

MP CAMPS

2026 CAMP TOUR
COMPOUND WRESTLING

JOURNEYMEN WRESTLING PRESENTS

SCRAMBLING & LEG ATTACK DEFENSE

MALTA, NEW YORK
Journeymen Club

OCTOBER 16–17, 2026

$100
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
Journeymen Club
100 Saratoga Village Blvd, Suite 22,
Malta, NY

WHEN
Friday 4:30 – 7:00 PM
Saturday 9:00 AM – 12:00 PM and
1:00 – 3:00 PM

WHO
All levels welcome
Limited to 50 wrestlers

BRING
Bring water and a snack for the break

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: Journeymen Wrestling · journeymenwrestling.com

SCAN TO REGISTER