher by the team of Simon Diamond and Johnny Swinger which they dub The Problem Solver and by MNM (Joey Mercury and Johnny Nitro) which they dub The Snapshot.

Sidewalk slam, headlock takedown

this move involves one wrestler setting up an opponent for a sidewalk slam will the victim is held in the air his head is exposed at this point another wrestler will be able to perform many moves that only involve the attack of that exposed head (i.e. reverse DDT variations, headlock takedowns, and neckbreakers) these moves force the victim down harder to the mat when the first attacker drops him/her.

A variation used by the team of Edge & Christian, saw Christian hit his signature diving reverse DDT on an opponent that Edge held in the sidewalk slam.

Elevated jawbreaker

A victim is kept in an elevated position by another wrestler, this wrestler has the opponent's legs on his shoulder and is is facing another attacker, who catches the head of this victim, This attacker places the victim in a ¾ Facelock, facing away from the first attacker. Both attackers next drop to a kneeling/sitting position, so that the attacker at the front can hit a Stunner on the victim.

Best known as the Natural Disaster, as named by The Naturals (Chase Stevens and Andy Douglas) which sees Douglas use a Tilt-a-Whirl to raise thier opponent of the ground and into position.

Elevated splash

This is where one wrestler (usually a larger wrestler) backs up to the corner turnbukles and allows another wrestler to climb the turnbuckle then up onto his/her shoulders, this wrestler then jumps off to perform a splash on a prone victim. Sometimes this move sees a wrestler climb up on the turnbuckle first getting even higher before the second wrestler jumps off him.

The Hurricane and Rosey often use this manuver on opponents. They have dubbed it the “Hero Splash”. The Hurricane also used this move while on the indy scene in the early 90's with Mike Maverick as The Serial Thrilleraz, then it was called the “Falling Star Bomb”

Event Omega

While the opponent is lying on the mat, both wrestlers climb on the same turnbuckle and come down simultaniously with a Legdrop and a Big Splash.

This move was often used by the Hardy Boyz.

Hart Attack

The Hart Attack was the traditional finishing move of The Hart Foundation (Bret Hart and Jim Neidhart). Neidhart would lift up the opponent in a bearhug in the center of the ring, while Hart leaned against the ringside ropes, facing the opponent’s back. Hart would then run past the two and bounce off the ropes on the opposite side of the ring. On his return, Hart would make a running leap and clothesline the opponent as Neidhart let go of him, resulting in both Hart and the opponent falling onto their backs. (Of course, Hart
was never hurt by this fall, while the combination of the clothesline and the fall always did in the opponent.) Neidhart would usually tag Hart in just before they performed this maneuver, allowing Hart to make the pin.

This maneuver is also used by the team of Danny Doring and Roadkill, which they dub Lancaster Lariat of Lust. Also by the team of La Résistance (Sylvain Grenier and Rob Conway), where it is known as Bonne Nuit or Le Crepe.

There are many variations of this move that use a secondary move that isn’t a clothesline.

**Bearhug hold, flying crossbody combination**

One wrestler would apply a bearhug and elevate the victim while the other wrestler executed a flying body press from the top rope, driving the victim to the ground from an elevated height.

**Bearhug hold, high kick combination**

One wrestler would apply a bearhug and elevate the victim while the other wrestler executed a high dropkick (as popularized by Mark Jindrak and Garrison Cade), or other high kicks as the first wrestler drops the victim to the ground.

**Leapfrog body guillotine**

Also called a Leapfrog Stun Gun This move can be best described as an assisted leaping backbreaker splash. This move was used by the "The World's Greatest Tag Team" Team Angle (Charlie Haas and Shelton Benjamin) and was known as the Broken Arrow and later The World's Greatest Double Team. The victim rests with his upper body on the ropes and his feet on Haas' shoulders. Shelton Benjamin gets a running start bounces off the ropes, runs toward Haas, leaps over Haas and onto the victim's back, groin first, though Benjamin never sells a groin injury.

**Poetry in motion**

This move is performed when one wrestler throws his opponent into one of the corner turnbuckles, while another wrestler follows him, and jumps down to a kneeling position in front of the victim. At this point the other wrestler will run, put his feet on the back of his partner to elevate himself off the ground and jump at the victim to hit an attack i.e. calfkick, heel kick, splash etc.

Most famously used by the members of Team Xtreme (Matt, Jeff, and Lita)

**Prone low blow**

This is a double team move in which one wrestler will set up an opponent so this his partner can perform a low blow.

**Diving headbutt low blow**
While one wrestler slams an opponent and spreads their legs apart the other wrestler would climb the turnbuckle and perform a **diving headbutt** into the opponent's groin.

Bubba Ray and D-Von also use this double-team move and would say "Whazzzup?!" before performing it, an allusion to the Budweiser beer commercials that were popular at the time they started performing the move.

**Diving leg drop low blow**

While one wrestler slams an opponent and spreads their legs apart the other wrestler would climb the turnbuckle and perform a **diving leg drop** into the opponent's groin.

**Rocket Launcher**

One wrestler ascends the top turnbuckle. Their partner then stands below them and reaches up, taking hold of them. The wrestler on the top rope then performs a **flying body splash**, with their partner throwing them, thus increasing their range and height.

**Assisted Senton**

Identical to a Rocket Launcher, but with the airborne attacker executing a **Senton bomb**.

**Russian leg sweep, clothesline combination**

Named the **Ball and Gag** by the Basham Brothers. One wrestler would begin a **russian leg sweep** as another wrestler hit the opponent with a **clothesline**, forcing the opponent hard back down to the mat.

**Spanish fly**

This **Moonsault Ura-nage slam** is performed while all three wrestlers are on the top turnbuckle. The attackers stand either side, slightly behind, and facing the front of a standing victim, the attackers then reach under the near arms of the victim, across the chest and under the victims far arm, while placing their other hands on the back of the victim to hold them in place. The attackers then perform a **backwards somersault** (Moonsault) while holding the victim, driving the victim into the ground back-first in a side slam position.

The move was named, and widely used by **The S.A.T./Los Maximos**.

**Superkick-plex**

This combination move sees one wrestler hit a **superkick** to the chin of an opponent who is being held in a belly-to-back position by the second wrestler. The second wrestler uses the thrust of the superkick to aid in executing a **bridging german suplex** for a pinfall attempt (not to be confused with a **superplex**, which is a suplex from the top turnbuckle).
Notable users include: Charlie Haas and Shelton Benjamin, Chris Adams and Jimmy Jack Funk, and Badd Company

Total Elimination

Both attackers stand facing a standing victim. One attacker executes a spinning leg sweep, and the other executes a spinning heel-kick simultaneously, knocking the victim backwards. This move was used and named by The Eliminators (Perry Saturn and John Kronus).

X-marks the spot

A Double Superkick on a single opponent. Two wrestlers would stand in front of an opponent and both hit him with high side thrust kick with the sole of the foot hitting the victim’s head or chin, usually preceded by a sidestep. X-Pac and Justin Credible used this as their finisher when they teamed up in the WWE.

Professional wrestling holds

From Wikipedia, the free encyclopedia.

Professional wrestling holds include a number of set moves and pins used by competitors to immobilize their opponents. This article covers the various pins, stretches and transition holds used in the ring.

Contents

[hide]

- 1 Pinning combinations
  - 1.1 Back slide
  - 1.2 Cover
  - 1.3 Cradle
  - 1.4 La casita / La magistral
  - 1.5 Oklahoma roll
  - 1.6 Roll-up
  - 1.7 Small package
  - 1.8 Sunset flip
  - 1.9 Victory roll
  - 1.10 Rana
  - 1.11 Prawn hold
  - 1.12 Jackknife hold

- 2 Stretches
  - 2.1 Head, face, and chin locks
    - 2.1.1 Anaconda vice
    - 2.1.2 Camel clutch
      - 2.1.2.1 Side camel clutch
    - 2.1.3 Chinlock
    - 2.1.4 Clawhold
    - 2.1.5 Cobra clutch
    - 2.1.6 Crossface
      - 2.1.6.1 Spinning head scissors crossface
      - 2.1.6.2 Chickenwing over the shoulder crossface
    - 2.1.7 Front chancery
    - 2.1.8 Front facelock
    - 2.1.9 Full nelson
      - 2.1.9.1 Sugar hold
    - 2.1.10 Half nelson
    - 2.1.11 Inverted facelock
      - 2.1.11.1 Stretch Plum
    - 2.1.12 Mandible claw
    - 2.1.13 Three-quarters face lock
    - 2.1.14 Three-quarters nelson
    - 2.1.15 STF
      - 2.1.15.1 Cross leg STF
        - 2.1.15.1.1 Regal Stretch
        - 2.1.15.1.2 Muta lock
    - 2.2 Arm locks
      - 2.2.1 Armbar
        - 2.2.1.1 Scissored armbar
      - 2.2.2 Crucifix armbar
        - 2.2.2.1 Tiger feint crucifix armbar
      - 2.2.3 Chickenwing
        - 2.2.3.1 Chickenwing arm lock
        - 2.2.3.2 Crossface chickenwing
        - 2.2.3.3 Sitting double chickenwing
      - 2.2.4 Fujiwara armbar
      - 2.2.5 Hammerlock
      - 2.2.6 Wakigatame
- 2.2.7 Wrist lock
- 2.3 Chokes
  - 2.3.1 Cross arm choke
  - 2.3.2 Double choke
  - 2.3.3 Guillotine choke
  - 2.3.4 Half nelson choke
  - 2.3.5 Koji Clutch
  - 2.3.6 Rear naked choke
  - 2.3.7 Single arm choke
  - 2.3.8 Sleeper hold
    - 2.3.8.1 Dragon sleeper
    - 2.3.8.2 Beast choker
  - 2.3.9 Thumb choke hold
  - 2.3.10 Tongan death grip
  - 2.3.11 Triangle choke
- 2.4 Body locks
  - 2.4.1 Bear hug
  - 2.4.1.1 Side bear hug
  - 2.4.2 Body scissors
  - 2.4.3 Gutwrench
- 2.5 Back and torso stretches
  - 2.5.1 Abdominal stretch
  - 2.5.2 Backbreaker
  - 2.5.3 Boston crab
    - 2.5.3.1 Inverted boston crab
    - 2.5.3.2 Single leg boston crab
    - 2.5.3.3 Rope hung boston crab
  - 2.5.4 Bow and arrow hold
  - 2.5.5 Canadian backbreaker rack
  - 2.5.6 Gory special
  - 2.5.7 Octopus hold
  - 2.5.8 Surfboard
- 2.6 Leg locks
  - 2.6.1 Ankle lock
  - 2.6.2 Argentine leglock
  - 2.6.3 Figure four leglock
    - 2.6.3.1 Ringpost figure four leglock
  - 2.6.4 Haas of Pain
  - 2.6.5 Inverted three quarter figure four leglock
  - 2.6.6 Damascus head-leglock
  - 2.6.7 Indian deathlock
  - 2.6.8 Reverse figure four leglock
  - 2.6.9 Sharpshooter
  - 2.6.10 Spinning toe hold
  - 2.6.11 Texas cloverleaf
    - 2.6.11.1 Inverted cloverleaf
- 3 Transition holds
  - 3.1 Arm trap
  - 3.2 Crucifix
    - 3.2.1 Reverse crucifix
  - 3.3 Fireman’s carry
  - 3.4 Gorilla press
  - 3.5 Pumphandle
  - 3.6 Scoop
  - 3.7 Tilt-a-whirl
  - 3.8 Wheelbarrow
- 4 Miscellaneous
  - 4.1 Airplane spin
  - 4.2 Tree of woe
- 5 Notes

[edit]
Pinning combinations

The purpose of a pinning maneuver is to hold the victim’s shoulders against the mat for a count of three (See: pin fall). The count is broken if the victim manages to raise one or both of his shoulders off of the mat, usually by kicking out.

Sometimes, a wrestler may hook the opponents tights for extra leverage. Or, if a wrestler is close enough to the ring ropes, he may aid a pin by propping his legs up on the ropes to gain additional leverage and put more of his weight on the victim. This is illegal according to the supposed rules of professional wrestling, since a wrestler is required to break a hold if he or his opponent is touching the ropes or holding the tights, but is frequently attempted by heels when they think that the referee won’t catch them. These tactics are very frequently employed by Ric Flair, almost to the point of cliche.

In some positions, a wrestler may bridge, arching his back so that only his feet and the top of his head are touching the ground, to put more of his weight on his pinned opponent or to prop them up. However, this is legal.

[edit]

Back slide

The wrestler stands back-to-back with his opponent and hooks both of the opponent's arms. He then leans forward and drops to his knees, sliding the victim down his back so that their shoulders are against the mat and their chin is against their chest. The attacker holds the victim’s arms down with his own arms for the pin.

[edit]

Cover

Also known as a lateral press, cross press or simply as the basic pin. With his opponent lying face-up on the mat, the wrestler lies face-down across his opponent’s chest to hold him down. Sometimes, when both wrestlers are supposed to be exhausted or badly hurt (usually in a long, drawn-out match), a wrestler will cover just with his arm.

[edit]

Cradle

The wrestler lies across his opponent’s chest and hooks a leg with the arm on the opposite side (the left leg with the right arm or the right leg with the left arm). Holding the leg supposedly gives the wrestler greater leverage and makes it harder for his opponent to kick out.

[edit]

La casita / La magistral

With his opponent on hands and knees, the wrestler stands next to the victim’s hip, grabs one arm and applies an armbar. He then steps over the arm with his inside leg so that he is facing away from the victim. The wrestler continues his turning motion and dives forward over the victim, rolling onto his side. The barred arm acts as a lever, flipping the victim over the attacker and onto the back. The attacker hooks a leg as the victim goes over and holds for the pin.

[edit]

Oklahoma roll
The wrestler stands to the side of his opponent, who is on hands and knees. The attacker hooks one arm around the victim’s neck and one between the legs, and rolls over the victim. The attacker lands on his back or side, and the victim is flipped so that his shoulders are pressed against the floor.

[edit]

Roll-up

The wrestler rolls his opponent back so that the victim's legs are above the head. The attacker wraps his/her arms around the legs and presses down to pin the shoulders.

[edit]

Small package

The wrestler lies face-down across his opponent, who is face-up. The wrestler uses one arm to hook the victim’s closer leg, uses the leg on the same side of his body to hook the victim’s other leg, and uses his other arm to put his opponent in a front face lock.

[edit]

Sunset flip

The wrestler and his opponent face each other, with the attacker on higher ground (such as the top turnbuckle). The attacker dives over the victim, catches him in a waistlock from behind, and rolls into a sitting position as he hits the mat. As the attacker rolls over, he pulls the victim over backwards so that he lands on his back.

[edit]

Victory roll

The wrestler jumps onto his opponent’s shoulders from behind and rolls forward. As the attacker flips over, he hooks his opponent’s shoulders with his legs, flipping the victim over onto his shoulders. The attacker hooks both of the victim’s legs to hold him in place for the pin.

[edit]

Rana

The technical term for the pinning position which results from a sunset flip or a hurricanrana. It is executed with the victim laying shoulders down on the mat, almost completely flat on their back, the wrestler who is performing the move places his legs on the victims shoulders or arms and sits behind them and hooks both legs around the thighs to force their weight down to the mat. Another variation which usually results from hurricanranas sees the one performing the move sit on the victims chest and hook the victims legs behind them whilst hooking their arms with their legs.

[edit]

Prawn hold

Similar to a Rana, except that the one performing the pin is standing, bent over the victim with both legs hooked pressing his weight down. This pin is typically the result of a powerbomb, such as Toshiaki Kawada's.

[edit]

Jackknife hold
The attacker places his head between the victims legs and grabs hold of them with his arms. He then flips forward planting his feet and bridging his back to add leverage to the pin.

[edit]

**Stretches**

An element borrowed from professional wrestling’s *catch wrestling* origins, *stretches (or submission holds)* are techniques in which a wrestler holds another in a position that puts stress on their body. They are usually employed to weaken an opponent or to force them to submit, either vocally or by *tapping out*: slapping the mat, floor, or opponent with a free hand three times.

Many of these holds, when applied vigorously, stretch the victim’s muscles or twist their joints uncomfortably, hence the name. Chokes, although not in general stress positions like the other stretches, are usually grouped with them as they serve the same tactical purposes.

In public performance, for safety’s sake, stretches are usually not performed to the point where the victim must submit or risk injury. Likewise, chokes are usually not applied to the point where they cut off the oxygen supply to the victim’s brain. A notable exception is Japanese *shoot-style wrestling*, in which wrestlers are expected to apply *legit* submissions to end matches.

While some stretches rely entirely on the acting ability of the victim to sell them as painful or debilitating, many are legitimately effective when fully applied. They should not be attempted without proper training and supervision, as there is significant risk of serious injury.

[edit]

**Head, face, and chin locks**

[edit]

**Anaconda vice**

The *Anaconda vice* is done from a position in which the attacker and the opponent are seated on the mat. The attacker sits on the opponent’s right side (the attacker’s left), and with his right arm, goes around the left side of the victim’s head and grabs their right wrist, bending the arm upwards. Then, the attacker maneuvers his left arm through the “hole” created by the opponent’s bent right wrist, and locks his hand upon his own right wrist, then pulls the opponent forward, causing pressure on the opponent’s arm and neck.

The hold was invented by New Japan Pro Wrestling star Hiroyoshi Tenzan, and is used frequently in the United States by independent wrestler CM Punk.

[edit]

**Camel clutch**

The wrestler sits on the back of his opponent, who is face down on the mat, and reaches under his opponent’s arms to apply a *chinlock*. The wrestler then leans back and pulls the opponent’s head and arms back (and as a result, pulling the torso back as well). In its early years, this was thought of as a potentially match ending submission but these days it enjoys only limited use and effectiveness.

