

**Caveman School of Wrestling  
Clinic at Kagefit Auburn Alabama  
July 13-14**

**Date: July 13-14**

**Time: 9:00am-3:00pm**

**Clinician: Adrian A. Anderson**

**Multiple Winner of Georgia Wrestling coach of the Year, Regional Coach of the Year, Nominee National Wrestling Hall of Fame, 404-84 record, Coach Multiple State Champions, All-Americans, and Collegiate Wrestlers from a wrestling poor area with no feeder or middle school program.**

**What will be covered;**

**-Footwork and hand fighting for better results on attacks.**

**-Scoring from bad or blocked shots**

**-Front headlock domination**

**-Beating the front headlock**

**-Aggressive bottom work**

**-Tilts from every position**

**-Master position**

**-Creating your system where everything you do works with everything else you do**

**-The Caveman Philosophy for Success**