

**Lift Your Wrestling To
The Next Level**
It's so much easier than you think.

Granby System has the formula that you can implement immediately. When you use it, you will discover how to achieve wrestling success beyond your wildest dreams.

In just the last 5 years, over 30 teams using our formula have won state team titles.

Leave Competitors Scratching Their Heads In Amazement With Holds They've Never Seen Before.

**Presented By National Hall of
Fame Coach
KEITH LOWRANCE**

- Granby State Champion
 - Two-time Big Ten Champion
 - Two-time All-American
 - Coached State Champion teams at Granby and Kempsville High Schools
 - Virginia and National Coach of the Year
 - Record 272-31-2
 - Coached 35 State Champions, 102 Place-winners
 - Several High School and College All-Americans
- Produced the nationally renowned Granby System Videos

Coach Lowrance is well known as one of the outstanding teachers of wrestling in America. Through his camps, clinics and videos he has had a tremendous influence on dozens of NCAA champions, hundreds of state champions and high school champion coaches.

Clinicians Also Include:

Outstanding Granby-trained Instructors who have helped run our camp for years.

GRANBY SYSTEM

- An approach to takedowns that dominates opponents
 - Bottomwork that gets you out everytime
 - How to Ride, Tilt, and Pin your way through the season
 - The absolute best, most successful techniques in wrestling
 - Details, Drills, and Strategies to easily master these techniques
- A youth training plan that produces immediate and long term impact

Learn our
**TOPWORK
SERIES**
and become a
**PINNING
SENSATION**

TOPWORK

- Cradles
- Turk
- Pressure Rides
- Bar Tilts
- Tight Pins
- And More

We'll show you
how to
**TAKEDOWN
ANYBODY**
at **ANYTIME**

TAKEDOWNS

- Inside Step
- Sweep Single
- High Crotch
- Front Headlock
- Set-ups & Finishes
- And More

Reverse every
opponent with our
**UNSTOPPABLE
BOTTOM
WORK**

BOTTOMWORK

- Granby
- Shrug
- 5-Point Rolls
- Standing Granby
- Granby Motion Series
- And More

UNPRECEDENTED SUCCESS

at NHSCA HS Nationals Tournament:

20 Granby System Trained Wrestlers

Finish in the Top 4

9 Champions • 5 Second Place
2 Third Place • 4 Forth Place