It was innovated by Salvador Gory Guerrero, who gave the move to his tag team partner, El Santo, who then popularised its use. It was first known as the *La de a Caballo* (‘on horseback’). Iranian wrestler The Iron Sheik used it as his finisher, giving it the name “camel clutch”. Later, Scott Steiner would use the camel clutch as a finisher starting in the nWo era of WCW; WCW announcers called it the *Steiner Recliner*. It is now being used by one of the newest wrestlers on the WWE Smackdown, Muhammad Hassan.
Side camel clutch

The opponent lays down on the mat face down. The attacker lays on the opponent's back sideways with his torso pressing the opponent's lower back, and his legs on the mat for leverage. The attacker then reaches forward and locks his hands around the opponent's face and pulls back, causing the opponent's neck and upper body to bend backwards.

This move is essentially a Crossface in which the opponent's arm isn't locked.

Notable users include: Christopher Daniels

Chinlock

The victim is on the ground, and the wrestler is up. The wrestler sits the victim up and places his/her knee in the opponent's back. He/she grasps the opponent's chin and wrenches the chin either to the side, or straight back. This is an actual effective technique, that if not done carefully could strain, or even snap the tendons in the opponent's neck. Also called a rear chin-lock.

Clawhold

AKA “The Iron Claw”, the clawhold was a finishing hold of Teutonic heels, Fritz Von Erich and Baron Von Rasche. The claw was a squeezing of the temples by the thumb and pinkie, while the palm compressed the face. Usually the ref would declare the victim incapacitated and call the match. A ruthless user of the hold, such as Blackjack Mulligan, could draw blood either by breaking the nose or inducing a hemmorage. Other practitioners of the claw were Blackjack Lanza, Barry Windham, Kevin Von Erich and Kerry Von Erich.

Cobra clutch

Also known as a cross-arm lock or cross-arm choke. The attacker stands behind the victim and uses one arm to place the victim in a half nelson. The attacker then uses their left / right arm to pull the victim's right / left arm across the victim's neck, thereby using the opponent's own arm to choke them. This can be set up as a bomb technique as well; after setting the clutch, sitting down and dropping the opponent on the back, using their hands and handles. This was the finishing technique of the wrestling legend Sgt. Slaughter. Is also known as the Million Dollar Dream and was the finisher of The Million Dollar Man Ted DiBiase and his then protege “The Ringmaster” Stone Cold Steve Austin. Currently, WWE RAW superstar Rene Dupree uses this hold as a finisher.

Crossface

The wrestler locks one of his opponent's arms in between his legs, locks his hands around the victim's chin (or lower face), and pulls back, stretching the victim's neck and shoulder. The opponent is originally found belly first on the ground with the wrestler on top and to the side of the opponent. The move was invented by Dean Malenko.

Notable users include: Chris Benoit (Crippler Crossface), Yuji Nagata (Nagata Lock II), and Jado (Crossface of Jado).
Spinning head scissors crossface

Wrestler applies spinning head scissors to opponent as he wraps around opponent's body brings arm down and locks it between his own legs before applying crossface.

Notable user: Jimmy Rave *(From Dusk Till Dawn)*

[edit]

Chickenwing over the shoulder crossface

Instead of locking the opponents arm between his legs, the attacker places it over his near shoulder, and then applies the crossface.

Notable users include: Alex Shelley *(Border City Stretch)*, Moshik Cohen *(West Bank Stretch)*

Not to be confused with Crossface Chickenwing.

[edit]

Front chancery

The wrestler faces his opponent, and both are in same position (prone or standing). The attacker then places his forearm under opponent's chin and armpit on top of it. The attacker may also underhook his opponent's arm with his free arm.

[edit]

Front facelock

The wrestler faces his opponent, who is bent forward. The attacker tucks the victim's head in his armpit and wraps his arm around the head so that the forearm is pressed against the face. The wrestler then grabs the arm with his free hand to lock in the hold and compress the victim's face.

[edit]

Full nelson

From behind his opponent, the wrestler slips both arms underneath the victim's armpits and locks his hands behind his neck, pushing the victim's head forward against his chest. It can be combined into either a suplex (throwing the opponent backwards) or a slam (lifting the opponent on the nelson and then releasing).

A full nelson can also be done as a combination of a half nelson maneuver with one of the attacker’s hands and arms holding one of the victim’s arms and the other arm being held by the attacker’s legs (an arm scissors) to complete the nelson. Genichiro Tenryu calls this maneuver the “Anti-WAR Special”. It is also used by current WWE RAW superstar “The Masterpiece” Chris Masters as a finisher, calling it “The MasterLock”, where he applies extra pressure by swinging the opponent side to side.

The term “full nelson” dates back to the early 19th century. It is named for British war hero Admiral Nelson, who famously used strategies based on surrounding the opponent to win the Battle of the Nile and the Battle of Trafalgar. [1]

[edit]

Sugar hold
The attacker sits on the back of a face-down victim and slips both arms underneath the victim's armpits and locks his hands behind his neck, pushing the victim's head forward against his chest.

Notable users include: Steven Richards, Stu Hart

Half nelson

Standing behind his opponent, the wrestler wraps one arm under the opponent’s armpit (on the same side) and places the hand behind the victim’s head. The attacker then pulls back with that side of his body while pushing forward with the hand, bending the victim’s shoulder back and pressing the chin against the chest.

Inverted facelock

The wrestler stands behind his opponent and bends him backwards. The attacker tucks the victim’s head face-up in his armpit and wraps his arm around the head so that the forearm is pressed against the back of the head. The wrestler then grabs the arm with his free hand to lock in the hold and compress the victim’s face against the bicep.

Stretch Plum

The wrestler applies an Inverted facelock to a seated opponent and places his far leg between the opponent’s legs and pushes his near leg’s knee against the opponent's back. The wrestler then pulls the opponent's head backwards with their arms and the opponent’s far leg outwards with their leg.

Notable users include: Toshiaki Kawada

Mandible claw

The wrestler darts their middle and ring fingers into soft tissue under the victim’s tongue. This hold was first used in the 1960s by Sam Sheppard, who briefly wrestled following his acquittal in a celebrated trial on charges of murdering his pregnant wife. However, the hold is far more identified with Mankind, who often put a sock (which he called “Mr. Socko”) or brown glove covering the two fingers used on his hand before using the move. It is different from the traditional clawhold.

Three-quarters face lock

The attacker stands in front of the victim while both persons are facing the same direction, with some space in between the two.

Then, the attacker moves slightly to the left while still being in front the the victim. Then, the attacker uses the right hand to reach back and grab the victim from behind the head, thus pulling the victim’s head above the attacker’s shoulder.

The two-handed version sees the attacker use both hands.
Three-quarters nelson

The three-quarter nelson hold is halfway between the full and half nelsons. One shoulder of the opponent is put in a nelson hold, the other is put in a hammerlock or chickenwing.

[edit]

STF

Short for Step-over Toe-hold Facelock. The opponent is lying face down on the mat. The wrestler grabs one of the opponent’s legs, and places it’s ankle between his thighs. He then lays on top of the opponent’s back and locks his arms around the opponent’s head. The wrestler then pulls back stretching the opponent’s back and neck.

The STF was invented by Lou Thesz and popularized by his Japanese disciple, Masahiro Chono.

A variation in which, after doing the basic STF maneuver, the wrestler turns so the opponent is above him, similar to a surfboard. Notable users of this variation include Masahiro Chono (FTS).

[edit]

Cross leg STF

The wrestler takes the opponent’s legs, bends them at the knees, and crosses them, placing one ankle in the other leg’s knee-pit. The wrestler then grabs the free ankle and places it’s ankle between his thighs. He then lays on top of the opponent’s back and locks his arms around the opponent’s head. The wrestler then pulls back stretching the opponent’s back and neck.

Notable users include: Masahiro Chono, Homicide (wrestler)

[edit]

Regal Stretch

In addition to crossing the opponent’s legs, the wrestler reaches under one of the opponent’s arms to lock his hands around the opponent’s head. This causes the opponent’s upper body to twist, causing extra pressure.

Named by William Regal, who has used it as a finisher.

[edit]

Muta Lock

The wrestler takes the opponent’s legs, bends them at the knees, and crosses them, placing one ankle in the other leg’s knee-pit. The wrestler then turns around so that he is facing away from the opponent and places one of his feet into the triangle created by the opponent’s crossed legs. He then places the opponent’s free ankle under his knee-pit and bridges backwards to reach over their head and locks his arms around the opponent’s head. Named after The Great Muta, who popularized the move. Other notable users include A.J. Styles.

[edit]

Arm locks

[edit]

Armbar
The attacker grabs the victim’s arm and wrenches it backward, placing pressure on the shoulder and elbow of the victim.

[edit]

Scissored armbar

The attacker approaches a prone, face down victim from the side. The attacker then “scissors” (clasps) the near arm of the victim with their legs and takes hold of the far arm of the victim with both hands, forcing the victim onto their side and placing stress on both shoulder joints, as well as making it harder for the victim to breathe.

[edit]

Crucifix armbar

The attacker holds an opponent’s arm with his, pulling the arm across his chest. He is situated perpendicular to and behind the opponent. The attacker then holds the other arm with his legs, stretching the shoulders back in a crucifying position and hyperextending the elbow.

This technique is also called a cross armbreaker, or jujigatame, a term borrowed from Judo. Frequent users of the hold included Nobuhiko Takada and Craig Pittman (Code Red).

[edit]

Tiger feint crucifix armbar

The victim begins supine, lying with their back on the bottom or second rope and facing into the ring. The attacker runs towards the victim and jumps through the second and top rope while holding on to the ropes, then swings around and grapevines the opponent's arms, applying a crucifix armbar.

[edit]

Chickenwing

The wrestler stands behind the opponent, hooks one of his arms, and pulls it upwards.

[edit]

Chickenwing arm lock

Also known as Double wrist lock. The wrestler lays on top of the opponent’s torso, in a 90° angle. He then grabs hold of the opponent’s wrist with his far hand and pushes it behind the opponent’s back. He then puts his other arm over the opponent’s shoulder, reaches under the opponent’s arm and grabs hold of his other wrist. He then uses his both arms to pull the opponent’s arm behind him into an unnatural position, causing pressure.

Notable users include: Lou Thesz (Double wrist lock), El Samurai

[edit]

Crossface chickenwing

A modification of the move, involving locking the opponent’s arm with the attacker’s arm brought across the face, serving to bend the neck back as well, is called the.

Notable users include: Bob Backlund, Raven, Johnny Smith, Tiger Mask IV
Sitting double chickenwing

The attacker locks both of the opponents arms into chickenwings, forces him to a seated position, and pushes his chest forward against the opponent's shoulders while pulling the opponent's arms upwards.

Notable users include: Genichiro Tenryu (WAR Special)

Fujiwara armbar

A grounded armbar with the victim laying on their belly, the aggressor lays on their back, on a 90° angle to the victim, putting some or all of their weight on the victim to prevent them from moving. The opponents arm is then hooked and pulled back into their body, stretching the forearms, biceps and pectoral muscles. Variations of this can include clasping the victims hand instead of hooking the upper arm for extra leverage and bridging out whilst performing the move to increase leverage and immobilise the victim.

The move is named after Yoshiaki Fujiwara, the first graduate of the New Japan Pro Wrestling dojo and who later contributed to the formation of the Japanese UWF.

Hammerlock

The attacker grabs his opponent's arm, pulling it around behind the opponent's back. This stretches the pectorals and shoulder joint, and immobilizes the arm.

Wakigatame

More widely known as an arm wrench. This is an arm bar technique found in Judo and Aikido, and is a commonly used technique. The wrestler takes the opponents arm and twists it counter clockwise, putting pressure of the shoulder and elbow.

Wrist lock

Chokes

Cross arm choke

The wrestler sits on the back of an opponent who is laying face down on the mat. The wrestler then grabs hold of the opponent's wrists and crosses their arms under their chin. The wrestler then pulls back on the arms, causing pressure.

Notable users include: Jinsei Shinzaki
**Double choke**

The wrestler grabs his opponent’s throat with both hands and throttles him.

[edit]

**Guillotine choke**

The attacker applies a front face lock and proceeds to take the opponent downward, somewhat like a DDT, but without the impact. Then a waistlock is applied with the legs.

[edit]

**Half nelson choke**

The wrestler puts his opponent in a half nelson with one arm and grabs the victim's neck with the other. This hold is very similar to the judo choke hold known as a katahajime, frequently used as a finisher by Tazz and dubbed the “Tazzmission” when he used it.

[edit]

**Koji Clutch**

The opponent lays on the mat. The wrestler lies face up and slightly to the side of the victim. The wrestler then hooks their far leg across the neck of the opponent. The wrestler then hooks his hands behind the opponent’s head, having one arm pass over their leg and the other under. The wrestler then pulls backwards with his arms and pushes forward with his leg, causing pressure.

Named after Koji Kanemoto who popularised the move in Japan. Other notable users include Christopher Daniels.

[edit]

**Rear naked choke**

A version of the sleeper that is derived from Martial Arts and Ultimate Fighting.

[edit]

**Single arm choke**

The wrestler grabs his opponent’s throat with one hand and squeezes.

[edit]

**Sleeper hold**

Main article: sleeper hold

A sleeper hold is generally applied in the following manner:

- The person applying the hold positions himself behind his opponent.
- The person then wraps his right arm around the opponent’s neck, pressing the bicep against one side of the neck and the inner bone of the forearm against the other side (it also works just as well reversed, with the left arm).
- The neck is squeezed inside the arm extremely tightly. Additional pressure can be applied by grabbing the left shoulder with the right hand, or grabbing the bicep of the left hand.
arm near the elbow, then using the left hand to push the opponent’s head towards the crook of the right elbow.

- It is usually taught that at this point (or during the process) the opponent should be brought to the ground if not already there. This helps to avoid various self-defense techniques designed to protect against assault from the rear, such as instep stomps, shin stomps, and groin strikes.
- The opponent will typically go limp after 5-10 seconds of very hard pressure, at which point it is preferable to immediately release pressure, but to leave the arms in position. Holding the pressure longer will eventually cause brain damage and death, but leaving the arms in position allows one to be able to quickly reapply pressure if the opponent is faking unconsciousness or regains consciousness quickly.

**Dragon sleeper**

The attacker stands behind the opponent, who is in a sitting position or lying down, and the attacker then places the opponent in an inverted facelock, except that the attacker’s arm that is used in the facelock is wrapped around the opponent’s throat. The attacker then squeezes the opponent’s throat to try to put the opponent to sleep. At the same time, the attacker is usually seen pulling back the opponent’s closest arm with the unused arm.

Popularized by Tatsumi Fujinami in Japan (Fujinami's nickname is “The Dragon”, a moniker he developed independently from Ricky Steamboat). This move is commonly used by Ultimo Dragon, Low Ki, also sometimes used by The Undertaker.

**Beast choker**

A Dragon Sleeper with body scissors. Used by Dan “The Beast” Severn.

**Thumb choke hold**

The attacker stands behind the victim and reaches around the victim’s neck with one arm. The attacker then extends a thumb and thrusts it into the windpipe of the victim, cutting off their air supply. This move was used by Glacier, who called it the Icepick, and Meng, who called his version the Asiatic Spike.

**Tongan death grip**

The wrestler darts his/her hand under an opponent’s chin. The wrestler grabs a hold on the pressure point above the throat and squeezes on the nerve.

This was used as a finishing maneuver by Haku.

**Triangle choke**

The wrestler grabs hold of one his opponents arms, wraps his legs around the opponent’s throat and arm in a figure four and squeezes. Although it is a choke hold, it is still considered a legal hold. Commonly used in Japanese wrestling promotions and MMA.
Body locks

[edit]

Bear hug

A wrestler stands in front of an opponent and locks his hands around the victim, squeezing him. Often he will shake his body from side to side, in order to generate more pain around the ribs and spine.

[edit]

Side bear hug

A wrestler stands to one side of an opponent, facing them, and locks their arms around the victim, linking their hands under the arm of the opponent on the opposing side. The wrestler then brings their arms closer together, compressing the torso of the opponent.

[edit]

Body scissors

A wrestler approaches a sitting opponent from in front or from behind. The attacking wrestler then sits next to the victim and wraps their legs around the victim, crossing their legs and then tightening their grip to choke the wrestler by compressing their torso. This hold is normally used in conjunction with a hold applied to the head in order to restrain the victim.

[edit]

Gutwrench

This is basically a bearhug from behind. A wrestler stands behind an opponent and locks his hands around the victim's stomach, pulling up and squeezing it.

[edit]

Back and torso stretches

[edit]

Abdominal stretch

Facing his opponent's side, the wrestler straddles one of the victim's legs. The attacker reaches over the victim's near arm with the arm close to the victim's back and locks it. He then squats and twists to the side, flexing the victim's back and stretching their abdomen. Also known as the Cobra Twist.

[edit]

Backbreaker

See Backbreaker for moves that involve stretching the对手's back across a body part of an attacker.

[edit]

Boston crab

This typically starts with the victim on his back, and the attacker standing and facing him. The attacker hooks each of the victim's legs in one of his arms, and then turns the victim face-down, stepping over him
in the process. The final position has the attacker in a semi-sitting position and facing away from his victim, with the victim's back and legs bent back toward his face.

In modern wrestling, the Boston crab isn't treated as a lethal submission maneuver, even though it was considered a finishing hold in the past, used by such wrestlers as Rick "The Model" Martel in the WWF and Nobuhiko Takada in the original Japanese UWF.

Many different variations are used today, including the Elevated Boston Crab used by WWE wrestler Chris Jericho, who calls it the "Walls of Jericho". Jericho's original version while in WCW (known then as the "Liontamer") involved placing his knee in the small of his victim's back, thus (supposedly) further wrenching the neck and causing more pain. Jericho altered the move upon arriving to WWF/E, however, and now the move is nothing more than a higher version of the Boston Crab.

