

BOTTOM MOVE: STEPOVER

The inside leg stepover is a basic way of reversing an opponent.



From the down position the wrestler looks to capture wrist control on the hand that is placed on his elbow.



Notice how the wrestler has grabbed the wrist with his palm down.



He pulls the wrist under his chest and then looks to capture elbow control with his inside arm.



Here the down wrestler has reached back, hooking his opponent's elbow as he continues the process of pulling the arm under him, also known as "sucking it under."



The bottom man drives off of his toes, elevating his hips, pulling the top man's shoulder down to the mat.



The bottom man now steps over with his inside leg. By exaggerating the step the down man is more apt to get the reversal. (Note: Do not step over with the outside leg.)



Here the bottom man has cast over the top man. Stepping over with the outside leg first makes the bottom man susceptible to counters.



Here the top man lets go of the near arm and moves to a reverse half position.



Here the wrestler finishes in perfect pin position: feet wide, head up, chest to chest.

A stepover is another example of hip heisting ability.