



SNAKE PIT U.S.A.

Catch Wrestling

Association

2013 Year in Review

Our site: www.SnakePitUSA.com

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Welcome to the 2013 Snake Pit U.S.A. Catch Wrestling Association's Year in Review. In this issue we will cover our first year's events, training, news, and a list of upcoming website and DVD additions for 2014. Be sure to keep an eye out for our quarterly newsletter coming in 2014

TABLE OF CONTENTS:

Pg. 2: Catch as Catch Can Wrestling, a brief history

Pg. 3: The Legend, Billy Robinson

Pg. 5: SP USA in Combat Sports 2013 (MMA/Wrestling/Grappling)

Pg. 11: "Catch Lives!" by: Ted Czech

Pg. 13: The 2013 World MMA Expo in New York City

Pg. 14: 2013 Seminar & Camp Photos

Pg. 17: NEWS & Upcoming events

Pg. 18: Best Meme's of 2013

Pg. 19: COMING SOON in 2014 from Snake Pit U.S.A.!

Pg. 21: Membership Info

Pg. 22: Special Thanks

Pg. 24: Snake Pit U.S.A Affiliates

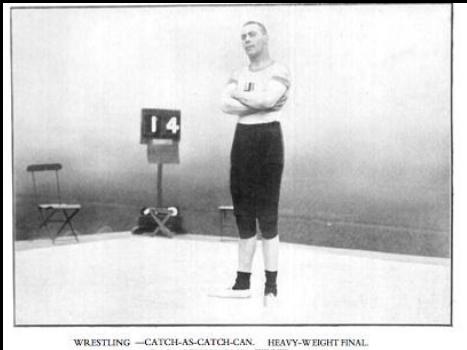
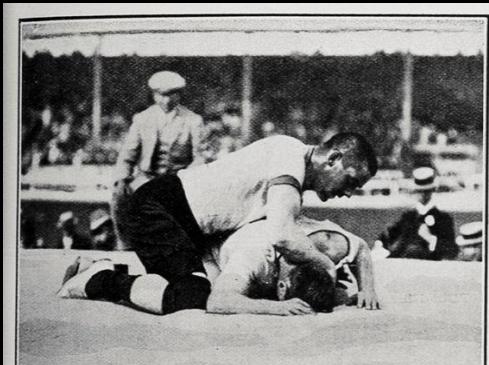
Catch as Catch Can Wrestling, a Brief History

Catch-as-Catch-Can is defined as “using or making due with whatever means are available.” Jiu-jitsu translates to “the gentle art” and Judo translates to “the gentle way”. Catch as Catch Can Wrestling is regarded throughout the world as “the violent art,” due to its aggressive nature when compared to these popular styles. It is also the father of Olympic Freestyle Wrestling (once commonly known as Amateur Catch as Catch Can) and Collegiate Folkstyle Wrestling.

Hundreds of years old, it originated in Lancashire England and was developed and refined during the British Empire (1490’s – 1900’s). Its dominance in matches against other wrestling styles gained worldwide notoriety around the mid 1800’s. During this same time it found its way to North America via immigrants and world travelers and became the top sport in America by the turn of the 20th century.

This grappling art is comprised of takedowns, throws, ground based wrestling rides, breakdowns and transitions combined with a surplus of excruciating submission holds. The term “No Holds Barred” originated with Catch Wrestling, as there are no illegal submissions, holds, pins or takedowns.

The fact that Catch-as-Catch-Can, or Lancashire wrestling as it was also known, was shunned by the Olympics in the early days should come as no surprise, for it held a terrible reputation due to its violent nature.



CATCH AS CATCH CAN WRESTLING AT THE 1904 AND 1908 OLYMPIC GAMES

The Legend



"The Last Traditional Wrestler of Catch-As-Catch-Can style"

Billy Robinson (Wigan)

Billy Robinson

Born: 18 Sept, 1939

Born in England in 1939 Billy Robinson dreamed of becoming a boxer until a childhood accident damaged his eye and took away that dream. Luckily his family was full of competitive athletes and his uncle, who was an outstanding wrestler himself, introduced him to wrestling. He fell in love with it from the very first workout and the rest is history.

Billy Spent eight years under the watchful eye and expert tutelage of Legendary Coach Billy Riley at the original "Snake Pit" Gym in Wigan, England and as an amateur wrestler he

achieved notable success when he won the 1957 British National Wrestling Championship and the 1958 European Open Wrestling Championship in the light Heavyweight Class, defeating an Olympic Bronze medalist in the finals.