Inverted boston crab

Identical to a Boston Crab, but with the attacker facing in the same direction as the victim. The attacker squats over the victim with the victim's legs pinioned under their arms. Chuck Palumbo used this move, dubbing it the Padlock.

Single leg boston crab

Also known as a Half Boston Crab or Half Crab, a move that typically starts with the victim on his back, and the attacker standing and facing him. The attacker hooks one of the victim's legs in one of his arms, and then turns the victim face-down, stepping over him in the process. The final position has the attacker in a semi-sitting position and facing away from his victim, with the victim's back and leg bent back toward his face, sometimes the attacker will place his leg so that his knee digs into the back of the victim. Lance Storm's “Canadian Maple Leaf” is a variation of this in which he performs a back somersault roll on the mat, catching a running opponent into a single leg crab.

Rope hung boston crab

This move involves a wrestler hooking each of the victim's legs in one of his arms, and draping him over the top rope, at this point the wrestler would hook the arms of a victim with his/her legs securing the hold.

As this move involves the use of the ropes the wrestler utilizing it must break before the referee uses up a five-count.

The Tarantula variation of this move (mainly used by Yoshihiro Tajiri) involves the wrestler hooking an opponent's arms around the top rope and legs around the bottom rope, so the move is performed upside down.

Bow and arrow hold

The attacker kneels on his opponent's back with both knees, hooking the head with one arm and the legs with the other. He then rolls back so that his opponent is suspended on his knees above him, facing up. The attacker pulls down with both arms while pushing up with the knees to bend the victim's back.

Canadian backbreaker rack
The attacker places his opponent face-up across one of his shoulders, then links his arms around the victim’s torso and presses down, squeezing the victim’s spine against the attacker’s shoulder.

**Gory special**

This is also known as the Gory Lock. It was invented by Salvador “Gory” Guerrero, the father of Hector, Eddie, Chavo Sr., and Mando Guerrero. The attacker lifts the victim over their shoulder so that the victim’s upper back is across the attacker’s shoulder. Thus, the attacker and victim are back to back, facing opposite directions. The victim’s legs are tucked around the attacker’s hips. The attacker can now apply pressure by applying a chinlock and pressing down. One or both of the victim’s legs can also be hooked for extra pressure.

**Octopus hold**

The attacker stands behind the victim and hooks a leg over the victim’s opposite leg. The attacker then forces the victim to one side, traps one of the the victim’s arms with their own arm, and drapes their free leg over the neck of the victim, forcing it downward. This elevates the attacker and places all the weight of the attacker on the victim. The attacker has one arm free, which can be used for balance.

Popularized by Antonio Inoki in New Japan Pro Wrestling. The Japanese name for the move is the manji-gatame (inverted swastika hold).

**Surfboard**

The attacker grasps both of his opponent’s wrists, places his foot on his opponent’s upper back, and pulls back on the arms while pushing with his foot to compress the victim’s shoulder blades. It is most often applied by a standing wrestler against a prone opponent, but may also be applied by a seated wrestler, or against a seated or kneeling victim.

**Leg locks**

**Ankle lock**

A wrestler using both arms takes hold of one of the opponent’s legs and lifts the victim’s lower leg from the base of the foot to the shin and wraps both arms around the foot, placing one arm around the ankle tightly and resting his/her other on the tip of the foot where the toes are, in a butterfly lock position. He/she then applies pressure on both areas of the foot forcing the ankle to bend unnaturally. This submission move was first popularized in the WWF/WWE by mixed martial arts fighter Ken Shamrock, and later became the signature move of Olympic gold medalist and WWE superstar Kurt Angle.

This move can also see the wrestler fall to the mat and scissor the leg of the victim. This stops the opponent from rolling out of the move and makes it harder for him/her to crawl to the ropes.

**Argentine leglock**

Also known as Stretch Muffler. An elevated Single leg boston crab. The wrestler stands over a face-down opponent lying on the ground. He lifts one leg of the opponent and drapes it over his neck. He then
uses his arms to force the shin and thigh of the opponent down, thereby placing pressure on the opponent's knee.

Notable users include: Tsuyoshi Kikuchi.

Brock Lesnar introduced a variation where he steps over the downed opponent and sits on their lower back as in a Single leg boston crab.

Figure four leglock

The wrestler using this move stands over the opponent who is lying on the mat, face up and grasps a leg of the victim. The wrestler then turns 180 degrees over the leg and grasps the other leg, crossing them as he does so and falls to the mat, applying pressure to the opponent's crossed legs with his own.

This move was made popular as the finishing move of all of the Nature Boys (Ric Flair, Buddy Rogers etc.) It was also used by Greg “The Hammer” Valentine.

Ringpost figure four leglock

The victim is either downed or standing next to one of the ring corner posts. The opponent exits the ring to the outside and drags the opponent by the legs towards the ringpost, so that the post is between the victim's legs (similar to when somebody 'crotches' their opponent with the ringpost). The executer then stands on the ring apron, on the outside of the turnbuckle/ropes and applies the Figure four leglock with the ringpost inbetween the victim's legs. The performer of the hold then falls back while grabbing the victim's legs/feet, hanging upside down from the ring apron. The ringpost assists the move, creating more damage and leverage to the victim's knee.

Was popularized in the states by Bret Hart, who first performed the move on eve of his heel turn on Steve Austin to a very positive audience response. As it utilises the ringpost, it's considered an illegal hold in professional wrestling, so it can only be held before the end of a five-count or whenever match stipulations are no holds barred, no disqualification, etc.

Haas of Pain

A submission invented and named by the Haas brothers, Charlie Haas and the late Russ Haas, this modified inverted reverse figure-four leglock variation, sees Haas cross one leg of an opponent over the other and stand on the the crossed leg, next he would take hold of the free leg and lay down on his back, to raise the victims legs up into the air causing both pain to the lower back and legs of the opponent.

Inverted three quarter figure four leglock

The victim is lying faced down on the ground. The attacker kneels over the victim’s thighs with his left leg between the victim’s leg, then bends his opponent's left leg around his left thigh. After that he places the victim’s right leg over the victim’s left ankle and puts his own right leg under the victim’s left ankle. Finally, he puts both of his feet over the victim’s right foot and presses on it.

Damascus head-leglock
The attacker forces the opponent to the ground and opens up the legs of the opponent, stepping in with both legs. The attacker then wraps his legs around the head of the opponent and crosses the opponent’s legs, applying pressure on them with his hands. The attacker next turns 180 degrees and leans back, compressing the spine. This hold applies pressure on the temples, the calves, and compresses the spine. Also known as the D-lock for the capital D formed.

Indian deathlock

The victim is on his back. The attacker folds his opponent’s legs over each other as if putting him in an “Indian sitting” posture, then places his own knee on top of the victim’s shins and puts his weight on them.

Reverse figure four leglock

The wrestler using this move stands over the opponent with the opponent face down and grasps a leg of the opponent. The wrestler then turns 180 degrees and grasps the other leg, crossing them as he does so and falls to the mat, applying pressure to the opponent’s crossed legs with his own.

It is most closely associated with Japanese wrestler Yuji Nagata, calling it the Nagata Lock I. Nagata would salute to signal the maneuver to the crowd before dropping to the mat.

Sharpshooter

Also known as Scorpion Deathlock. The victim starts supine. The wrestler steps between his opponent’s legs with one leg and wraps the opponent’s legs around that leg. Holding the victim’s legs in place, the wrestler then steps over the victim, flipping him over into a prone position. Finally, the attacker leans back to compress the legs.

This hold was first popularized by New Japan Pro Wrestling star Riki Choshu, who called it the Sasori-gatame (Scorpion hold). In North America, it was first popularized by Sting in the NWA and later WCW, under the name Scorpion Deathlock. The move’s more popular name in North America, Sharpshooter, was made popular by the WWE (then WWF) wrestler Bret “The Hitman” Hart, who learned the move from Konnan. It is currently used by Chris Benoit, and Petey Williams who both use Hart’s name for the move.

Other names include:

- Grapevine Boston crab
- Grapevine crab
- Cloverleaf leg-lace crab

Spinning toe hold

The wrestler using this move stands over the opponent who is lying on the mat, face up and grasps a leg of the victim. The wrestler then turns 360 degrees over the leg twisting it inward. A wrestler will repeatedly step over the leg and round again to twist the knee, and ankle joint even more.

Notable users include: Dory Funk, Jr., Terry Funk

Texas cloverleaf
The wrestler stands at the feet of his supine opponent, grabs the victim’s legs and lifts them up. He then bends one leg so that the shin is behind the knee of the straight leg and places the ankle of the straight leg in his armpit. With the same arm, he reaches around the ankle and through the opening formed by the legs, and locks his hands together. He then steps over his opponent, turning the victim over as in a Sharpshooter. Finally, the wrestler squats and leans back, similarly to a Boston crab. The hold compresses the legs, flexes the spine, and stretches the abdomen.

The move was pioneered by Dory Funk, Jr., but is most closely associated with Dean Malenko, who used it as his regular finisher. Christian has also used this maneuver.

**Edge applying his Edgector submission move to** Shawn Michaels

[edit]

**Inverted cloverleaf**

In this variation of a Texas cloverleaf instead of turning round when turning the victim over the wrestler faces the same direction as the opponent to squat and lean forward to apply more pressure to the legs, spine, and abdomen.

Currently, a Sharpshooter variation is used by Edge who refers to it as the Edgector.

[edit]

**Transition holds**

Some holds are meant neither to pin an opponent, nor weaken them or force them to submit, but are intended to set up the victim for another attack.

[edit]

**Arm trap**

This is when a wrestler holds both the opponent's arms under his own, from here the opponent is left prone and unable to counter or move away from the attacker. Al Snow delivers a series of headbutts from this position, while other wrestlers use this to secure a suplex.

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**Crucifix**

The attacker stands in front of and facing a bent over victim and places them in a standing waistlock. The attacker then flips the victim up and over so the victim is lying face up on the back of the attacker. The attacker then moves his hands to the upper arm or wrists of the victim, holding them in position, and spreading the arms of the victim (as though they were being crucified). This is the set-up for a Crucifix Powerbomb.

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**Reverse crucifix**

The attacker stands in front of and with their back to a standing opponent. The attacker then leans backwards and seizes the victim around the waist, pulling them forward and upwards so they are lying across the shoulder of the victim, facing downwards. The attacker then takes hold of the upper arms or wrists of the victim and spreads them, holding the victim in place.
Fireman's carry

The attacker would bend over with the victim standing to the side of the attacker. The attacker then pulls the victim's arm over his/her farthest shoulder and distributes the attacker's body over his/her shoulders while having the other hand between and holding onto one of the victim's legs and stands up. The victim is draped face-down across the wrestler's shoulders, with the wrestler's arms wrapped around from behind. It is a key component of several throws, drops and slams.

Gorilla press

The wrestler lifts his opponent up over his head with arms fully extended (as in the military press used in weight lifting). From here many throws, drops and slams can be performed.

It is a popular technique for very large wrestlers because it emphasizes their height and power. The Ultimate Warrior would often use this move followed by a body splash as his finisher.

Pumphandle

The wrestler stands behind his opponent and bends him forward. One of the victim’s arms is pulled back between his legs and held, while the other arm is hooked, then the wrestler lifts the opponent up over his shoulder. From here many throws, drops and slams can be performed.

Scoop

Facing his opponent, the wrestler reaches between his opponent’s legs with one arm and reaches around their back from the same side with his other arm. The wrestler lifts his opponent up so they are horizontal across the wrestlers body. From here many throws, drops and slams can be performed.

Tilt-a-whirl

The attacker stands facing the victim. The attacker bends the victim down so they are bent facing in front on the attacker’s body. The attacker reaches around the the victim’s body with their arms and lifts them up, spinning the victim in front of the attacker's body, often to deliver a slam or most commonly a Tilt-a-whirl backbreaker.

Usually performed on a charging opponent, this can also can be a transition hold for counter attacks that sees the wrestler (who is being tilt-a-whirled) hit many throws and drops like a DDT or head scissors (hurricanrana).

The maneuver is named after the popular Tilt-A-Whirl carnival thrill ride.

Wheelbarrow

This move is achieved when a wrestler wraps a forward facing opponent’s legs around the his waist (either by stands behind an opponent who is laying face-first on the mat or by catching a charging opponent), then the wrestler would apply a gutwrench hold and lift the opponent up off the ground into the air, then either continue lifting and fall backwards to hit a variation of a German Suplex known as a Wheelbarrow Suplex, or forcing the victim back down to the mat to hit a facebuster variation.
This can also can be a transition hold for *counter attacks* that sees the wrestler (who is being wheelbarrowed) hit many *throws and drops* like a DDT or a bulldog and rolling *pin combinations*.

**Miscellaneous**

Airplane spin

A spinning *fireman's carry*, used to disorient the victim. This was the signature maneuver of the late *Gorilla Monsoon*. Other notable users include *Eugene*, and *Bryan Danielson*.

Tree of woe

This involves a wrestler turning a victim upside down on a turnbuckle, and placing the victim's back against the turnbuckle. The victim's legs are then hooked under the top ropes, leaving the victim facing the attacker, upside down. This is an illegal tactic used by an attacker, only to choke, kick or to stomp on a victim until the referee uses up his five count.
Professional wrestling throws

Airplane spin toss

The wrestler lifts the opponent up on their shoulders face up in an Argentine backbreaker rack, spins around, pushes the opponent up, and moves out of the way, dropping the opponent down to the mat.

Spinning crucifix toss

The wrestler lifts the opponent above their back with the opponent’s arm spread out in a crucifix hold, spins around, pushes the opponent up, and moves out of the way, dropping the opponent down to the mat.

Notable users include: Slash (The Slash and Burn), James Storm (Eye of the Storm), and Colt Cabana

Armbar takedown

This is a technique in which the attacker grabs the opponent’s arm and pulls him/her down to the ground by wrenching down the victim’s arm, and is also known as a Single Arm DDT.

The affected area for this hold is the shoulder, not the head like normal DDT’s, the attacker would grab the victim’s arm and bars it in front of the attacker’s body so that the attacker is holding out the arm with the arm furthest away from the victim’s body, then the attacker would reach over the victim’s shoulder and wrap it around his/her victim’s arm with the other, The attacker then drops down and drives the victim’s shoulder into the mat.

This hold is noted as the move that broke “Pitbull #1” Gary Wolfe’s neck, this happened because Wolfe took the bump wrong and landed on his head and not his shoulder.

Armbreaker

A armbreaker is any move in which the wrestler slams his/her opponent’s arm against a part of the wrestler’s body, usually a knee or shoulder.

Arm drag

A move in which the wrestler uses his/her opponent’s momentum against him/her by hooking his/her arm and flipping him/her over onto the mat. The move was popularized by Ricky “The Dragon” Steamboat who had the best arm drags in professional wrestling.

Over-the-shoulder arm drag

Also called a shoulder throw or ipponzei. The wrestler grabs his/her opponent’s arm, then turns to face the other direction and pulls the victim over his/her shoulder. It is essentially the same as the ippon seoi-nage found in Judo.
Arm wringer

An Arm Wringer or Spinning Wristlock is a move in which the attacker grabs the opponent’s arm by the wrist/arm and twists it over the attacker’s head to spin it around with enough force to take the victim to the mat.

Atomic Drop

A move in which the wrestler goes behind an opponent puts his/her head under the victim’s shoulder and lifts his/her opponent up and then drops him/her tailbone-first on the wrestler’s knee.

Inverted Atomic Drop

Also known as Manhattan Drop. A move in which the wrestler puts his/her head under the victim’s shoulder and lifts his/her opponent up and then drops him/her “lower abdomen region” first on the wrestler’s knee.

Backbreaker

Main article: Backbreaker

A back breaker is any move in which the wrestler lifts his/her opponent up and jumps or drops his/her opponent so that the opponent’s back impacts or is bent backwards against a part of the wrestler’s body.

Back body drop

A back body drop or backdrop, is a move in which a wrestler bends forward or crouches in front of his/her opponent, grabs hold of his/her opponent, and stands up, lifting the victim up and over and dropping him/her behind the back. It is applied frequently against a charging opponent.

In Japan, a backdrop is the term for what is called a belly-to-back suplex in America.

Body slam

A body slam is any move in which a wrestler picks up his or her opponent and throws him or her down to the ground.

Alabama slam

Also known as a Water-Wheel Slam. This move involves a wrestler placing their head between an opponent’s knees, then standing up, holding onto their opponent’s legs, so that the opponent is facing the wrestler’s back. The wrestler then simply brings both hands down, throwing the opponent back-first to the mat. Hardcore Holly uses the Alabama Slam as his finisher.
**Biel throw**

The wrestler stands to the side of their opponent, grabs them, and throws them forward, causing them to flip over onto their back. It is considered a very basic technique, so basic that a forward rolling fall is commonly called a **biel bump**, and is mainly used by very large wrestlers to emphasize power and strength over finesse.

**Chokeslam**

A chokeslam is any body slam in which the wrestler grasps their opponent’s neck, lifts them up, and slams them to the mat back-first. It is very common in televised wrestling because it is simple and relatively safe yet looks powerful on camera.

The most common variety of chokeslam is performed with a single-handed choke. The wrestler places their free hand behind the victim’s back to help turn them horizontally for the throw. A two-handed choke variation on two victims or one is also popular.

Notable users include: The Big Show, Kane, The Undertaker, and Akira Taue.

**Back suplex chokeslam**

The wrestler stands behind the opponent, puts his head under one of the opponent’s arms, and lifts them onto his shoulder. The wrestler then pushes the opponent upwards, turns 180°, and grabs hold of the falling opponent’s throat, driving them down to the mat back first. Invented by Akira Taue, who calls it **I Am Akira**.

**Reverse chokeslam**

The attacker grabs hold of the opponent’s neck with both hands, neck with one, and throat with the other. The attacker then lifts the opponent up, releases the hand holding the opponent’s throat, and pushes forward and slams the opponent to the mat face first with the other hand.

