

CMP CAMPS

2026 CAMP TOUR
COMPOUND WRESTLING

3F WRESTLING PRESENTS

SCRAMBLING & LEG ATTACK DEFENSE

AUSTIN, TEXAS
3F Wrestling & Westlake High School

OCTOBER 3–4, 2026

$150
PER ATHLETE

Leg attack defense has become a system, not a reflex. The CMP Scramble system does not replace the defense you already have — it extends it, taking positions that look like uncontrolled rolling and organizing them into technique you can name, drill and score from.

- The high level scramble positions, named and categorized
- Closing the gap between your defense and modern scrambling
- Counters that turn a defensive scramble into points
- Live reps in the positions where most wrestlers panic

WHERE
3F Wrestling & Westlake High School
1504 Allen Rd, Austin, TX 78746

WHEN
9:00 AM – 2:00 PM both days
lunch 11:00–12:00

WHO
All ages and all skill levels

BRING
Pack lunches and drinks for the full day

THE CLINICIAN
Cliff Fretwell runs the CMP satellite camp tour out of Compound Wrestling in McDonough, Georgia — one system, taught in depth, in a condensed window.

REGISTER NOW

cmptrained.com/camps

Questions: Martin Strmiska · mwstrmiska@gmail.com · 512.517.1279

SCAN TO REGISTER