During the 1960s he firmly established himself on the British circuits as one of, if not the best of the best wrestlers around. He was the golden boy of British Heavyweight Wrestling and arguably the best wrestler that ever came out of Wigan. Of his contemporaries (the likes of Geoff Portz, Georgios Gordienko and Billy Joyce) there were few who could beat him and none who could match his technical skill. There was little doubt he would be British Heavyweight Champion before long and indeed he lived up to the expectations when he captured the Title on January 18, 1967 from Billy Joyce and would hold it for slightly over three years before he vacated the title so that he could travel to America and join the AWA.

In the AWA he established himself as one of the best wrestlers in a promotion known for hiring great wrestlers. In the AWA captured numerous Tag Team Titles and held the AWA British Empire Heavyweight Title three times. While with the AWA he also travelled to Japan and Canada and became a major success in those areas, winning the Stampede North American Heavyweight Title and the IWA Heavyweight Title in Japan and Australia. He also had a legendary match against Antonio Inoki that was billed as “The Match between the World’s top two technicians.”

Robinson made his name as a Catch Wrestling icon along with Karl Gotch by helping create the world of Mixed Martial Arts in Japan. He became a major influence in the “Shoot” style of wrestling leading and coaching the UWF Snake Pit in Japan and also trained several Mixed Martial Arts legends such as Kazushi Sakuraba, Kiyoshi Tamura and Josh Barnett, just to name a couple.

He is still training new talent today, traveling the world working with Coach Jake Shannon at Scientific Wrestling and overseeing and working with the Head Coaches at Snake Pit U.S.A.

Note: For a more historical look into the amazing life of Billy Robinson, check out his book “Physical Chess” by Jake Shannon at www.Amazon.com



2013 TEAM SNAKE PIT U.S.A. in COMBAT SPORTS



Image by Robbert Wiltman

U.S. Open Grappling World Team Trials



NAGA "Battle at the Beach"



"Dead Serious MMA"

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"Dead Serious MMA"

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"Reality Fighting"

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"Extreme Fighting Championship"

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2013 TEAM SNAKE PIT U.S.A. in COMBAT SPORTS



2013 was another busy year for our fighters as they stepped into the cage at several promotions such as; "Dead Serious MMA," "Extreme Caged Combat," "Gold Medal MMA" & "Extreme Fighting Championships." Team Snake Pit U.S.A. also had several outstanding performances at NAGA, Grapplers Quest, and the U.S. Open.

We racked up some great wins by submission, knock out & decision, but more importantly our fighters showed a tremendous amount of heart in every match!



“Catch Lives!”

By: Ted Czech-Jan 25, 2013

For many decades, catch wrestling — a ground-fighting style traced back to Wigan, Lancashire, England, and later brought to the United States in the late 1800s — had been nearly lost. Some have said it was when wrestling became about money, when the powers-that-be started fixing matches and choreographing moves. Catch wrestling’s take downs and submissions further became buried in the mire of costumes and T&A as professional wrestling’s popularity soared in the latter parts of the 1900s.

But slowly, through the efforts of a few individuals, the legacy of catch wrestling has been preserved, with people like Jake Shannon, Billy Robinson, Erik Paulson, Neil Melanson and Josh Barnett leading the charge — and now has turned a corner and has begun to flourish.

Add two East Coast catch practitioners to the list: John Potenza and Joel Bane, who have started a company known as Snake Pit USA.

“We’re all about spreading catch wrestling and bringing it back to life,” Potenza said. “We’re trying to revive it a bit.”

It’s no accident that the company’s logo bears a striking resemblance to Japanese MMA organization Pancrase — whose original competitors relied heavily on catch as their go-to ground style — as Potenza said, “We wanted to give respect to the Pancrase guys.” The company’s name harkens back to the gym in Wigan where catch was developed, the Snake Pit. Billy Robinson, who has worked extensively with Shannon to create a catch wrestling course, is one of, if not the, last living connection to the original Snake Pit.

“Billy (Robinson) was really excited — he was the one who gave us the blessing to use the Snake Pit name,” Bane said.

The plan for Snake Pit USA is to have both an instructional series and certification program, which can be used by affiliates worldwide, but also to hone a home-grown team of submission artists who will enter grappling competitions, Potenza and Bane said.

The full Snake Pit USA curriculum includes several levels of mastery: Journeyman I and II, Ripper I and II, Hooker I and II and Shooter I and II, they said.

In addition to receiving Robinson's blessing for the curriculum and use of the name, Potenza and Bane have also reached out to the original Snake Pit, still operating in Wigan, with hopes of some cross-continental catch pollination in the future.

"We said, 'We'd like to be a brotherhood with you guys,'" Potenza said. "They'll support us. We're not affiliates, but we'd like to get over to the UK someday," to train with them.

In addition, Snake Pit USA's website is nearly complete, and when it is, will have both a members section and a non-members section.