Notable users include: Takeshi Morishima (Amaze Impact)

**Vertical suplex chokeslam**

The wrestler grabs a front facelock on the opponent and wraps their arm over the wrestlers neck. The wrestler then lifts the opponent upside down, as in a **vertical suplex**. The wrestler moves his arm from around the opponent’s neck, grabbing hold of their throat. The wrestler then slams the opponent down to the mat back first.

Notable users include: Akira Taue

**Cobra clutch slam**

The wrestler places the opponent in a **cobra clutch** and then jumps backwards and falls face down towards the mat, driving the opponent back first down to the mat.
Notable users include: Kip James *(The One and Only)*

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**Fireman’s carry slam**

A wrestler drapes an opponent over their shoulders in a firemans carry position then the attacking wrestler then takes hold of the thigh and arm of the opponent, which are hung over the front side of the attacker, they then leans forward and pulls the victim over their head and shoulders slamming the victim down on their back in front of the attacker.

A **Rolling Fireman’s Carry Slam** is a variation that sees the attacker keep hold of the opponent and run forward before slamming the victim to the ground and using the momentum to roll over the opponent. This variation was used by William Regal, who called it the **Regal Roll**.

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**Fallaway slam**

Also known as a **Table Top Suplex**. The wrestler, while standing in front of an opponent would reaches between their opponent’s legs with one arm and reaches around their back from the same side with their other arm. The wrestler lifts their opponent up so they are horizontal across the wrestler’s body then falls backward throwing the victim over their head down to the mat back-first. This slam can be either bridged into a pin, or the attacker can float over into another fallaway slam.

Scott Hall used this as one of his signature moves. A slightly modified version of this move is used by Bradshaw, who referred to it before (while on APA) as the **Last Call**.

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**Full nelson slam**

In this move the aggressor places their opponent in a full nelson hold and uses it to lift them off the ground. Once in the air, the aggressor removes one of their arms (so their opponent is now in a half nelson) and slams them down to the mat.

This is a signature move of **Hardcore Holly**

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**Sitout full nelson slam**

The attacker places the victim in a full nelson. The attacker then lifts the victim into the air, maintaining the hold. The attacker then drops to a sitting position, driving the lower spine of the victim into the ground.

Bubba Ray Dudley uses this move, calling it the **Bubba Bomb**

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**Gorilla press slam**

The wrestler lifts their opponent up over their head with arms fully extended (as in the military press used in weight lifting), then slams the victim down on his/her back. Often the attacker will falls to a sitting position, slamming the victim down on their back. This version is similar to the **Michinoku Driver II** used by Taka Michinoku and is referred to as a **Gorilla Press Bomb**.

This is also one of Goldberg’s signature moves.
Gorilla press drop

The wrestler lifts their opponent up over their head with arms fully extended then drops the victim down face-first in front or back. It is a popular technique for very large wrestlers because it emphasizes their height and power.

As used to great effect by The Ultimate Warrior with his Gorilla Press/Big Splash combination.

Half nelson slam

The attacker stands behind, slightly to one side of and facing the victim. The attacker reaches under one of the victim's arms with their corresponding arm and places the palm of their hand on the neck of the victim, thereby forcing the arm of the victim up into the air (the half nelson). The attacker then lifts the victim up turns and falls forward slamming the victim into the mat.

This move is used by Val Venis.

Olympic slam

An attacking wrestler places their head under an opponent's arm, and lifts up an opponent so that they are face-up across the attacker’s shoulders. Then the wrestler falls backwards forcing the opponent to the mat back-first.

This move has also been described as a spinning back drop (belly-to-back suplex) and a signature move of Kurt Angle (Angle named the move the Olympic Slam but now refers to it as the Angle Slam).

Pumphandle slam

The wrestler stands behind their opponent and bends them forward. One of the victim's arms is pulled back between their legs and held, while the other arm is hooked. The attacker then lifts their opponent up over their shoulder and falls forward to slam the victim against the mat back-first.

Another version of the Pumphandle Slam sees the wrestler drop the victim to the Sidewalk Slam (Side Slam) position. This version is referred to as a Pumphandle Side Slam and is the signature move of Gene Snitsky.

Pumphandle Michinoku driver II

The attacker lifts the victim as with a pumphandle slam, but falls to a sitting position and drops the opponent between their legs as with a Michinoku Driver II.

Samoan Drop

The wrestler drapes an opponent over their shoulders in a fireman's carry position then the wrestler falls backwards dropping the victim to the mat and is mainly performed on charging opponents. It has been a signature move for Samoan wrestlers throughout the years, including The Rock and Rikishi.
Scoop slam

Facing their opponent, the wrestler reaches between their opponent's legs with one arm and reaches around their back from the same side with their other arm. The wrestler lifts their opponent up and turns them upside down so that they are held up by the attacker's arm cradling their back. The attacker then throws the victim to the ground so that they land on their back.

Spinebuster slam

This is also known simply as a Spinebuster. The wrestler starts facing their opponent. They then grab the opponent around the waist and lift them up. They then turn 180°, at the same time turning the victim into a horizontal position across the chest, and toss them forward onto their back. It is usually performed against a charging opponent, using the victim's own momentum to power the throw.

Another version of this sees the wrestler elevate the charging opponent up, and without spinning, slamming the victim down to the mat.

Notable users include: Arn Anderson, The Rock, HHH, Ron Simmons, Batista.

Bulldog

A bulldog, or bulldogging headlock, is any move in which the wrestler grabs an opponent's head or applies a head lock or face lock to his/her opponent and jumps forward, so that the attacker lands in a sitting position, driving the victim's face into the mat.

Cobra clutch bulldog

The attacker applies a Cobra Clutch and then leaps forward, falling into a sitting position and driving the face of the victim into the ground.

Spinning Bulldog

The attacker places the victim in a modified Fireman's Carry in which the victim is held diagonally across the attackers back with their legs across one shoulder and head under the opposite shoulder (usually held in place with a facelock). The attacker then spins simultaneously throwing the victim's legs off the attacker's shoulders and dropping to the ground, driving the victim's head into the mat in a bulldog position. It is currently used by wrestler James Storm as his finisher the Eight Second Ride.

Three-quarter facelock bulldog

A Three-quarter facelock bulldog is a move that mostly sees an attacker applying a Three-quarter Facelock then drop to the floor driving the opponent's face into the mat. This version has been previously used by Johnny Ace, who called it the Ace Crusher and Diamond Dallas Page, who called it the Diamond Cutter. Currently this move is being used by Randy Orton, who calls it the R.K.O. (his initials), and Homicide.
Matt Hardy and Jeff Hardy also have a variation of a Three-quarter Facelock Bulldog called the **Twist of Fate**, in which a half-grapple is twisted into the Three-quarter facelock.

### Back suplex into Three-quarter Facelock Bulldog

The attacker lifts the victim from behind as with a **Belly to back suplex**, but, instead of falling backwards, pushes the victim's legs so that the victim spins in the air and finishes face down and parallel to the ground. As the victim falls, the attacker reaches back and seizes his/her head in a **Three-quarter Facelock**, driving the face of the victim into the ground with increased force.

### TKO

The **Total Knock Out** (TKO) is a **Fireman's carry** into a Three-quarter Facelock Bulldog (see above). This variant has been used by Marc Mero, Roadkill, Mike Awesome, and Jerry Lynn.

### Rolling three-quarter facelock bulldog

This is when an **Inverted facelock** is rolled in to a three-quarter facelock bulldog.

This move has two major variants: one in which the attacker under his/her opponent, and one in which he/she rolls over. The former has been widely referred to as the **Last Rites** in indy promotions due to its use by Christopher Daniels; in the WWE, Test used this move and referred to it as a **Test Drive**. Another version spins the opposite way, aka the **Roll of the Dice** as named by Reno. The Roll of the Dice has been used by wrestlers such as Bill DeMott and Luther Reigns who have each referred to it with different names.

### Brainbuster

A brainbuster also known as a **Avalanche Suplex** is a move in which a wrestler puts his/her opponent in a **front facelock**, hooks his/her tights, and lifts him/her up as if he/she was performing a **vertical suplex**. The wrestler then jumps up and falls onto his/her back so that the victim lands on his/her head while remaining vertical.

Known as **Vertical Brainbuster** in Japan, while Brainbuster refers to a **Vertical suplex** in Japan.

There is a controversy whether this move should be classified as a suplex or a high **lifting DDT**.

### Fisherman brainbuster

A **Fisherman Brainbuster** a variation of the brainbuster in which the wrestler will also hook the victim’s near leg with his/her free arm to aid in lifting him/her off the ground. The wrestler then jumps up and falls down on his/her back, slamming his/her opponent down to the mat headfirst.

This move was used by Jazz as a finisher.

### Inverted brainbuster
The attacker begins behind and facing a standing victim. The attacker then pulls the head of the victim back and applies an inverted facelock to the victim with one arm. The attacker then places his/her other arm under the lower back of the victim, then uses that arm to elevate the victim until they are vertical. The attacker then jumps up and falls down on his/her back, driving the head of the victim to the mat.

**Muscle Buster**

Also known as a Double fisherman brainbuster.

The attacker faces a bent opponent. He hooks both of the opponent’s legs with his arms and tucks his head next to the opponents. He then stands, lifting the opponent up, so that opponent is upside down with his head resting on the attackers shoulder. The attacker then jumps up and falls down on his back, driving the opponent shoulders first to down the mat. The opponent’s neck impacts the attacker’s shoulder. The attacker usually begins this move with the opponent is sitting on an elevated position, usually a top turnbuckle, because it’s easier to hook and lift the opponent when he is positioned higher than the attacker.

Notable users include: Samoa Joe, Daisuke Ikeda and Mohammed Yone.

**Scoop brainbuster**

Also known as Northern Lights Bomb.

The attacker puts the opponent in a front facelock, scoops one the opponents thighs with his free hand, lifts him/her upside down, then drops to his/her side or back, driving the victim to the mat on his/her neck and shoulders.

Notable users of this move include Kensuke Sasaki, Genichiro Tenryu, and Al Snow.

**Catapult**

A Catapult or Slingshot Catapult is a throw that typically starts with the victim on his/her back, and the attacker standing and facing him. The attacker hooks each of the victim’s legs in one of his/her arms then falls backwards to slingshot the opponent into a turnbuckles, ladders, ropes etc.

**DDT**

Main article: DDT (professional wrestling)

Similar to a bulldog, a DDT is any move in which the wrestler falls down or backwards to drive the victim’s head into the mat. The classic DDT is performed by putting the victim in a front facelock and falling backwards so that the victim is forced to dive forward onto his/her head.

**Death Valley driver**

Often abbreviated to D.V.D. Known as Death Valley Bomb in Japan. This is a move in which a brainbuster-type slam is performed from a fireman’s carry. The attacker falls in the direction that the victim’s head is facing, driving the victim’s head into the mat.
Notable users include: Tommy Dreamer, Perry Saturn, Daisuke Ikeda

The F-U finisher of WWE wrestler John Cena is a slight variation of this move, except that the victim’s back is impacted first. It is essentially a side fireman’s carry slam.

Inverted death valley driver

Also known as a Burning Hammer, or inverted D.V.D.. The move is executed from a Argentine backbreaker rack (face up, with the neck and one leg cradled) position. The attacker falls sideways, driving the victim’s head into the mat.

This is an extremely dangerous move as the opponent’s body cannot roll with the natural momentum of the move to absorb the impact.

The Burning Hammer name was invented by Japanese professional wrestler Kenta Kobashi who uses it as one of his finishers.

Driver

A Driver is a variation of many moves that involves an opponent being driven down between the legs of an attacker (who is dropping to a seated position) on the back of his/her neck/shoulder area.

Blue Thunder Driver

See Spin-out powerbomb.

Fisherman Driver

A Fisherman Driver a variation of a brainbuster in which the wrestler will also hook the victim’s near leg with his/her free arm to aid in lifting him/her off the ground. The wrestler then drops to a sit-out position landing the victim between his/her legs, driving them down to the mat on the back of their neck/shoulder area.

Most notably the driver version is used by Low Ki as a finisher, The Ki-Krusher ‘99.

Michinoku Driver II

Also known as a body slam piledriver but is named after its inventor Taka Michinoku. Juventud Guerrera also used this move, calling it the “Juvi Driver." While facing his/her opponent, the wrestler reaches between his/her opponent’s legs with one arm and reaches around his/her back from the same side with his/her other arm. The wrestler lifts his/her opponent up and turns him/her upside down so that he/she is held up by the attacker’s arm cradling his/her back. The attacker then throws the victim to the ground as he/she falls to a sitting position so that the victim lands on his/her upper back. This is often just called a Michinoku Driver because Taka Michinoku rarely uses the original Michinoku Driver—a double underhook implant DDT. On occasion, Taka Michinoku uses a variation of the Michinoku Driver II in which he drops his opponent directly on his head instead of on his back, similar to a Rikishi Driver.
Michinoku Driver II-B

Taka Michinoku also invented a variation of the Michinoku Driver II in which the wrestler stands behind the opponent, applies an inverted facelock, lifts them upside down, and then drops down to a sitting position, driving the opponent down to the mat between the wrestler’s legs upper back first.

[edit]

Samoan Driver

This move is often discribe this move is as a Sit-out version of a Death Valley Driver in which a wrestler drapes an opponent over his/her shoulders in a fireman’s carry position then the wrestler then takes hold of the opponent and pulls him/her over the attacker’s shoulder and down to the ground as he/she falls to a sitting position so that the victim lands on his/her upper back and neck between the legs of the attacker facing towards him/her.

A slight variation of this move is used by Chris Sabin and is called the Cradle Shock and the Samoan Driver was also used second version of the F-U, the finishing maneuver of John Cena.

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Tiger Driver

The wrestler faces a bent over opponent. The wrestler then double underhooks the opponent’s arms and lifts them up, flipping them and dropping them on their back. The wrestler falls to a sitting position, often pinning the opponent in the process. This is also known as a sitout double underhook powerbomb.

Mitsuharu Misawa innovated a variation which he called the Tiger Driver ’91 (for the year it was invented). In this variation, instead of dropping the opponent on their back, they are dropped on their neck and shoulders, and the wrestler drops to their knees.

There is some dispute over the correct name because the move resembles a Powerbomb more than a driver - thus, the move is also known as a Tiger Bomb. However, Tiger Driver is the original and more commonly accepted name. Some consider a double underhook powerbomb where the attacker does not sitout to be a Tiger Bomb, while the sit-out variant is considered the Tiger Driver.

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Electric chair drop

The attacker lifts the victim on his/her shoulders in a sitting position, with both facing the same way. Then the attacker falls backwards driving the victim back-first into the mat.

The beginning of the electric chair drop is also the setup for the doomsday device. It was also the setup used by the Steiner Brothers for their bulldog finishing move.

[edit]

Electric Chair Bomb

The attacker lifts the victim so they are sitting on the shoulders of the attacker, facing in the same direction. The attacker then quickly falls to a sitting position, slamming the victim face-first to the mat.

[edit]

Facebreaker

A facebreaker is any move in which the wrestler slams his/her opponent’s face against a part of the wrestler’s body, usually the knee.
Facebreaker DDT

The attacker applies a front facelock and then falls backwards, much like a normal DDT, but instead of the victim’s head impacting the mat, the attacker falls to a knelling, or sitting position, driving the face of the victim onto his/her knee.

Notable users include: Bruno Sassi

Knee Smash

The knee smash is a standard Factbreaker which involves the attacker grabbing hold of the opponent by his/her head or hair and pulling the opponent's face down, dropping it on to the attacker’s knee. Often used by an attacker to stun an opponent and set him/her up for another move.

Facebuster

A facebuster, also known as a face plant, is any move in which the wrestler forces his/her opponent’s face down to the mat which does not involve a headlock or facelock. If these are used then the move is either a DDT or bulldog variation.

Also, inverted Mat Slams are commonly referred to as facbusters.

A standard Facebuster also known as a Jumping facebuster involves the attacker grabbing hold of the opponent by his/her head or hair and jumping down, forcing the opponent’s face into the mat.

Argentine facebuster

The attacker places the victim in an Argentine backbreaker rack and falls sideways, still holding the victims head with one arm while flipping the victim over with the other, driving them down to the mat face-first.

Among the wrestlers who have used this move are CIMA and Curry Man.

Belly-to-back inverted mat slam

From a position in which the victim is bent forward against the wrestler’s midsection, the wrestler grabs around his or her opponent’s midsection and lifts so that the victim is held upside down facing in the same direction as the wrestler, the wrestler then hook both the arms of the victim using his or her legs, and then falls forward planting the opponent's body into the mat face-first.

Best known as Styles Clash as named by AJ Styles. Styles invented the move while watching his younger brother-in-law attempt to perform a powerbomb.

Gory Bomb
A **back-to-back release facebuster** a move which is a variation of the **Gory Special**. Also known as the **Gory Buster**. Gory Guerrero, the man who this move is named after has a wrestling grandson, Kerwin White (Chavo Guerrero, Jr.), who uses this move as a finisher.

**F-5**

A move named and made popular by Brock Lesnar, in which the attacker would put his/her victim in a **fireman's carry** position, then throw the opponent’s legs out in front of him/her to spin him/her out while the attacker fell to back to drive the victim's head in to the mat.

The move’s name was taken from the **Fujita scale**, which ranks the intensity of a tornado, with F5 being the strongest. It is currently used by Total Nonstop Action wrestler Trytan, who calls it the **T-3**. Big Show and Matt Morgan in WWE also have used it. Jun Izumida of Pro Wrestling NOAH uses a slight variation of the F-5 called the **Izu Domu**.

**Forward Russian legsweep**

A move in which a wrestler stands side-to-side and slightly behind the victim, facing in the same direction, and reaches behind the victim’s back to hook the opponent’s head with his/her other hand extending the victim’s near arm, then while hooking the opponent’s leg with his/her own leg the wrestler falls forward, pushing the victim forward to the mat face-first.

