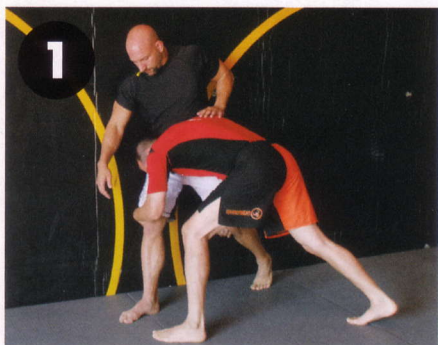
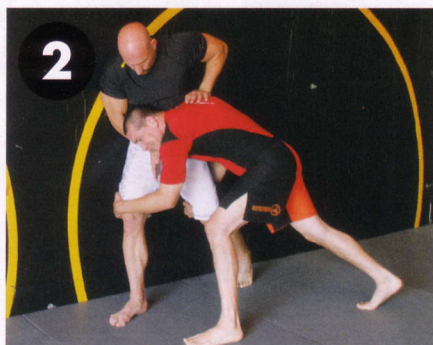


Freddy "Detroit Diesel" George is one of the most dedicated MMA trainers in the game as well as an awesome strength and conditioning coach. He has trained with some of MMA's biggest stars, including Ken Shamrock, Quinton Jackson, Josh Barnett, Sean Sherk and MANY more. Most of these fighters have come to CSW where you can find Freddy helping Erik Paulson run the school and prepare these fighters for battle. You will be able to get an up close look at who Freddy really is when he joins us on the TapouT Magazine road trip, which you can read about on page 104. For more info on training with Freddy and Erik Paulson, e-mail him at detroitdiesel34@aol.com.

Defending the Takedown Against a Wall (Option 1)



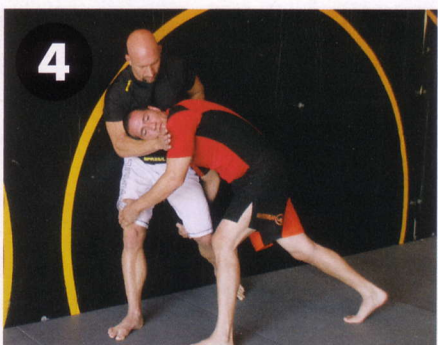
Jay Martinez has Freddy up against the wall and he is trying to take him down with a double leg.



Freddy cross-faces with his right arm, making sure his forearm goes across Jay's jaw line.



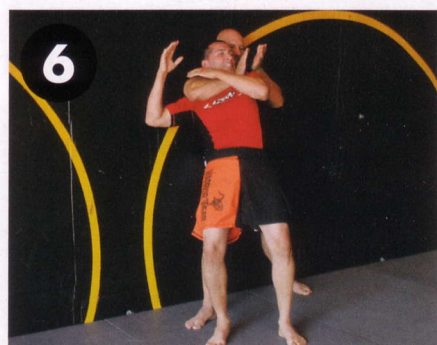
Here you can see how Freddy goes for the cross-face. Also notice how Freddy has his left hand on Jay's right shoulder.



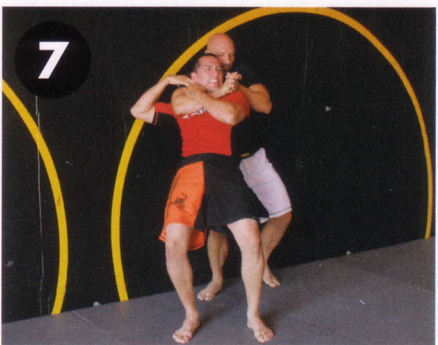
In one movement, Freddy lifts with his right arm and pushes down with his left arm, spinning Jay around. Remember: Turn the head and the body will follow.