The two also plan to hold a catch wrestling exhibition at the MMA Expo in New York in February. With all of these plans, Potenza and Bane hope to spearhead a resurgence of the sport.

"We want to be a resource and lead this revolution," Bane said.

Also, check out Snake Pit U.S.A.'s interview on "No Holds Barred" radio w/Eddie Goldman at: http://nhbnews.podomatic.com/entry/2013-02-03T07_48_07-08_00



2013 WORLD MMA EXPO

Catch Wrestling Returns to New York after 93 years!



In February 2013, Snake Pit U.S.A. put on the first official Catch as Catch Can rules matches in New York City in 93 years. What was first thought of as just an interesting idea became a huge hit with the spectators and the expo's directors.

When first approached about the idea, Coaches John Potenza and Joel Bane were slightly hesitant but intrigued. After a quick discussion, they decided it was a good opportunity to showcase what the old Catch Wrestling matches were like.

According to Coach Bane "Nobody really anticipated the level of excitement the matches provided. They were non-stop action with zero passivity or stalling which a lot of people really appreciated."

After the event, Coach Potenza was approached with the request of putting on an even bigger tournament in 2014 which he and Coach Bane gladly agreed to.

2013 SEMINARS



Snake Pit U.S.A. Spring seminar April 2013 www.SnakePitUSA.com



Scientific Wrestling's East Coast Catch Wrestling Certification Camp with Billy Robinson and Jake Shannon June 2013 www.ScientificWrestling.com



Snake Pit U.S.A. 2013 Summer Seminar July 2013 www.SnakepitUSA.com



Erik Paulson CSW Seminar August 2013 www.ErikPaulson.com



Snake Pit U.S.A. Catch Wrestling Camp November 2013 www.SnakepitUSA.com

2013 was memorable year of seminars and training events. Special thanks to all of you who attended Scientific Wrestling, CSW and Snake Pit U.S.A. seminars at Modern Martial Arts in Englishtown, New Jersey. We look forward to training with all of you again soon and hopefully we'll see many more new faces in 2014. Also a big congratulations to our first promotes: Steve Cantin, Sandra Potenza and John Potenza Jr.



NEWS & UPCOMING EVENTS

2014 WORLD MMA EXPO

Snake Pit U.S.A. is slated for the 2014 World MMA Expo in NY City. We will be present at our booth for two days and also be hosting a Catch as Catch Can Wrestling rules Tournament. *Dates to be announced* keep an eye out for specific dates at: www.SnakePitUSA.com

2014 SPRING SEMINAR

In April/May 2014 we will host our annual spring seminar at Modern Martial Arts Fight Club in Englishtown, New Jersey. Keep an eye out for specific dates at: www.SnakePitUSA.com

2014 EAST COAST SCIENTIFIC WRESTLING CERTIFICATION CAMP

June 2014 will mark the third year in a row that Snake Pit U.S.A. and Modern Martial Arts will host the Scientific Wrestling East Coast Certification Camp. This is your chance to train with Billy Robinson himself for two consecutive days (over 12 hours of training!). Check out www.ScientificWrestling.com for more information on how to become certified through their camps.



BEST MEME's from 2013



Neck Cranks.....
Because anyone can do an armbar!

COMING in 2014!

Snake Pit U.S.A. DVD's

- 1.) **"CACC Old School Takedowns"** (Release Date: 10 Feb 2014)
All the Old School Pivots, Salto's, Hank's, Hype's Double Wristlock Takedowns, Throws and Counters packed into one DVD!
- 2.) **"The Front Headlock CACC style"** (Release Date: 17 Feb 2010)
9 series with over 30 techniques from the Front Headlock! The first DVD of its kind!
- 3.) **"Ripper 1 Rank Requirements"** (scheduled for filming Jan 2014)
The next level in the Snake pit U.S.A. Catch Wrestling program is almost here! More fundamentals, Wrestling Transitions, Takedowns, Counters and Submissions to build your grappling game on.
- 4.) **"CACC Old School Submissions"** (scheduled for filming Jan 2014)
Learn how America's original "No Holds Barred" submission masters finished their opponents! Coach John Potenza takes you step by step through all the legendary "Black and White" submission shots that we're captured on film during the early 20th century.
- 5.) **"Ripper 2 Rank Requirements"** (Scheduled for filming May 2014) The Catch as Catch Wrestling journey continues with our next skill level installment.
- 6.) **Coach Stephanie Keenan's 52-week High Intensity Interval Training (HIIT) E-Book** (Scheduled release: Spring 2014). Push your conditioning to "Elite" status with Coach Keenan as she guides you through 52 blistering weeks of HIIT combat sports conditioning!