It is best known as “The Stroke”, the finisher of Jeff Jarrett.

**Full nelson facebuster**

The attacker stands behind, slightly to one side of and facing the victim. The attacker reaches under the victim’s arms with his/her own corresponding arms and places the palms of his/her hands on the neck of the victim, thereby forcing the arms of the victim up into the air (the Full Nelson). The attacker then hooks the victim’s near leg and and throws themselves forwards, driving the victim face first into the ground.

**Front facelock drop**

The attacker applies a **Front Facelock** and then throws their legs out behind them, falling stomach first to the ground and driving the face of the victim into the ground. Similar to a **DDT**, but targeting the face of the victim rather than the head.

**Sitout facebuster**

Also known as a **sit-down facebuster**. A move in which the attacker grabs hold of the opponent by his/her head or hair then jumps down into a sitting position, forcing the opponent's face into the mat. It was used as a finisher by X-Pac, who called it the **X Factor**.

**Double underhook facebuster**

Instead of holding the opponent's head like most facebusters, a wrestler bends his/her opponent forward, placing the victim's head between the attacker’s legs (a standing head scissors), and hooks each of the opponents arms behind his/her back. He/she then drops to his/her knees, forcing the opponent’s face into the mat. Triple H uses it as his finisher, and calls it the **Pedigree**.
A variation of this move is used by CM Punk, who ascends the turnbuckle so he is standing on the top rope, pulls his victim with him and applies the move (as above), then drops to the ground, landing on his knees and driving the victim’s face into the ground with increased force. This move is called The Pepsi Plunge.

**Inverted double underhook facebuster**

The attacker bends the opponent forwards, then stands in front of them and reaches back, hooking both arms of the victim and forcing down the head of the victim. The attacker then drops to a sitting position, driving the face of the victim into the ground. This move is normally executed from behind; the attacker bends over behind the victim, hooks their arms and then quickly stands up while turning around so the victim is in the aforementioned position. This move has been used by Tommy Rogers, who calls it the Tomikaze, and Christian, who calls it the Impaler or the Unprettier.

**Lifting double underhook facebuster**

This inverted mat slam is performed when a wrestler bends his/her opponent forward, placing the victim’s head between the attacker’s legs (a standing head scissors), and hooks each of the opponents arms behind his/her back. He/she then pulls back on the opponent’s arms lifting him/her up so that the victim is held upside down facing in the same direction as the wrestler, the wrestler then falls forward (or sometimes down to a sitting position) planting the opponent’s body into the mat face-first.

This was a popular move of Rob Van Dam, when he wrestled for the ECW promotion. It is also used by Mark Jindrak.

**Sitout double underhook facebuster**

Also known as a sit-down double underhook facebuster. A move in which instead of holding the opponents head like most facebusters, a wrestler bends his/her opponent forward, placing the victim’s head between the attacker’s legs (a standing head scissors), and hooks each of the opponents arms behind his/her back, he/she then proceeds to lift the opponent up and jumps down into a sitting position, forcing the opponents face into the mat. It is used as a finisher by Christopher Daniels, who calls it the Angel’s Wings, where he spins 90° while landing the move.

**Complete Shot**

Well known as an Reverse STO, this is a move in which a wrestler stands side-to-side and slightly behind with the victim, facing in the opposite direction, and reaches around the victim’s torso with one arm across the victim’s chest with his/her hand holding onto his/her other hand which is behind the opponent’s head. The wrestler then falls backward, diving the victim into the mat face-first.

WWE wrestler Edge used to perform a variation of this move, where he would cross his leg behind the opponents leg, forcing the opponent to fall with greater velocity, calling it the Downward Spiral.

A variation is to hook the leg similar to a Russian legsweep, which was popularized as the Flatliner, by Chris Kanyon.

It is also currently used by WWE superstars Muhammad Hassan and Orlando Jordan as a finisher. Alex Shelley also uses a spinning variation as one of his finishers. Christopher Daniels also uses this move, usually following it with the Koji Clutch.
**Anaconda facebuster**

The wrestler places the opponent into a Standing Anaconda vice, and then falls backwards driving the opponent’s head to the mat. This stretches and puts stress on the opponent’s arms, shoulders, and neck as well as damaging his face and chest upon impact. Grant Adams is credited with inventing the move often using it as a setup for a modified Texas Cloverleaf/Elevated Leg Lace Crab. Adams will also often maintain the Anaconda hold upon impact and perform a rolling situp to lock in the Anaconda Vice for a submission victory.

**Wheelbarrow facebuster**

Also called a Reverse Powerbomb. The attacker grabs a standing victim around the waist from behind and lifts him/her in the air. The attacker then falls to a sitting position, swinging the victim down so that their face is driven into the mat.

This move can also see the wrestler hook both an opponent’s the arms in a double chickenwing to aid in lifting him up into the air before dropping the victim into a sit-out faceplant position. This **Sit-out Chickenwing Facebuster** is often referred to as a **Waffle Face**.

**Flapjack**

A flapjack is any move that throws the victim so that he/she is pushed upward and therefore having he/she fall on his/her front. The basic flapjack is similar to a back drop, but the wrestler pushes upwards so that the victim falls onto his/her face instead of falling back-first.

A **Hotshot** is referred to when a flapjack is performed so that the victim would fall across the ring ropes.

“Stunning” Steve Austin used this as a finisher and referred to it as the **Stun Gun**.

**Alley Oop**

This is a flapjack where the victim is lifted on to the attacker’s he/she flies over the attacker’s head and land front-first on the mat.

It was made famous by Tori and then The Big Show.

**Gutbuster**

A Gutbuster is any move in which the wrestler lifts his/her opponent up and jumps or drops him/her so that the victim’s stomach impacts against part of the wrestler’s body, usually the knee.

**Gutbuster drop**

A move in which a wrestler lifts an opponent up on to his/her shoulder and drops down to his/her knee dropping the opponent’s stomach on the wrestler’s shoulder.
Rib breaker

Also called a stomach breaker it is essentially the same as a back breaker but with the victim facing the opposite direction, it involves lifting the opponent up and dropping him/her stomach-first against the wrestler’s knee.

Headscissors takedown

With the attacker’s legs scissored around the opponent’s head, the attacker performs a backflip, dragging the victim into a forced somersault that distances the attacker from the victim and lands the opponent on his/her back. Is also performed when a wrestler runs to the side of an opponent spin up on to his/her shoulders while scissoring his/her legs around his/her head as he/she continues to spin throwing the opponent to the mat.

Hurricanrana

The correct name for this maneuver is the Huracanrana/Huracarrana but it is commonly misspelled in English as Hurricanrana, this is a headscissors takedown that ends in a rana pinning hold. The Rana is any double-leg cradle (or the ending of a Sunset Flip) The Huracanrana is typically done with more velocity than the headscissors takedown, as the victim needs to land directly underneath the attacker, instead of being tossed away. Luchador Huracán Ramirez invented the maneuver. This move can be thought of as an inverted version of a victory roll. This move is now commonly used by Rey Mysterio.

It is often confused with the more impactful non-pinning headscissor variation known as a Frankensteiner, although the difference is similar to seeing a bridged suplex compared to a released one etc.

Hip toss

The attacker stands next to the victim with both facing the same direction, and the attacker underhooks his/her closest arm underneath and behind the victim’s closest armpit.

The attacker then quickly lifts the victim up with that arm and throws the victim forward, which would lead the attacker to flip the victim onto his/her back to end the move.

Irish whip

Also called a hammer throw. A move in which the wrestler grabs one of his/her opponent’s arms and spins, swinging the victim into an obstacle such as the ring ropes, a turnbuckle, or the stairs leading into the ring. One popular use of the irish whip is to try to “hit for the cycle” by whipping one’s opponent into each corner in turn. An Irish whip into the ring ropes is usually used to set the victim up for another technique as he/she bounces off, such as a suplex or clothesline.

Jawbreaker

A jawbreaker is any move in which the wrestler slams his/her opponent’s jaw against a part of the wrestler’s body, usually his/her knee, head or shoulder.
A standard jawbreaker is seen when an attacker (either stands facing or not facing victim) places his/her head under the jaw of the victim and holds the victim in place before falling into a sitting or kneeling position, driving the jaw of the victim into the to of his/her head.

Three-quarter facelock jawbreaker

This is a move that mostly sees an attacker applying a Three-quarter Facelock then sees the wrestler fall to a sitting position dropping the opponent's jaw across his/her shoulder.

This was made famous by Stone Cold Steve Austin who referred to it as a Stone Cold Stunner. The name Stunner is widely used when referring to this move. Mikey Whipwreck also used the move, calling it the Whipper-snapper.

Rolling three-quarter facelock jawbreaker

This is when a Inverted facelock is rolled in to a Three-quarter Facelock that ends in the seated shoulder jawbreaker position.

Shoulder jawbreaker

The attacker stands facing the victim, places his/her shoulder under the jaw of the victim and holds the victim in place before falling into a sitting or kneeling position, driving the jaw of the victim into his/her shoulder. This move was used by Shane Douglas in WCW, and was named the Franchiser.

Mat slam

A matslam is any move in which the wrestler forces the back of the opponent’s head into the mat which does not involve a headlock or Facelock. If these are used then the move is considered a type of DDT (if the attacker falls backwards) or bulldog.

A standard Mat Slam involves the attacker grabbing hold of the opponent by his/her head or hair and pulling back, forcing the back of the opponent’s head into the mat.

Inverted mat slam

Inverted Mat Slams are commonly referred to as facebusters.

Sleeper slam

The attacker applies a sleeper hold to the victim, then falls face first to the ground, pulling the victim down with them and driving the back and head of the victim into the ground.

Notable user: Chris Jericho
Neckbreaker

Main article: Neckbreaker

There are two general categories of neckbreaker, which are related only in that they attack the victim’s neck.

One category of neckbreaker is the type of move in which the wrestler slams his/her opponent’s neck against a part of the wrestler’s body, usually his/her knee, head or shoulder.

A neckbreaker slam is another technique in which the attacker throws his/her opponent to the ground by twisting the victim’s neck, also a back head slam or, when a wrestler drops to the mat while holding an opponent by their neck, without having to twist it.

Piledriver

Main article: Piledriver (professional wrestling)

A piledriver is any move in which the wrestler grabs his/her opponent, turns him/her upside-down, and drops into a sitting or kneeling position, driving the victim’s head into the mat.

Powerbomb

Main article: Powerbomb

A powerbomb is a move in which a victim is lifted up (usually so that he/she is sitting on the attacker’s shoulders) then slammed down back-first to the mat.

The standard Powerbomb sees a wrestler placed in a standing headscissors position (bent forward with his/her head placed between the attacker’s thighs) then lifted up on the attacker’s shoulders, then slammed down back-first to the mat.

The very first ever power bomb, was allegedly performed by Lou Thesz accidentally when he badly botched a piledriver.

Powerslam

A powerslam is any slam in which the wrestler performing the technique falls face-down on top of his/her opponent.

The use of the term Powerslam usually refers to the Front Powerslam and the Scoop Powerslam.

Emerald Frosion

This is a sitout side powerslam in which the wrestler lifts the opponent up on his right shoulder like in a Front powerslam. The wrestler wraps his right arm around the opponent’s neck, and the left arm around the opponent’s torso. The wrestler then sits down while flipping the opponent forward to the right side of him, driving the opponent neck and shoulder first into the mat.
Notable users include: Mitsuharu Misawa (who gave it its name) and Samoa Joe (Island Driver).

Misawa has also used a variation, called **Super Emerald Frosion**, where he lifts his opponent upside down like in a *Vertical suplex*, turns him 180° while still keeping the headlock, places his left arm around the opponent’s torso, and sits down leaning to his right, driving the opponent vertically down to the mat on his neck and shoulders.

**Falling slam**

Facing his/her opponent, the wrestler reaches between his/her opponent’s legs with one arm and reaches around his/her back from the same side with his/her other arm. The wrestler lifts his/her opponent up so he/she are horizontal across the wrestler’s body then falls forward to slam the victim against the mat back-first. Also known as a **Reverse Fallaway Slam**.

Notable users include: Mark Henry (World’s Strongest Slam)

**Front powerslam**

The attacker reaches between the victim’s legs with one arm and reaches around the victim’s back from the same side with his/her other arm. The wrestler lifts his/her victim up over his/her shoulder and falls forward to slam the victim against the mat back-first. Wrestlers sometimes run forward as they slam—this is called a **Running Powerslam**, and was made famous by The British Bulldog.

**Inverted front powerslam**

See Inverted powerbomb.

**Gorilla press powerslam**

Similar to a gorilla press slam. The wrestler lifts his/her opponent up over his/her head with arms fully extended (as in the military press used in weight lifting), then drops his/her opponent up over his/her shoulder and falls forward to slam the victim against the mat back-first. Johnny Stamboli used this as finisher which he dubbed the **Fuhgetaboutit** when he worked in WWE.

**Inverted sitout side powerslam**

The attacker faces a bent opponent. He then gutwrenches the opponent and lifts him up on one of his shoulders, facing upwards. The attacker then sits down and simultaneously flips the opponent forwards, slamming them down to the mat face first next to the attacker.

Notable users include: John Walters (Hurricane DDT) and Masato Tanaka (Complete Dust).

**Scoop powerslam**

The attacker places one arm between the victim’s legs and reaches over the victim’s shoulder with his/her other arm. The wrestler then spins the victim over onto his/her back, keeping the victim horizontal...
across his/her body as he/she falls face-down on top of the victim in a pinning position. This move is usually performed on a charging opponent, using the victim’s own momentum to power the throw.

[edit]

**Suplex powerslam**

The wrestler applies a Front face lock, throws the victim’s near arm over the wrestler’s shoulder, and then grabs his/her tights to lift him/her up straight in the air (as in most standard suplexes).

When the wrestler begins to drop the victim to the mat the wrestler will fall face-down on top of his/her opponent (in a powerslam position).

This move was invented by Dean Malenko, and popularized by Bill Goldberg, who called it “The Jackhammer”.

Another version of this move sees a wrestler use the standard vertical suplex to lift the opponent into the air and place him/her over the attacker’s shoulder before performing a running powerslam.

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**Side slam**

The wrestler stands side-to-side and slightly behind with the victim, facing in the opposite direction, and reaches around the victim’s torso with one arm across the victim’s chest and under both arms. The wrestler lifts him/her up with one arm and falls forward, slamming the victim into the mat back-first. The side slam is frequently referred to by its Japanese name of Ura-nage and is frequently performed against a charging opponent, similar to a low clothesline.

It has been used as a finisher by many wrestlers, including The Rock, who calls it the Rock Bottom, and Booker T, who calls it the Book End.

More variations:

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**Elevated side slam**

In this variation the opponent is first lifted into the air in a belly-to-back suplex motion before it is turned into a side slam so the victim is dropped from an elevated position. This version is used by Mark Jindrak, who calls it “The Mark of Excellence”.

Another elevated side slam starts with the attacker lifting the opponent in the vertical suplex position. At this point the face lock is released and as the victim falls back down, his/she is placed into a side slam position and dropped to the mat. This version was used by Matt Morgan.

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**Moonsault Ura-nage**

The attacker stands slightly behind and facing the side of a standing victim. The attacker then reaches under the near arm of the victim, across the chest of the victim and under their far arm, while placing his/her other hand on the back of the victim to hold them in place. The attacker then performs a backwards somersault while holding the victim, driving the victim into the ground back-first.

British Wrestler, and OVW talent, Paul Burchill calls this move The C4.

This move can also be performed off the top rope and is known as a Solo Spanish Fly in reference to the double team move.
Spinning side slam

The wrestler stands side-to-side and slightly behind with the victim, facing in the opposite direction, and reaches around the victim's torso with one arm across the victim's chest and under both arms. The wrestler then lifts him/her up with one arm as he/she swings the victim 180° to the opposite side, while the wrestler faces the same direction, then falls onto the opponent slamming the victim onto the mat back-first.

In another version of this move, which is performed against a charging opponent, the wrestler uses the victim's own momentum to power the throw and can see the wrestler with the victim in the air spinning back round nearly 360° before dropping him to the mat. This version is currently being used by Abyss who calls it the Black Hole Slam and a modified version has also been used recently by Heidenreich & Viscera.

Swinging side slam

Also known as a wind up slam the move sees a wrestler facing his opponent, the wrestler would reach between his/her opponent's legs with one arm and reaches around his/her back from the same side with his/her other arm. The wrestler next lifts his/her opponent up so he/she is horizontal across the wrestler's body then the attacker twists himself to one side (the side where the opponent's legs are) and then swings back as he/she throws the lower half of the victim's body out and round until one arm is across the victim's chest and under both arms. The wrestler falls forward, slamming the victim into the mat back-first.

Notable users include: Chris Harris (Catatonic), Billy Gunn (Gunn Slinger).

A variation of this move sees a wrestler hang the opponent across the attacker's shoulder and throw out the legs behind them so the victim swings back round to drop in a side slam position. Victoria uses the version and calls it the Spider's Web.

Sidewalk slam

The wrestler stands side-to-side and slightly behind with the victim, facing in the same direction, and reaches around the victim's torso with one arm across the victim's chest and under both arms and places the other arm under the victim's legs. The wrestler then lifts him/her up, bringing his/her legs off the ground and falls down to the mat in a sitting position, slamming the victim into the mat back-first. It was formerly used by the late Big Boss Man calling it the "Bossman Slam".

Shoulderbreaker

A shoulderbreaker is any move in which the wrestler slams his/her opponent's shoulder against any part of the wrestler's body, usually the knee.

This move would usually see the attacker turn the victim upside-down and drop the victim shoulder-first on the attacker's knee.

It was used by Don Muraco as a finishing move.

Snake Eyes
This move would see the attacker to place the victim on top of the attacker’s shoulder so that both are facing the same direction while the victim is facing forward, and then the attacker would throw the victim face-first onto a turnbuckle.