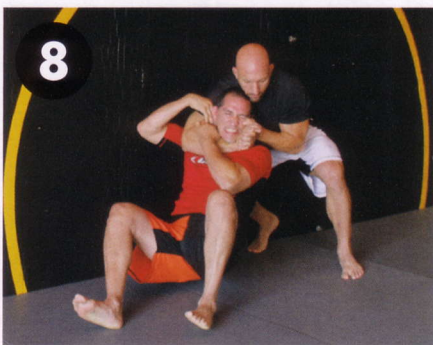
Here you can see how Freddy spins Jay around.



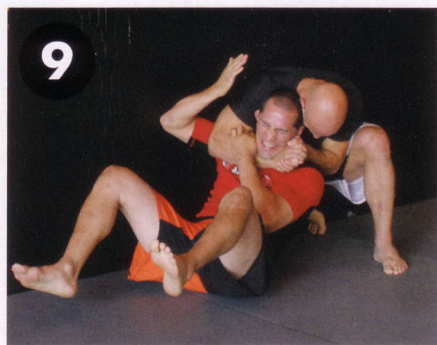
As soon as Freddy gets Jay's back, he drops his right forearm under Jay's chin for the choke, and locks his hands together.



With his hands locked, Freddy starts to drop down by bending his legs.



Here you can see how Freddy drops down and pulls Jay backwards. Notice how Freddy keeps Jay tight against his chest.



Now, Freddy squeezes for the choke.

Defending the Takedown Against a Wall (Option 2)



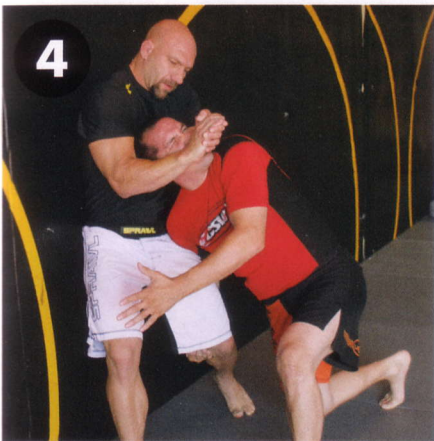
Freddy is stuck in the same position as before, with his back against the wall and Jay going for the double leg. Freddy brings his right forearm across Jay's jaw line for the cross-face, but Jay resists hard.



Freddy reaches over Jay's head with his left arm.



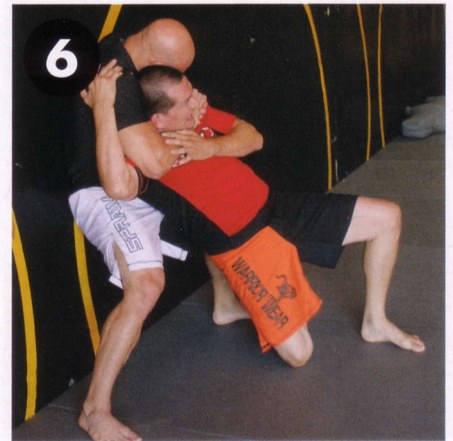
Now, Freddy locks his hands together so he can cross-face with the strength of two arms instead of one.



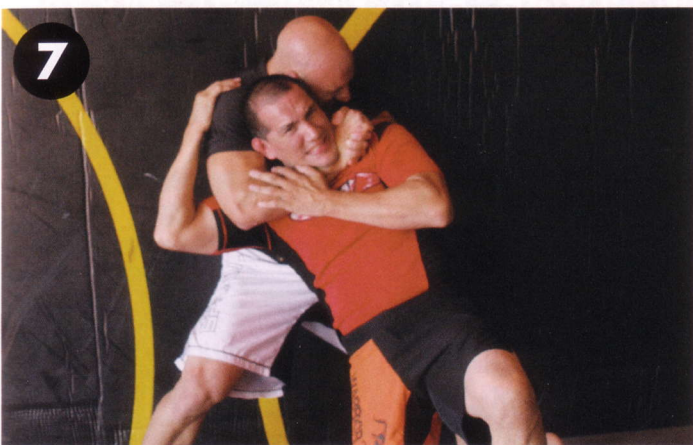
Freddy rotates his arms for the hard cross-face. He can stay on Jay's jaw line or go across Jay's nose for some serious pain compliance.



