

## Specialist for strength wrestling and conditioning methods

### Mick cutajar

I have been in Martial arts for 35yrs. That's 35yrs of putting players on their back. I have represented Australia & Malta International level and have been competing at top level for 20yrs with many titles, from ISKA world cups in jujutsu, world little in Pangration and qualifying as a reserve for the 2008 Olympic Judo team.



I have also played RL as a junior on the south Coast & Senior at Picton, NSW rep in armature group and Represented South's juniors where I played in the jack Gibson cup, so I know the games strengths and weakness.

**The aim:** of this program is to deliver an easy, safe and effective education and training program to coaches / trainers on methods of effective safe grappling / tackling in defence and attack play. This system works and has proven results just ask the NRL grand finalist!!

This is not limited to only coaches, many players have hired our service to fine tune their personal development

This program will cater for all ages of rugby league players from junior level right up to NRL first grade. *"With winning results from one of the best defensive records in the game,.. from the grand finalist"*

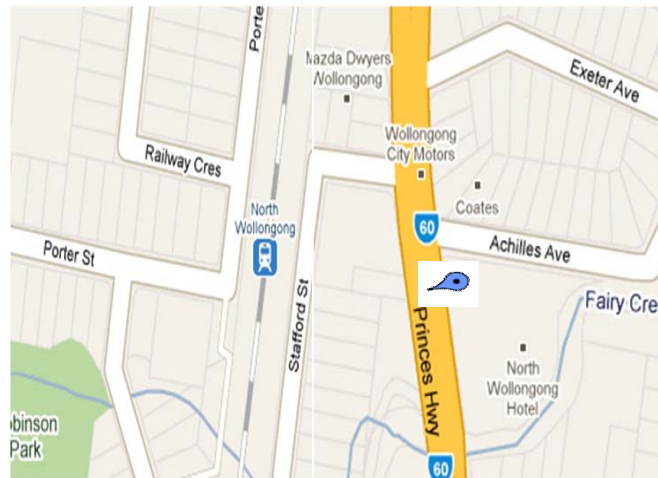
**This program is simple and a must for;** developing player techniques in rolls, falls & take-down which has proven to reduce the risk of injury.

My job is to re-educate players in their defensive techniques to minimize injury, slow the play down & most importantly winning the game.

My methods of training athletes to use hip pivots, rolls, falls & use specialised take-downs has improved the defensive game & lifted it to new heights.



4B Flinders St North Wollongong (next to the North gong pub).



Po Box 501 Wollongong. NSW.  
Australia 2520  
Web: [www.ickcutajar.com](http://www.ickcutajar.com)



## Level 1 Safe & Effective tackling Methods



## Specialist in Strength Wrestling & Conditioning Methods



Contacts: Mick  
Wollongong judo Club, Mobile:  
0412729938

Email: [wollongongjudo@hotmail.com](mailto:wollongongjudo@hotmail.com)

# Level 1 – Safe and Effective Tackling Methods



It's not a natural act knowing how to fall, this needs to be taught and practiced and should be included as a warm up, this will build self-confidence and motivation and eliminate all risks of injury very fast. Far too long has the ground method and its use in

Rugby league been overlooked, you train for line work and scrum work, ground work and falling need the same attention.

**E-LEARNING: Coaches / trainers** You can now complete this special program on line then arrange a time to complete the 3hr practical, either at our gym or your location.

## WHAT IS IN THE PROGRAM:

**Rolls – Falls**-(forward / backwards / side fall) how they can be utilized in the game of NRL from defending to attacking and their safety uses.

**Hip pivots and push off:** This is a very useful method for training players to get off the player once the tackle has been made, this will reduce the risk of being penalised for laying on players.

**Hit-Stic-Pivot-Tackle:** Several methods of tackling using the new Hit-Stic-Pivot-Tackle with and without palming and the use of pivots.

**Defense stance & Positioning:** The art of stances in defending is a major factor for transfusing the impact of force from the attacker to the ground and reducing the impact on the defenders back and neck whilst at the same time making sure the defender has been put to ground

**Drills that are practical:** You will be shown effective and practical drills that combine all the rolls and falls in to one, this can be applied for a fitness work out at any level. You will be shown how to apply the hip pivots & push offs method into a quick fit system

adding the power touch to the ground work. You will be shown how to apply the tackling methods in a easy parallel line up for effective controlled drilling.



**Key points of interest and understanding in defensive play and counter attack that will benefit all who complete this program.**

### Considerations in being a Defender

- Must be a committed defender
- Must put the player carrying the ball on ground as fast as possible at the same time slow down the play-the-ball process.
- Must have the ability to make all tackles
- Must stop your opponent from getting on your weak side.
- Must be able to take on a high work-load
- Must know methods of locking the ball up with grappling/tackles methods preventing any offload
- Must know how to slowing the play down by placing attackers on their backs as often as possible.

### Considerations in being an attacker

- Encourage tackled player to get to his feet quickly to play the ball, using hip pivots.
- Must be able to take the defensive line "on".
- Must have mobility/evasive skills from correct stances.
- Must have the ability to offload passes and keep your arms free in the tackle



### Completing this program on line:

Usually for coaches / trainers but not limited to.

Those interested in completing the e-Learning program can log onto [www.mickcutajar.com](http://www.mickcutajar.com) follow the link on **accredited course** this will give you all the theory side of the L1 program with power point and small video clips to help you learn then contact Mick to arrange a time to complete the 3hr practical.

### NRL clubs or players just wanting to complete tackling methods:

Like the NRL Grand finalist and many other clubs, you can also hire our services for pre-season training where you will be put through a specialised programs for grappling / tackling methods this is not limited to one club.

OR

### NRL clubs wanting exclusive program:

This is an exclusive special where we are committed only to you for the complete season making sure that all needs are met and methods are implemented for the duration of the season

### Fees (conditions apply):

- E-learning: \$85
- 5wk program depending on your needs and time frame.
- Individual players can call for me to help them fine tune there defensive play.
- The exclusive program is the highest because its with just your club.



Contacts: Mick

Wollongong judo Club, Mobile: 0412729938

Email: [wollongongjudo@hotmail.com](mailto:wollongongjudo@hotmail.com)