Notable users include: The Undertaker, Kevin Nash.

**Snapmare**

With the attacker’s back to the victim the attacker applies a cravatte or a ¾ facelock then kneels down and snaps the victim over his/her shoulder so the victim lands back-first on the mat.

This is often done as a set-up move for any submission hold that requires the attacker to stand behind the victim.

**Suplex**

Main article: Suplex

A suplex is the same as the amateur suplay, a throw which involves arching/bridging either overhead or twisting to the side, so the opponent is slammed to the mat back-first. The term suplex (without qualifiers) can also refer specifically to the vertical suplex.

**Trips/Sweeps**

**Dragon Screw**

This is a legwhip where and attacker grabs an opponent's leg and holds it horizontal to the mat while they are facing each other, before spinning it toward the inside of the opponent's leg, bringing them down in a turning motion.

**Drop Toe-hold**

The attacker falls to the ground, placing one foot at the front of the opponent’s ankle and the other in the back of the shin. This causes the victim to fall face first into the ground. It is sometimes used illegally to force an opponent into a chair or other elevated weapon; it is also used occasionally to force an opponent face-first into the turnbuckles, stunning him/her or her momentarily.

It is used by Rey Mysterio into the second rope as a set-up to his 619 finisher.

**Half Nelson Legsweep**

The attacker stands behind, slightly to one side of and facing the victim. The attacker reaches under one of the victim’s arms with his/her corresponding arm and places the palm of his/her hand on the neck of the victim, thereby forcing the arm of the victim up into the air (the Half Nelson). The attacker then uses his/her other arm to pull the victim’s other arm behind the victim’s head, so both victim’s arms are pinned.
The attacker then hooks the victim's near leg and throws themselves backwards, driving the victim back-first to the ground.

**Russian legsweep**

Also known as a *Side Suplex* or a *Side Russian Legsweep* a move in which a wrestler stands side-to-side and slightly behind with the victim, facing in the same direction, and reaches behind the victim's back to hook the opponents head with the other hand extending the victims nearest arm, then while hooking the opponents leg the wrestler falls backward, pulling the victim to the mat back-first.

There is also a *facebuster* variation of this move.

**Three-quarter facelock Russian legsweep**

The attacker stands in front of, facing away from and slightly to one side of the victim. The attacker then reaches behind themselves and applies a *three-quarter facelock* to the victim. The attacker then hooks the victim's near leg with their own near leg and sweeps the leg away, simultaneously throwing themselves backwards, thus driving the victim to the ground (with the weight of the attacker on top of them) and wrenching the victim's neck.

**Straight Jacket**

Another variation of a Russian Leg-sweep, except the opponent’s arms are crossed over the victim’s chest.

**Schoolboy**

The attacker drops down to his/her knees behind the opponent and forces his/her bodyweight forward to force the opponent to fall flat on his/her face. This technique gives its name to the *schoolboy bump*.

**STO**

STO (Space Tornado Ogawa) is a sweep in which an attacker wraps one arm across the chest of his/her opponent and sweeps the opponent's legs with his/her own leg to slam the other wrestler back-first. This can also be a lariat-legsweep combination to slam down opponent, Same as the judo sweep O-soto-gari. Naoya Ogawa adapted the move into pro wrestling, and was an Olympic judoka).

Notable users include: Steve Corino, Rufio Rush

**Claw-hold STO**

Also known as an STK, this move is a STO where the attacker would first apply a head claw with one hand before sweeping his/her opponent’s legs to slam down the victim’s head on the mat. This move is used by Kenzo Suzuki as his finisher.
Reverse STO
A Suplex is an offensive move used in wrestling, both in competitive sport wrestling, including Olympic and collegiate wrestling, and professional wrestling.

The move consists of one wrestler picking up his or her opponent off the ground (or mat) and then using a large portion of his or her own body weight to drive the opponent down on the mat. Nearly all suplexes have the attacker going down to the mat with the opponent landing on his or her back. For example, common in professional wrestling is the vertical suplex, which has the wrestlers begin face-to-face, then the attacker forces the opponent's head down and locks the opponent's arm around it. The attacker then places his or her opponent's arm around the opponent's own head, seemingly as a way of helping the opponent to stay in mid-air during the next part of the move, in which the attacker grabs the opponent by his or her trunks and lifts him or her high off the mat, so that the opponent's body is upside-down and vertical above the attacker. The attacker falls backwards onto his or her own back, using his or her body weight to slam the opponent down onto his or her back (the attacker’s cradling of the opponent’s head helps ensure his or her neck and head will not be damaged by hitting the mat on the landing move). In summary, the opponent has been forced into doing a forward flip onto his or her back.

In Olympic and amateur wrestling there also exist suplex-like moves, called suu-plays or suplays, a Greco-Roman wrestling term. During his career, pro wrestling commentator Gordon Solie used the soo-play pronunciation, but almost all other pro wrestling talent pronounces it soo-plex; this suggests the two names define the same kind of move. (Origin of the words “suplex” or “suplay/suu-play” is still a subject of research.)

Contents

- Suplex variants
  - Front facelock variants
    - Fisherman suplex
      - Swinging fisherman suplex
    - Rolling release suplex
    - Slingshot suplex
    - Snap suplex
    - Super-plex
    - Suplex slam
      - Sitout suplex slam
    - Inverted suplex slam
      - Reverse suplex
      - Sitout inverted suplex slam
    - Vertical suplex
      - Delayed vertical suplex
      - Rotating vertical suplex
  - Belly to back variants
    - Belly to back suplex
    - Leg hook belly to back suplex
      - Bridging leg hook belly to back suplex
      - Spinning leg hook belly to back suplex
    - High angle belly to back suplex
    - Cobra clutch suplex
    - Crossface chickenwing suplex
    - Double arm suplex
    - Double underhook suplex
    - Full nelson suplex
    - Gutwrench suplex
      - Karelin Lift
    - German suplex
      - X-plex
Suplex variants

Professional wrestling features many different varieties of suplexes. The following are among the most common, but many more exist, particularly as the signature techniques of individual wrestlers.

Front facelock variants

In these suplexes, the wrestlers begin by facing each other, the attacking wrestler then applies a **Front facelock** to the victim before executing a throw. In most, the victim is suspended upside-down during part of the move. The most common front facelock suplex is the **vertical suplex**.

Fisherman suplex

Also known as a **fisherman's suplex** or **cradle suplex**. With their opponent in a **front facelock** with the near arm draped over the attacker’s shoulder, the wrestler hooks the victim's near leg with his/her free arm and falls backwards, flipping the victim onto his/her back. The attacker usually keeps the leg hooked and bridges to pin the victim, or applies a **leglock submission hold**.

Notable users: “Mr. Perfect” Curt Hennig (Hennig/Perfect-Plex) and “The Franchise” Shane Douglas (Pittsburgh Plunge).

Swinging fisherman suplex

Also known as **Swinging fisherman neckbreaker** and **Golden Gates Swing**. A swinging variation of this move sees a wrestler, with their opponent in a front facelock with the near arm draped over their shoulder, hook the victim’s near leg with their free arm and roll over to one side, flipping the victim over onto their back.
**Notable users:** Perry Saturn *(Moss Covered Three Handled Family Credenza)*, John Cena, Austin Aries

**Rolling release suplex**

This suplex starts with the attacker applying a front face lock to his/her opponent and draping the victim's near arm over his/her shoulder, then lifting him/her up in the vertical position, at this point the face lock is partly released as the attacker falls forward, the momentum of the attacker forces the victim to roll out of the face lock and drop back-first down to the mat.

**Slingshot suplex**

The attacker faces a standing victim with one side of the ring immediately behind the victim. The attacker applies a front facelock to the victim, takes hold of the victim with his/her free hand, then lifts the victim until he/she is nearly vertical. The attacker then falls forward so that the torso of the victim bounces off the top ring rope, and uses this momentum to quickly lift the victim overhead once more and falls backwards, driving the back and shoulders of the victim into the ground.

*Tully Blanchard* was a common user of this move back in the mid/late 80’s.

**Snap suplex**

A front facelock suplex, which sees the attacker apply a front face lock to his/her opponent, draping the victim’s near arm over his/her shoulder, while pulling his own leg back then kick the leg forward quickly slamming it to the ground to build momentum to fall backwards and flips the victim over the attacker so they land on their back. It was used frequently by Bret Hart and The Dynamite Kid as one of their signature moves, and later adopted as a signature move by Chris Benoit, who trained under Bret’s father Stu Hart, and idolized The Dynamite Kid.

**Super-plex**

Any suplex performed by an attacker standing on the second rope against an opponent sitting on the top rope or top turnbuckle. Frequently done to prevent the victim from performing a high-flying technique. This move was made famous by Cowboy Bob Orton.

**Suplex slam**

This move is similar to most suplexes and starts with the attacker applying a front face lock to his/her opponent and draping the victim’s near arm over his/her shoulder, then lifting him/her up and holding the opponent in the vertical position. This is where the move differs from most of its counter parts with the attacker not falling with the victim but just throwing him to the mat. Sometimes this involves the wrestler turning the victim in midair and slamming the opponent down to the mat in front of him/her onto their back.

**Sitout suplex slam**
Also known as **Falcon Arrow**. The attacker applies a front facelock to the victim and drapes the victim's near arm over their shoulder. The attacker then takes hold of the victim's torso with their free arm and lifts the victim to a vertical position. The attacker then falls to a sitting position, driving the back and shoulders of the victim to the mat between their legs.

Another variation sees the wrestler perform a **Vertical suplex**, but instead of falling on to their back, the wrestler turns 180° when the opponent is upside down, and sits down driving the opponent back first between their legs.

Notable users: **Hayabusa** (**Falcon Arrow**), **Koji Kanemoto**, **Hardcore Holly** (**The Hollycaust**)

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**Inverted suplex slam**

The attacker applies a front face lock to the victim and drapes the victim's near arm over his/her shoulder. The attacker then lifts the opponent into a vertical position, and proceeds to throw the victim back to the mat, driving his/her face into the ground. This move is also known as a **Gourdbuster**.

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**Reverse suplex**

The attacker applies a front face lock to the victim and drapes the victim's near arm over his/her shoulder. The attacker then lifts the opponent into a vertical position, and falls to their stomach, driving the face of the victim into the ground.

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**Sitout inverted suplex slam**

The attacker applies a front face lock to the victim and drapes the victim's near arm over his/her shoulder. The attacker then lifts the opponent into a vertical position, and falls into a sit-out position, driving the face of the victim into the ground. This move is also known as a sitout **Gourdbuster** or **Inverted Falcon Arrow**.

Notable users: **Ron Killings** (**Hat Rack Crack**)

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**Vertical suplex**

Known as **Brainbuster** in Japan, while the western **Brainbuster** is known as **Vertical Brainbuster** in Japan.

Set up similar to a snap suplex, except that when the victim is in position he is lifted up and held upside-down before the attacker falls backwards. Eddie Guerrero introduced a signature maneuver in which, after falling to the ground with his opponent, he flips himself over while maintaining his hold, pulls the victim back into the original position, and performs another vertical suplex. He ends once he has performed three suplexes. WWE announcers have dubbed the sequence **Three Amigos**; some fans have taken to calling this **rolling verticals** (an analogy from **rolling Germans**). Simon Diamond also does the three suplex series. He calls them "The Simon Series".

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**Delayed vertical suplex**

This variation, also known as the **Hanging Suplex, Standing Suplex** or **Stalling Suplex**, sees the attacker hold his opponent in an upside-down position at the peak of the arc for several seconds before
completing the maneuver, thereby causing blood to pool to in the head of the victim. This move is a staple of many power wrestlers, most notably Davey Boy Smith. Other notable users include Ric Flair, Kenta Kobashi, Chris Harris, Lance Storm, and CM Punk.

Rotating vertical suplex

The attacker lifts the opponent as in a normal vertical suplex, but turns around in place as he falls back. This variation also goes by the name Rotation suplex, Twisting suplex and Rotary suplex.

Belly to back variants

In these variants, the attacker stands behind his victim and applies a hold before falling backwards, dropping the victim on his or her upper back. The most common belly to back variants are the German suplex and the back suplex.

Belly to back suplex

The attacker stands behind his/her opponent and puts his/her head under the arm of the victim. He/she then lifts the opponent up using both of his arms wrapped around the torso of the opponent. The attacker finally falls backwards to slam the opponent flat on his/her back. This move is often referred to simply as a back suplex, or in Japan a back drop (not to be confused with a back body drop).

Many wrestlers perform the back suplex into a bridging position, simultaneously arching their own back and legs to elevate themselves, gaining leverage and pinning their opponent. Yuji Nagata uses this as a signature move.

Leg hook belly to back suplex

The attacker stands behind his/her opponent and puts his/her head under the arm of the victim. He/she then lifts the opponent up using one arm around the waist of the opponent and another under one of his/her legs. The attacker finally falls backwards to slam the opponent flat on his/her back.

Bridging leg hook belly to back suplex

The attacker stands to one side of and slightly behind a standing opponent. The attacker then drapes the near arm of the victim over their neck and uses their own near arm to encircle the waist of the victim. The attacker then reaches under one of the victim's legs with their free arm, and lifts, forcing the opponent to bend into a right angle. Finally, the attacker falls backwards, driving the neck and shoulders of the victim into the ground, simultaneously arching their own back and legs to elevate themselves, gaining leverage and placing the victim in a pinning predicament.

Yoshinari Ogawa and Bryan Danielson use this a finishing move.

Spinning leg hook belly to back suplex
The attacker stands behind his/her opponent and puts his/her head under the arm of the victim. He/she then lifts the opponent up using one arm around the waist of the opponent and another under one of his/her legs. The attacker then turns 180° while falling backwards, slamming the opponent flat on his/her back.

Notable user of this move is Mitsuharu Misawa.

High angle belly to back suplex

Also known as Backdrop driver. The attacker stands behind his/her opponent and puts his/her head under the arm of the victim. He/she then lifts the opponent up using both of his arms wrapped around the torso of the opponent. The attacker finally falls backwards to drive the opponent to the mat on their neck and shoulders.

Notable users of this move include Lou Thesz, Steve Williams, Masahiro Chono and Toshiaki Kawada.

Cobra clutch suplex

The attacker places the victim in a Cobra clutch. The attacker then lifts the victim up and falls backwards, driving the victim to the mat on their head.

Crossface chickenwing suplex

The wrestler stands behind the opponent. He locks one of the opponent’s arms in a Chickenwing, and wraps his other arm around the opponent’s head. He then lifts the opponent up and falls backwards, driving the opponent on to the top of their head, down to the mat. Notable users include Tiger Mask IV who calls it the Millennium Suplex.

Double arm suplex

Standing behind his opponent, the attacker reaches around both of the victim’s arms and links his arms behind the victim’s back. He then lifts up and falls back, slamming the victim to the mat on their upper back.

Double underhook suplex

The wrestler and opponent face each other, the opponent bent forward. The wrestler hooks the opponent’s arms back, placing his/her arms under the back of the opponent’s elbows, with his/her hands on top of the opponent’s back in an axe-handle. The wrestler then lifts the opponent into an upside-down vertical position, and releases the armlocks as he/she falls back, shifting the opponent to one side as the opponent flips over.

Other names include:

- double axe-handle suplex / double axe suplex
- double chicken-wing suplex
- butterfly suplex
Full nelson suplex

This move is also known as the Dragon Suplex and Nightmare Suplex, a variation of the German Suplex where the attacker does a full nelson, then lifts the victim up and slams him/her backwards on the upper back and head. It can be bridged for a pinfall attempt.

[edit]

Gutwrench suplex

A gutwrench suplex involves a wrestler standing over a opponent locking his/her arms around the victim’s waist and lifting him/her up and slamming him/her over back-first down to the mat.

[edit]

Karelin Lift

A gutwrench suplex which begins with the opponent laying on the mat. The wrestler locks his arms around the opponent’s waist and stands up, lifting the opponent. He then throws the opponent to his side, dropping them to the mat face up on to their shoulders or face down on their chest. Named after the Greco-Roman amateur wrestler Alexander Karelin, who was the only person to use the suplex in his weightclass.

Notable users include: Takashi Sugiura

[edit]

German suplex

A belly-to-back waistlock/gutwrench suplex. The attacker stands behind the victim, grabs him/her around the waist, lifts him/her up, and falls backward to slam the victim back-first. Frequently the attacker finishes in a bridging position with the waistlock still applied to try for a pin. A popular variant is to follow up a German suplex by rolling sideways while still holding the waistlock and perform another German suplex. This maneuver, popularized recently by Kurt Angle and Chris Benoit, is called rolling Germans.

[edit]

X-plex

Also known as Cross-arm German suplex. A variation of the German Suplex where the victim’s arms are crossed across his/her chest, a straitjacket-like hold, and held by the attacker. The attacker subsequently lifts the victim backwards, landing like a German Suplex.

Notable users: Shane Helms, Ultimo Dragon (Aztec Suplex)

[edit]

Half nelson suplex

This is a version of a German suplex where the attacker stands behind the opponent, facing the same direction. The attacker reaches under one of the victim’s arms with his/her corresponding arm and places the palm of his/her hand on the neck of the victim, thereby forcing the arm of the victim up into the air (the Half nelson). The attacker wraps his free arm on the waist of the opponent. The attacker then lifts the victim up and falls backwards slamming the victim down on his/her neck and shoulders.

Notable users include Kenta Kobashi and William Regal.

Mitsuharu Misawa introduced a variation of this move. It is called Tiger Suplex ‘85. Instead of wrapping the other arm around the opponents waist, the arm is wrapped under the opponents other arm and
across his/her chest, right under the neck. The attacker then lifts the victim up and falls backwards,
bridging with his back and legs, causing the opponent to end in a pinning predicament.