Freddy continues to cross-face until Jay gives up his back.



Now, Freddy drops his arms under Jay's chin for the choke. Notice how Freddy never unlocked his hands.



Here you can see Freddy's position from a different angle. Notice how he has a solid base to keep from being taken down.

Defending the Takedown Against a Wall (Option 3)

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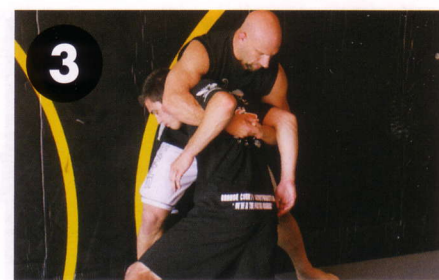
DEFENDING THE TAKEDOWN AGAINST A WALL (OPTION 3)



Craig has Freddy up against the wall and he is trying to take him down with a double leg. Freddy immediately gets an under hook with his right arm.



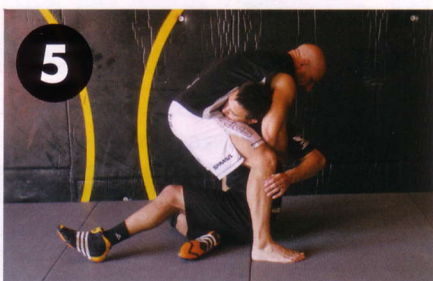
Now, Freddy gets an under hook with his left arm and lifts with both arms to peel Craig's hands off his legs. Notice how Freddy keeps his upper body leaning slightly forward to keep Craig's head down.



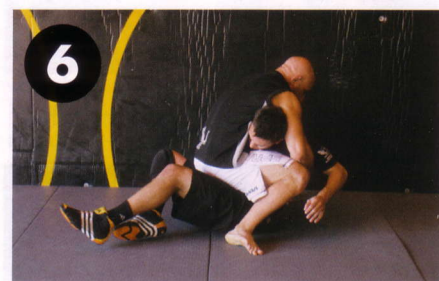
Freddy locks his hands together behind Craig's back.



Freddy steps over Craig with his right leg to go into the mount.



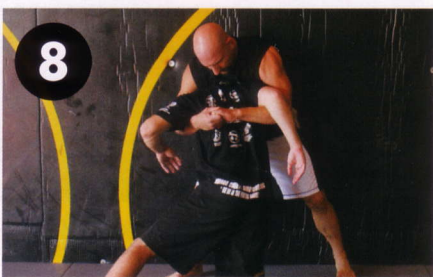
Here you can see how Freddy steps into the mount.



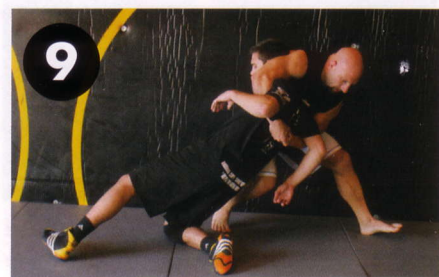
Now, Freddy drops down for the crucifix. Notice, that Freddy never unlocks his hands.



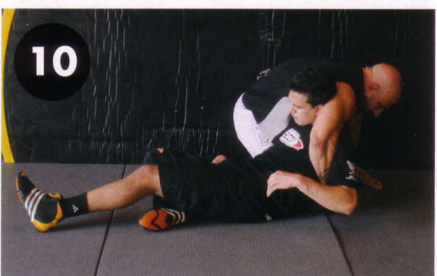
Here you can see Freddy's position from another angle. Freddy arches his back and squeezes his arms together to finish the submission.



Once Freddy gets to this position he also has another option for the crucifix.



This time, instead of stepping over Craig, Freddy steps to the side, bringing Craig to his back.



Here you can see how Freddy brings Craig down.



Now, Freddy kicks his right leg through (sits out), and sits back to finish the submissions.