

NAME: _____

1 Point Towards SOTY



1/23/2012 Preparation Assignment – Sweeps

1) Name the 2 Sweeps we are focusing on this week:

2) What is the most important part of the scissors sweep:

Arching your _____.

3) When performing the Scissors Sweep, what two parts of your opponents body should you be controlling?

a)Head

b)Shoulder

c)Wrist

d)Leg

4) In order to perform the Push Sweep requires us to push our partners

_____ straight back to take them off balance.

5) True or False: The Scissors Sweep by itself will earn you 2 Points at NAGA.

True

False