[edit]

Pumphandle suplex

The wrestler stands behind his/her opponent and bends him/her forward. One of the victim’s arms is
pulled back between his/her legs and held, while the other arm is hooked. The attacker then lifts his/her
opponent up over his/her head and falls backwards to slam the victim against the mat back-first.

[edit]

Sleeper suplex

The attacker places the victim in a Sleeper hold and then hooks one of the victims arms with his free arm.
The attacker then lifts the victim up and falls backwards, driving the victim on their head.

[edit]

Tiger suplex

Another variation of the German Suplex except the attacker grabs the victim’s arms in a double
chickenwing and lifts him/her up while bridgeing into a pin or released.

[edit]

Wheelbarrow suplex

This move is achieved when a wrestler wraps a forward facing opponent’s legs around the his/her waist
(either by stands behind an opponent who is laying face-first on the mat or by catching a charging
opponent), then the wrestler would apply a gutwrench hold and lift the opponent up off the ground into
the air, then the attacker will continue lifting and fall backwards to hit this variation of a German Suplex.

This was the signature move of WWE RAW superstar Randy Orton back when he wrestled on OVW.

[edit]

Belly to belly variants

In these suplexes, the wrestlers begin by facing each other. The attacker then applies a bodylock before
falling backwards and flipping the victim onto his back.

[edit]

Belly to belly suplex

The attacker wraps his/her arms around his/her opponent in a waistlock or a bodylock and flips him/she
over by violently bridging his/her own body so the opponent lands on his/her back. This can be done
either overhead or to the side. Magnum T.A. was the first notable wrestler to win matches with it. This
move is also performed by Kurt Angle as one of his signature moves.

[edit]

Super belly to belly suplex

An overhead belly to belly suplex executed on an opponent sitting or standing on the top rope, facing
inward. Also one of Kurt Angle’s signature moves.
Capture suplex

The attacker stands facing a standing opponent. The attacker then catches one leg of the victim and pulls the victim towards them so that they are face to face, with the attacker reaching under the victim’s leg and hooking it. The attacker then uses their free arm to reach behind the neck of the victim and take hold of them. The attacker then quickly bridges backwards and releases the victim, throwing them overhead, or turns 180° while slamming the opponent down to the mat. This move can be used to counter a kick.

Notable users include: Tazz, Koji Kanemoto and Josh Barnett.

Exploder suplex

This is a variant of a belly-to-belly suplex. Rather than crossing the opponent’s arms around his/her own, the wrestler performing the Exploder Suplex wraps one of the opponent’s arms behind his/her back and throws him/her overhead in the same motion as a belly-to-belly. Another way of finishing this grapple is during the belly-to-belly like motion of throwing the opponent is for the wrestler to catch him/her and fall backward like a fallaway slam.

The first version involved a bridging pin and was called the Blizzard Suplex.

Jun Akiyama uses a variation, which he calls the Exploder ‘98, in which he clutches the opponent’s free hand in a pumphandle. It is also commonly known as the Wrist Clutch Exploder.

A modified version that ends in a Powerslam Pin is currently used as a finisher by WWE Superstar, Shelton Benjamin.

The term T-Bone suplex came from Tazz, calling it the “T-Bone Tazzplex”.

Northern lights suplex

The attacker puts his head under the arm of the victim and clutches the victim in a belly to belly suplex and flips him/her over. This move was invented and first performed by Japanese wrestler Hiroshi Hase. This suplex can be either bridged into a pin, or the attacker can float over into another Northern Lights Suplex.

Table top suplex

See Fallaway Slam

T-Bone suplex

see Exploder Suplex

Trapping suplex
This is when a wrestler holds both the opponent's arms under his own, from here the opponent is left secure and unable to counter or move away from the attacker while he/she delivers a belly to belly throw flipping victim over by violently bridging his/her own body so the opponent lands on their back.

Side variants

In these suplexes, the attacker stands to the side of his or her victim and applies a hold before falling backwards to slam the victim to the mat. The most common is the side suplex.

Saito suplex

The attacker stands either facing directly one of his/her opponents sides or slightly behind in an angle. He places the opponents near arm over his shoulder, grabs a waistlock, and then lifts the opponent up while falling backwards, causing the opponent to land on his/her neck and shoulders.

Leg hook Saito suplex

The attacker stands behind and to one side of the victim. The attacker wraps one arm around the waist of the victim and grabs the back of the victim’s near leg with his/her other arm. The attacker then lifts the victim on to his/her shoulder and then falls backwards, driving the victim into the ground at a high angle.

Notable users: Shawn Michaels (Teardrop Suplex).

Side suplex

Also known as a Ura-nage Suplex, or Sambo Suplex this move involves a wrestler standing side-to-side and slightly behind an victim, facing in the opposite direction, and reaching around the victim’s torso with one arm across the victim’s chest and under both arms, the wrestler then bridges backwards and twists his own body to the opposite side of the opponent pulling the victim over the attacker and down to the mat back-first.

“Side suplex” can also refer to a Russian legsweep.

Inverted facelock variants

In these suplexes, an attacker begins by facing the back of an opponent and applying an inverted facelock before executing a throw. In most, the victim is suspended upside-down during part of the move.

Inverted suplex

The attacker applies an inverted facelock to the victim with one arm and uses the his/her other arm to elevate the victim, so the victim ends up in a sitting position with his/her back parallel to the ground. The attacker then falls backwards, driving the upper back and shoulders of the victim into the ground.

This move is also referred to as a Lifting Diving Reverse DDT and is most well known as D-Von Dudley’s finisher called the Saving Grace.
Inverted vertical suplex

The attacker stand behind an opponent and applies an inverted facelock with one arm, and uses the other arm to aid in elevating the opponent so that he/she is lifted up and held upside-down before the attacker falls to his back driving the victim down to the mat front-first, behind the attacker.

Grounded variants

Leg/ankle suplex

The attacker stands at the feet of a face-up supine victim. The attacker then lifts and hooks one leg of the victim with their opposing arm (e.g. the left leg of the victim with the right arm of the opponent). The attacker then throws themselves backwards to the ground, placing stress on the lower leg and ankle of the victim.

This move was invented by Greg Valentine as an alternative to the Figure Four Leglock, and was named by David Crockett.

A **Powerbomb** is a professional wrestling move in which an opponent is lifted up (usually so that they are sitting on the attacker’s shoulders) and then slammed back first down to the mat.

The standard Powerbomb sees a wrestler placed in a standing headscissors position (bent forward with their head placed between the attacker’s thighs), lifted up on the attacker’s shoulders, and then slammed down back-first to the mat.

The first powerbomb, was allegedly performed by Lou Thesz when he accidentally botched a piledriver by letting go his opponent so that he fell down to the mat head first.

**Contents**

[hide]

- **1 Variations**
  - 1.1 Argentine powerbomb
  - 1.2 Belly to back powerbomb
  - 1.3 Chokebomb
  - 1.4 Crucifix powerbomb
    - 1.4.1 Sitout crucifix powerbomb
  - 1.5 Double underhook powerbomb
  - 1.6 Elevated powerbomb
  - 1.7 Ganso Bomb
  - 1.8 Fireman’s carry powerbomb
  - 1.9 Gutwrench powerbomb
  - 1.10 Inverted powerbomb
  - 1.11 Jackknife powerbomb
  - 1.12 Rope aided powerbomb
    - 1.12.1 Corner sitout powerbomb
  - 1.13 Sitout powerbomb
  - 1.14 Spin-out powerbomb
  - 1.15 Sunset flip powerbomb
  - 1.16 Tiger bomb
  - 1.17 Thunder Fire Powerbomb
  - 1.18 Top rope powerbomb
    - 1.18.1 Superbomb
  - 1.19 Turnbuckle powerbomb
  - 1.20 Vertical suplex powerbomb

- **2 See also**

**Variations**

[edit]

**Argentine powerbomb**

The attacker places their opponent face-up across their shoulders, as in an Argentine backbreaker rack, hooks the head with one hand and a leg with the other, and the attacker will then spin the opponent’s head away from the attacker, dropping the opponent down to the mat. Often the attacker drops to a seated position while spinning the opponent.

The move is more greatly recognised as the finisher of female Japanese wrestler Lioness Asuka, dubbed the **Towerhacker Bomb**.
Belly to back powerbomb

The attacker puts the opponent in a standing headscissors (bent over and head placed between the attackers thighs), lifts the opponent upside down (piledriver position), from there they swing the opponent up horizontally to the mat, and slam them down to the mat with extra force. This is sometimes called “The Power Outage”.

Chokebomb

Similar to a chokeslam, except that the wrestler drops to a sitting position and slams the opponent to the mat between their legs.

Notable users: Men's Teioh (Miracle Ecstasy Bomb), Abyss (Death Penalty)

The attacker may also use a two-handed choke hold to lift the opponent before falling to a sitting position.

Notable users: A-Train (Derailleur / Baldo Bomb/A-Bomb), Viscera (The Embalmer / Viscera Driver).

Crucifix powerbomb

The opponent is lifted on to the back of the attacker with their arms spread out. The attacker then kneels, bends forward, and throws the opponent forward to the mat on to their back or neck and shoulders.

This move was made popular by Scott Hall (The Razor's/Outsider's Edge). During his run on World Wrestling Entertainment’s SmackDown! brand Mordecai used it, calling it The Crucifix.

Mike Awesome uses a running crucifix powerbomb from the shoulder, which he calls the Awesome Bomb. The running crucifix powerbomb is also known as the Hammer Bomb.

Sitout crucifix powerbomb

Instead of kneeling forward the attacker sits down while throwing the opponent forward and pulling them down by hooking their arms around the opponent's pelvis, causing them to fall down between the attacker’s legs into the Sitout powerbomb position.

Notable users include: Eddie Guerrero (Splash Mountain / Black Tiger Bomb)

Double underhook powerbomb

The attacker faces a bent over opponent, and underhooks the opponent's arms with both arms. The attacker then lifts the opponent in the air and flips them over, throwing them back down and driving the back and shoulders of the opponent to the ground. The attacker may also fall to their knees as they slam the opponent down. This move is also known as a Butterfly powerbomb.

Among some of the wrestlers who have used this move are Dean Malenko, William Regal and Scott Steiner.
A sitout double underhook powerbomb is known as a Tiger Driver, or, less commonly, as a Tiger Bomb.

**Elevated powerbomb**

Similar to a normal Powerbomb, but instead of slamming the opponent directly on the mat from the shoulders, the attacker lifts the opponent even higher by extending their arms up, and then drives the opponent down to the mat.

Notable users: The Undertaker (The Last Ride).

**Ganso Bomb**

Also known as Original Powerbomb.

The attacker bends their opponent over and grabs a belly to back waistlock. The attacker then lifts the opponent until they are vertical. The attacker then drives the opponent down on their neck and shoulders. The attacker either stays standing or drops to their knees.

This move was originally invented by Lou Thesz when he botched a Piledriver attempt. The move is commonly known as Ganso Bomb because it has been mostly used only in Japan in the last decades. Ganso means “original” in Japanese.

Some of the wrestlers who have performed this move are Toshiaki Kawada and Megumi Kudo.

The move is also known as the Hangman’s DDT, this name was invented and popularized by two games, WWF WrestleMania 2000 and WWF No Mercy, which were developed by AKI and released on the Nintendo 64 in the United States. Having previously developed Japanese wrestling games featuring Toshiaki Kawada, AKI left the move, along with many other Japanese moves, in the US games they developed as a bonus feature. However, most Americans didn’t know what the Ganso Bomb was or even that “ganso” was a real word, so calling it by its original name in an American video game would have sounded like Engrish. The name “Hangman’s DDT” was thus concocted.

**Fireman’s carry powerbomb**

The wrestler lifts the opponent on to his shoulders, into the Fireman’s carry position. The wrestler grabs hold of the opponent’s near leg with one hand, and his head with the other. He then pushes the opponent’s upper body up and simultaneously spins them, causing them to end up in front of the wrestler face up. The wrestler then either sits down or stays standing. He may also wrap his hands around the opponent’s upper legs.

Mammoth Sasaki uses a Airplane spin sitout variation of this move.

**Gutwrench powerbomb**

A gutwrench powerbomb involves a wrestler standing over an opponent locking their arms around the opponent’s waist and lifting them up, flipping them over, and slamming them down to the mat back first. Usually the attacker sits down while slamming the opponent.

Also known as the Doctor Bomb as used by “Dr. Death” Steve Williams.
### Inverted powerbomb

Also known as Inverted front powerslam. The attacker faces a bent-over opponent and applies a waistlock. The attacker then lifts the opponent up so they are lying across the attacker’s shoulder, facing upward, with the attacker maintaining the waistlock to hold them in position. The attacker then falls forward while flipping the opponent forward, driving the opponent horizontally face first into the ground.

Notable users: Ron “Faarooq” Simmons (The Dominator), Yutaka Yoshie (Canadian Hammer).

### Jackknife powerbomb

The attacker performs a regular powerbomb on the opponent and then follows up with the Jackknife Hold, used, for example, by Kenta Kobashi.

**Jackknife Powerbomb** is also the name applied to a powerbomb where, when the opponent is lifted into the air, they are simply dropped without any extra force exerted. Sometimes the opponent would be thrown (horizontally) away from the attacker rather than merely dropped. This variation on the standard powerbomb was popularised by Kevin “Diesel” Nash.

### Rope aided powerbomb

The wrestler takes hold of an opponent, who is laying on the mat, by their legs. The opponent then grabs hold of one of the ropes with both hands as the wrestler pulls them backwards, lifting them off the mat. At this point the opponent releases their grip on the rope and is brought down to the mat.

This move is often used by female wrestlers. This move can also see athletic wrestlers use the lift of the attacker to flip themselves to a standing position.

### Corner sitout powerbomb

The opponent begins sitting in the corner of the ring and facing outwards, while holding on to the ring ropes. The attacker takes hold of the opponent by the legs and pulls them upwards and backwards, falling into a sitting position as they do so. The move ends with the opponent’s back on the ground and their legs over the shoulders of the attacker, placing the opponent in a pinning predicament.

### Sitout powerbomb

Also called a sit-down powerbomb, this is any powerbomb in which the attacker drops into a sitting position as they slam their opponent down to the mat. This maneuver can be done with many variations of the powerbomb.

The most common sitout variation is that of a standard powerbomb, in which the opponent is placed in a standing headscissors, and then lifted up on the attacker’s shoulders. At this point, the attacker slams the opponent down, and at the same time falls to a sitting position.

Notable users include: Batista (Batista Bomb), Akira Taue (Dynamic Bomb).
Spin-out powerbomb

This is a belly-to-back powerbomb, usually beginning in the back suplex position where the attacker stands behind their opponent and puts their head under the arm of the opponent. They then lift the opponent up using one arm around the waist of the opponent and another under their legs. The attacker then spins the opponent over dropping them to the mat back first as they drop to a sitting position.

Known under the name Blue Thunder Driver, a name invented by Jun Akiyama. The move is also known as Blue Thunder Powerbomb because it resembles a Powerbomb more than a Driver.

Val Venis is probably the most famous user of spin-out powerbomb in the U.S. Tsuyoshi Kikuchi also uses the move calling it the Fireball Bomb.

Another variation of this move ends in side slam positions, this version is used by John Cena who calls it Freestyle. Cena also used it in UPW calling it The Protobomb.

Sunset flip powerbomb

A move in which a wrestler will roll/flip over an elevated opponent facing them in a reverse body scissors and use the momentum to pull the opponent down to the mat back-first.

Tiger bomb

Alternate name for the Tiger Driver.

Thunder Fire Powerbomb

Also known as Thunderfire Powerbomb or One shoulder powerbomb. The wrestler faces a bent opponent and places him in the standing headscissors position (bent forward with their head placed between the attacker’s thighs). The wrestler then grabs hold around the opponent’s upper torso or waist, and lifts him on top one of the wrestlers shoulders on his back. The wrestler then either drops down on one or both knees simultaneously, bending forward, and slamming the opponent down to the mat on his back or shoulders.

Notable users include The Great Sasuke and Masato Tanaka.

In a variation called Sitout Thunder Fire Powerbomb the wrestler sits down with his legs spread, dropping his opponent between them, instead of dropping down to his knees. He then bends forward while still holding his arms around the opponent’s waist, pushing him down to a pinning predicament. A notable user of this variation is Johnny Smith.

Top rope powerbomb

The attacker stands on the top turnbuckle. They force the opponent to ascend to the top rope, standing usually on the top ropes with their legs spread. The attacker then bends the opponent, placing their head between the attacker’s thighs. The attacker then wraps their hands around the opponent’s waist. The attacker then lifts the opponent up, flipping them over, while jumping forward. The opponent falls down to the mat back first, and the attacker usually falls to their knees or to a sitting position.

Notable users include: Mike Awesome (Kamikaze Awesome Bomb)
Superbomb

In this variation of a top-rope powerbomb sees the opponent sitting on the top rope. The attacker climbs up to the top rope and stands facing the opponent. They then bend the opponent over and take hold of them around the waist. The attacker then flips the opponent up and over so they are sitting on the shoulders of the attacker. At the same time, the attacker spins around 180° and leaps forward, falling to the ground in a standing or sitting position and driving the opponent’s back and shoulders to the mat.

Notable users include: Chris Benoit, Chris Candido (The Blonde Bombshell).

Turnbuckle powerbomb

The attacker faces a standing opponent, bends them forwards, takes holds around the waist and then flips the opponent up and over so the opponent is sitting on the attacker’s shoulders. The attacker then faces a corner of the ring and throws the opponent into the corner, driving the back and neck of the opponent to the turnbuckle.

Notable users: Erik Watts (E-Bomb), B-Boy, and Kenta Kobashi.

Vertical suplex powerbomb

The attacker lifts the opponent upside down as in a Vertical suplex and then pushes their upper body forward while sitting down, ending the move in the same position as the Sitout powerbomb.