Downloadable DVD's on Website

By spring 2014 we plan on having all DVD's available for download for Silver members. They will still require purchase in the members discount shop but there will be no more shipping fees or wait for delivery. If you would like to purchase a copy of one of our current DVD's they are available at: www.SnakePitUSA.com

COMING in 2014!

Snake Pit U.S.A. Clothing

- 1.) "Catch as Catch Can, Dominant Positions/Brutal Submissions" shirt

DOMINANT POSITIONS
CATCH AS CATCH CAN
BRUTAL SUBMISSIONS

- 2.) "Classic Violent Art" Jersey style shirt



SNAKE PIT U.S.A. MEMBERSHIP INFO

As a member of the Snake Pit U.S.A. team, you will have access to the best techniques available 24/7. With online special technique, and student and coach level videos waiting for you in our member's area, you will be able to study and review whenever your personal schedule allows.

At Snake Pit U.S.A. we use a fair promotion system focusing on, and stressing strong fundamentals and precision technique. As you progress through the skill levels; Journeyman, Ripper, Shooter, Hooker and Assistant Coach you will have the opportunity to become a Catch as Catch Can Certified Coach and even start your own Snake Pit U.S.A. affiliate gym

Silver Membership only \$75.00 annually

- Full access to Members Area with High Definition Member's Videos
- Personalized Snake Pit U.S.A. Membership Certificate
- Earn Real Catch Wrestling Rank Certification
- Snake Pit U.S.A. Members/Banner Shirt
- Snake Pit U.S.A. official logo sticker
- Admission to the "Team Snake Pit U.S.A. official members Facebook page" for 24/7 support
- 10% off All Merchandise in "Members Shop" including seminar registration
- COMING SOON: Silver members will be able to download our entire DVD collection in our members section!

NOBODY ELSE OFFERS ANYTHING CLOSE!

Join Team Snake Pit U.S.A. Today at: <http://snakepitusa.com/membership/>



SPECIAL THANKS

The Coaching staff here at Snake Pit U.S.A. would like to say a special thanks to those who have made this association a success. Without them we would not be where we are today.

Above all we would like to thank God first for blessing us with his love, good health, wonderful supportive families/friend's and careers that have enabled us to follow this dream. We are a God fearing organization and he will always remain our foundation.

Thanks to Jake Shannon and Billy Robinson for paving the Catch Wrestling Revolution's way with their hard work and dedication through the Scientific Wrestling camps that are now traveling world-wide.

Thanks to Erik Paulson for carrying the Catch Wrestling Torch for others to follow and for being a true friend and mentor to Coach Potenza for over 14 years.

Thanks to Greg Nelson for the inspiration and dedication he gives to his students as a lifetime student of Martial Arts himself.

Thanks to Sean Daugherty, a great friend with never failing loyalty who has always provided the highest possible quality of friendship, training & coaching guidance throughout the years while developing Coach Bane's grappling skills and teaching ability.

Thanks to Floyd "Bad News" Winter for his loyalty, patience and support, not to mention the timeless hysterical stories and for making wrestling an enjoyable experience for all his athletes. You are not just a wrestling coach but a true mentor.

Thanks to Santos Caban for his friendship and endless daily beatings as Coach Bane's first wrestling coach and for singlehandedly transforming Coach Bane's entire approach to grappling while laying his wrestling foundation.

Thanks to Pat Stano for standing by us through thick and thin as our friend as we have grown from nothing, and for his time on the mats coaching and training right alongside us.

Thanks to Stephanie Keenan, a great mentor and friend who kicked us in the butt and inspired us to make this company a reality and has guided us every step of the way.

Thanks to Arthur J. Sherman (the man behind the camera) for all his hard work and dedication in trying to make us look good on film.

Thanks to Mindi Cahall for being our website genius and for all her creativity and patience while dealing with two very stubborn obsessive compulsive individuals.

Thanks to our wives, Sandra Potenza and LaShawn Bane and our children, John, Anthony, Victoria and Alexandria for standing by us and supporting us through all the craziness of creating this. You are loved.

Last but not least, a big THANK YOU to all of our Team Snake Pit U.S.A. members, without you none of this would be possible. We will do our very best to make 2014 a great year!

Catch wrestling

Not all
grappling is
jiu-jitsu.

A black and white illustration of two men in a wrestling hold. One man is on top, performing a pinning maneuver on the other man who is on the bottom. The style is graphic and dynamic, capturing a moment of competition.

www.SnakePitUSA.com

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AFFILIATES



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www.ScientificWrestling.com



Greg Nelson's "The Academy"

www.theacademymn.com

Arthur J. Sherman Media

www.ArthurShermanMedia.com



Erik Paulson's Combat Submission Wrestling (CSW)

www.ErikPaulson.com



www.StephanieKeenan.com

Hyperionkp Web Designs

www.hyperionkp.com