Most notable user for this move is Kenta Kobashi, who calls it the Orange Crush. Originally he didn’t push the opponent’s as far out, so they landed on their neck and shoulders instead of their back.
A Piledriver is a professional wrestling move in which the wrestler grabs his/her opponent, turns him/her upside-down, and drops into a sitting or kneeling position, driving the victim's head into the mat. Piledrivers that end in a seated position are referred to as sit-out piledrivers.

The most common piledrivers are the basic belly-to-back, or Texas piledriver, and the belly-to-belly tombstone piledriver popularized by The Undertaker, but many more intricate variants are in use.

The piledriver's use is considered an automatic disqualification in pro wrestling matches held in Memphis, Tennessee as the move is banned in that city. In some promotions in the United Kingdom, the move can result in a fine as well as disqualification. In Mexico, the piledriver (called a “Martinete”) is an automatic disqualification and wrestlers usually act as if their neck is broken. “Martinete” generally refers to Tombstone Piledrivers but it is used for other variations.

### Variations

- **1 Variations**
  - **1.1 Cradle piledriver**
  - **1.2 Double underhook piledriver**
  - **1.3 Flip piledriver**
  - **1.4 Kryptonite Krunch**
  - **1.5 Package piledriver**
  - **1.6 Reverse piledriver**
    - **1.6.1 Tombstone piledriver**
  - **1.7 Scoop side piledriver**
  - **1.8 Scoop slam piledriver**
  - **1.9 Spike piledriver**
  - **1.10 Texas piledriver**
    - **1.10.1 Reverse tombstone piledriver**
  - **1.11 Vertebreaker**
  - **1.12 Vertical suplex piledriver**

- **2 See also**
In this move a wrestler will bend his/her opponent forward, placing the victim’s head between the attacker’s legs (a standing head scissors), and hooks each of the opponent’s arms behind the opponent’s back. He/she then pulls back on the opponent’s arms lifting him/her up so that the victim is held upside down facing in the same direction as the wrestler, the wrestler then drops to a sitting or kneeling position dropping the victim’s head into the mat.

The version of falling to a sitting position is a popular move of Juventud Guerrera who refers to the move as the Juvi Driver. Kid Kash also uses this as his finishing move, which he calls the Money Maker.

Flip piledriver

Similar to a Texas Piledriver, except in this case the wrestler begins by latching onto the opponent’s back, with his/her head to one side of his/her opponent’s hips, and his/her legs around his/her opponent’s head. The wrestler then flips over into a sit-down piledriver. Petey Williams of TNA fame uses this as his finisher, calling it the Canadian Destroyer.

Kryptonite Krunch

Also called an over the shoulder belly to back piledriver. The attacker shoulders the victim by clutching him/her around the knees and lifting him/her onto his/her shoulder so that the victim’s head is dangling by the waist of the attacker. The attacker then holds the attacker in place by holding his/her leg with one arm and applies a headlock to the victim with his/her other arm. The victim is now bent into a circle. The attacker then drops to a seated position, driving the head of the victim into the ground.

The move was named Kryptonite Krunch by Nova, although it has been done for years under many other names like the Reality Check and the Schwein. Another method is lifting the opponent across the attacker’s back, which is best known as Mariko Yoshida’s Air Raid Crash, a name which is often wrongly used when refering to the Kryptonite Krunch.

Other notable users include: Elix Skipper (Sudden Death)

Package piledriver

In this variation, the setup is almost the same as a Texas piledriver, but instead of grabbing the waist of the opponent, the wrestler puts their arms underneath the opponent’s arms and grabs their legs by the knees. The wrestler then stands up, lifting the opponent until they are upside down, and drops to a sitting position with the opponent’s head between their thighs.

This variation was invented by independent wrestler Kevin Steen. It was also used by X while in Total Nonstop Action, who called it the Xecution.

Reverse piledriver

It is also called a belly-to-belly piledriver. The attacker faces their opponent. They then grab the opponent’s waist and turn them upside-down, holding them against their torso. The attacker then drops down to a sitting position, driving the opponent’s head down to the mat between the attacker’s thighs. Owen Hart broke Stone Cold Steve Austin’s neck when he botched this move.
Tombstone piledriver

This variation of a belly-to-belly piledriver sees the attacker faces their opponent, grabbing them by their waist and turning them upside-down holding them against their torso, or an attacker can take the victim in a sidewalk slam (backhand pickup) to lift them into the vertical position. The attacker then drops to a kneeling position, instead of a sitting one, so that the opponent falls down to the mat headfirst. It was popularized by The Undertaker, who used it as his finisher and first called it the Tombstone Piledriver.

Other notable users include: Kane and Justin Credible (That's Incredible)

Scoop side piledriver

Facing his opponent, the attacker reaches between their opponent’s legs with their right arm and reaches around the opponent’s neck from the same side with their left arm. They then lift the opponent up on their chest so that they are facing downwards. The attacker then moves their left arm from around the opponent’s neck to around the opponent’s torso. They then turn the opponent so that they are upside down on one side of the attacker. The attacker then jumps up and falls down to a sitting position, driving the opponent down to the mat neck and shoulder first.

Notable users include: Hayabusa (H Thunder)

Scoop slam piledriver

Facing their opponent, the attacker reaches between his opponent’s legs with their right arm and reaches around the opponent’s neck from the same side with their left arm. They then lift the opponent up and turn them around so that they are held upside down, as in a Scoop slam. The attacker then drops down to their knees, driving the opponent down to the mat neck and shoulder first.

Notable users include: Hiroyoshi Tenzan (TTD (Tenzan Tombstone Driver))

Steve Corino uses a slight variation of this move. First he lifts the opponent up to a Fireman's carry. From there he swings them to his front with the move continuing like a regular Scoop slam piledriver.

Spike piledriver

Also known as a Stuff Piledriver or a Jumping Piledriver. From a position in which the victim is bent forward against the wrestler’s midsection, the wrestler grabs around their opponent’s midsection and lifts so that the victim is held upside down facing in the same direction as the wrestler, the wrestler then jumps in the air and drops to a sitting position.

See also Aided piledriver which is called Spike piledriver too.

Texas piledriver

Also called a belly-to-back piledriver, this is the classic piledriver technique. From a position in which the victim is bent forward against the wrestler’s midsection, the wrestler grabs around his/her opponent’s midsection and lifts so that the victim is held upside down facing in the same direction as the wrestler, the wrestler then drops to a sitting position with the victim’s head falling between the wrestler’s thighs down to the mat.
Although this piledriver is common, wrestlers who often were identified with it (based on frequency of use as a finisher) are Harley Race, Jerry Lawler, and Paul Orndorff.

Reverse tombstone piledriver

Variation of the Texas piledriver. Instead of dropping to a seated position the wrestler drops to a kneeling position. This move is sometimes referred as Spike piledriver.

Notable users include: Dory Funk, Jr., Hiromichi Fuyuki, Chris Jericho

Vertebreaker

From a position in which the victim is standing behind the attacker, the attacker underhooks his/her arms under the victim’s arms. Then the attacker twists his/her body around so that the attacker is facing the ground and the victim is standing with his/her back resting against the attacker’s back. Then the attacker stands while the victim is in an upside down position while both the victim and the attacker's arms are still hooked and then the attacker then drops to a sitting position.

This technique is particularly dangerous, as the receiver’s arms are restrained and his/her head is not placed between the attacker’s legs, giving him/her little to post against. The wrestler receiving the technique is almost entirely dependent on the attacker’s strength and coordination to avoid serious neck injury.

Also called a reverse gory special piledriver, or a Kudo driver a name in reference to it’s original inventor, Japanese female wrestler, Megumi Kudo, who actually called it the The Kudome Valentine.

Other notable users include: Gregory Helms (Vertebreaker; where the move gets its current name), Homicide (Cop Killa)

Vertical suplex piledriver

Better known as the Steiner Screw Driver or PilePlex. The attacker applies a front facelock to the opponent and hooks the victim’s near arm over their shoulder and lifts them into a Vertical Suplex position. They then turns the victim 180°, forcing the opponent into the Tombstone piledriver position, then drops to a sitting position, dropping the victim on their head. Scott Steiner popularized this move, after he learnt it in Japan.
**DDT (professional wrestling)**

From Wikipedia, the free encyclopedia.

In [professional wrestling](https://en.wikipedia.org/wiki/Professional_wrestling) a **DDT** is any move in which the wrestler falls down or backwards to drive the victim's head into the mat. The classic DDT is performed by putting the victim in a front facelock and falling backwards so that the victim is forced to dive forward onto his or her head.

The move was named by Jake "The Snake" Roberts, he gave it the name DDT for his snake Damien, standing for *Damien's Dinner Time*, though the abbreviation originally came from the chemical dichloro-diphenyl-trichloroethane, a notoriously carcinogenic pesticide.

**Contents**

[hide]

- **1 Variations**
  - 1.1 Argentine DDT
  - 1.2 Brainbuster DDT
  - 1.3 Diving reverse DDT
  - 1.4 Double underhook DDT
  - 1.5 Elevated DDT
  - 1.6 Inverted DDT
  - 1.7 Lifting DDT
  - 1.8 T-Bone DDT
  - 1.9 Reverse tornado DDT
  - 1.10 Single arm DDT
  - 1.11 Snap DDT
  - 1.12 Spike DDT
  - 1.13 Tornado DDT
    - 1.13.1 Jump swinging DDT
    - 1.13.2 Spinning DDT

- **2 See also**

**Variations**

[edit]

**Argentine DDT**

The wrestlers lifts the opponent onto his shoulders as in a Argentine backbreaker rack, pushes the opponent's legs while still holding the headlock, flipping them over to the front of the wrestler. The wrestler falls down to the mat back first, driving the opponent face first down to the mat.

Notable users include: Kenta Kobashi (Burning Hammer variation)

[edit]

**Brainbuster DDT**

See: Brainbuster

[edit]

**Diving reverse DDT**
Standing behind his opponent, the wrestler bends him backwards and applies an inverted facelock. He then jumps backwards dropping to the mat onto his chest, driving the opponent down to the mat back-first.

Notable users include: Christian

**Double underhook DDT**

Instead of applying a head or face lock, the wrestler bends his/her opponent forward and hooks each arm behind the victim’s back, then falls back to pull the victim forward onto his/her head.

This is also called a Double Arm DDT and was used by Mick Foley during his Cactus Jack and Mankind gimmicks.

**Elevated DDT**

First an attacker places an opponent on an elevated surface, or find one that already is. While applying a front facelock, the attacker draws the victim away from the ropes/turnbuckle leaving the victim’s feet over the ropes, making them the only thing, other than the wrestler keeping the opponent off the ground. The attacker next falls backwards so that the victim is forced to dive forward onto his/her head with extra force because of the height of which they are dropped.

This can also be performed as a double team move.

**Inverted DDT**

Standing behind his/her opponent with the victim in front of him/her, the wrestler bends him/her back and applies an inverted facelock, then falls backwards to slam the victim’s head into the mat. Also known as a Reverse DDT, or a Scorpion Death Drop, used by Sting.

**Lifting DDT**

Also known as Implant DDT and Impaler DDT. A wrestler applies a front facelock to an opponent then lifts the victim off the ground just before falling backwards to drive the opponent face first down to the mat.

Notable users include: Edge (Edgecution).

**T-Bone DDT**

This is where the attacker reaches across the victim’s torso with one hand and grasps then thighs with the other, the attacker lifts the victim up horizontal to the mat and falls back like a Lifting DDT. It may be called, The Exploder DDT, T-Bone Lifting DDT, DDplex, T-Bone Driller or Diver.

**Reverse tornado DDT**
The wrestler applies a **inverted facelock** from an elevated position (for example, sitting on the top turnbuckle against an opponent standing on the mat, or from the apron against an opponent standing on the ground). He/she then jumps off so that he/she swings around the opponent. Using the momentum from the jump, he/she falls forwards and slams the back of the victim’s head into the mat.

**Single arm DDT**

*See Armbar Takedown*

**Snap DDT**

This DDT sees the attacker apply a front face lock to his/her opponent, while drawing his/her own leg back. The attacker then kicks his/her leg forward to build momentum to fall backwards and spike the opponent face first down to the mat.

Notable users include: [Lita](#)

**Spike DDT**

The attacker applies a **front facelock** to his opponent and lifts them up with his free arm. He then falls backwards, driving the opponent vertically down to the mat head first.

Notable users include: [Johnny Ace](#) and [Christian](#).

**Tornado DDT**

Also called a ‘swinging DDT’. The wrestler applies a front facelock from an elevated position (for example, sitting on the top turnbuckle against an opponent standing on the mat, or from the apron against an opponent standing on the ground). He/she then jumps off so that he/she swings around the opponent. Using the momentum from the jump, he/she falls backwards and slams the victim's head into the mat.

Notable users include: [Funaki (Rising Sun)](#), [Taka Michinoku](#).

**Jump swinging DDT**

This is an alternate version of a Tornado DDT in which a wrestler runs at a standing opponent, jumps and applies a front facelock then swings his/her legs forward to swing the opponent around using the momentum from the jump, falls backwards and slams the victim’s head into the mat.

**Spinning DDT**

The attacker runs at an opponent who is bent over facing them. The attacker applies a front facelock and then uses his/her momentum to spin themselves in a circle. The attacker then falls to his/her stomach, driving the face of the attacker into the ground, or to his/her back, driving the head of the victim into the ground.
A backbreaker refers to professional wrestling moves which see a wrestler dropping an opponent so that the opponent’s back impacts or is bent backwards against a part of the wrestler’s body.

Contents

Variations

1 Variations

- 1.1 Argentine backbreaker rack
  - 1.1.1 Sitout backbreaker
- 1.2 Backbreaker drop
- 1.3 Belly to back backbreaker
- 1.4 Chokeslam backbreaker
- 1.5 Double knee backbreaker
- 1.6 Double underhook backbreaker
- 1.7 Inverted facelock backbreaker
- 1.8 Inverted headlock backbreaker
- 1.9 Pendulum backbreaker
  - 1.9.1 Backbreaker
- 1.10 Tilt-a-whirl backbreaker
- 1.11 Uranage backbreaker

2 See also

Variations

Argentine backbreaker rack

This backbreaker submission sees the attacker places his or her opponent face-up across the attacker’s shoulders, hooking the head with one hand and a leg with the other, and pulling down on both ends to flex the victim’s back.

This technique is also called the human torture rack.

Sitout backbreaker

The attacker places the victim in the Argentine backbreaker rack and drops to the mat in a sitting position, thus flexing the victim’s back with the impact of the drop.

This move was invented by Abyss who calls it the “Shock Treatment”.

Backbreaker drop

A move in which a wrestler lifts an opponent up on to his/her shoulder and drops down to his/her knee so that the opponent’s back is bent backwards against his/her shoulder. Former WWE wrestler A-Train used this move as his finisher and called it the “Train Wreck.”
Belly to back backbreaker

The attacker stands behind his/her opponent and puts his/her head under the arm of the victim as for a Back Drop, but raises a knee and brings the victim back down so the opponent’s back collides with the knee of the attacker.

Also known as the Blue Thunder Backbreaker in reference to the Blue Thunder Driver, which also involves a victim being spun-out in front of an attacker after being lifted for a back drop.

Chokeslam backbreaker

The wrestler performing the move stands in front of and slightly to the left of the victim receiving it. The wrestler then reaches out and grabs the victim’s throat and trunks, and lifts him or her in the air as though the wrestler is about to deliver a chokeslam. However, as the wrestler brings the victim back down to the mat the wrestler kneels, slamming the other wrestler’s back onto his or her extended knee.

CZW wrestler, Nick Gage calls the move The Choke-Breaker

Double knee backbreaker

An attacking wrestler goes behind an opponent a places him in a rear chin lock while jumping up to place both his knees against the victim’s back, both wrestlers fall backward to the ground, this forces the attacker’s legs/knees push up into the back of the opponent.

Notable users: Maven (M-Plosion), Matt Striker (LungBlower), Rico

Double underhook backbreaker

The attacker stands facing a bent over opponent and hooks his/her arms. The attacker then lifts the victim as for a Tiger Driver, but raises a knee and brings the victim back down so his/her back collides with the knee of the attacker.

Inverted facelock backbreaker

See Inverted facelock neckbreaker

Inverted headlock backbreaker

The attacker stand back to back to the victim and uses one arm to place the victim in an inverted headlock from behind. The attacker then executes a quarter turn while bending at the waist to bend the victim backwards across the back of the attacker. This variation of the backbreaker is commonly used by third generation superstar Randy Orton

Pendulum backbreaker
This basic back breaker involves a wrestler standing side-to-side and slightly behind, with the victim facing in the same direction, then reaching around the victim’s torso with one arm across the victim’s chest and under both arms and places the other arm under the victim’s legs. The wrestler then lifts the victim up, bringing his/her legs off the ground, and dropping him/her back-first against the wrestler’s knee.

**Backbreaker**

This backbreaker submission involves the wrestler to lay his opponent’s back across one of his knees, then while placing one hand on his opponent’s chin and the other on their knee the wrestler would push down to bend the victim around his/her knee.

This move is usually performed at the end of a pendulum backbreaker, a move which sees a wrestler drop an opponent down on the wrestler’s knee, thus weakening the back before the hold is applied.

**Tilt-a-whirl backbreaker**

The attacker stands facing the victim, who is often charging at the attacker. The attacker bends the victim down so they are bent facing in front on the attacker’s body. The attacker reaches around the the victim’s body with their arms and lifts them up, spinning the victim in front of the attacker’s body as the attacker brings the victim back down to the mat the attacker kneels, slamming the victim’s back across his or her extended knee.

**Uranage backbreaker**

The wrestler firsts stands side-to-side and slightly behind with the victim, facing in the opposite direction. The attacker next reaches around the victim’s torso with one arm across the victim’s chest and under both arms, lifting him or her in the air as though the wrestler is about to deliver a Uranage slam. However, as the attacker brings the victim back down to the mat the attacker kneels, slamming the victim’s back across his or her extended knee.