



MATCH FORMULA

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7 DEADLY STEPS OF PRO- WRESTLING

MATCH FORMULA



STEP ONE:

Introduction / Establish

INTRODUCTION / ESTABLISH

As soon as you walk through that curtain, you need to establish and introduce yourself to the audience.

This is where you share information that the audience needs to know.

What is your angle, who is your character, and how do you demonstrate your role (Baby face or heel)?

The Baby Face (Good guy) for example, would play to the crowd and often play fair or show sportsmanship.

The Heel (Bad guy) for example, would bad mouth opponents and play dirty.

This is also the time to establish your character to the audience.

Body language, presence, actions, look, gear/attire/costume and reaction all play apart in establishing your character.

How will you demonstrate your role before the bell rings?



STEP TWO:

Shine

SHINE

This is where the Baby Face will look good “Shine the Baby Face”.

The idea here is to generally to do two things: let the crowd know you're both trained and talented, and get the face over. In a heel/face match, this is where you establish that. Being a *fair fight, the Baby Face* will demonstrate that he is the better wrestler than the heel.

Face v. Face matches, generally both need to get over technical ability and showcase move sets and chemistry by chaining moves.



STEP THREE:

Cut off / Heat Spot

CUT OFF / HEAT SPOT

This is where the “Shine” of the Baby Face ends.

The heel will generally pull out an underhanded tactic or an explosive maneuver.

The Heel must be particular in the way this is done. As it can be a problem if the heel does a good-looking move (and if the Baby Face oversells), can shifting the crowd to side with the heel.



STEP FOUR:

Heat / Beatdown

HEAT / BEATDOWN

Once the cut off has happened, the heel or wrestler in control will slow down pace and appear to be in full control. to draw heat as sympathy is created for the Baby Face.

This should be slow and methodical (but not drawn out too long as this can kill a match) and explosive moves be kept at an absolute minimum.



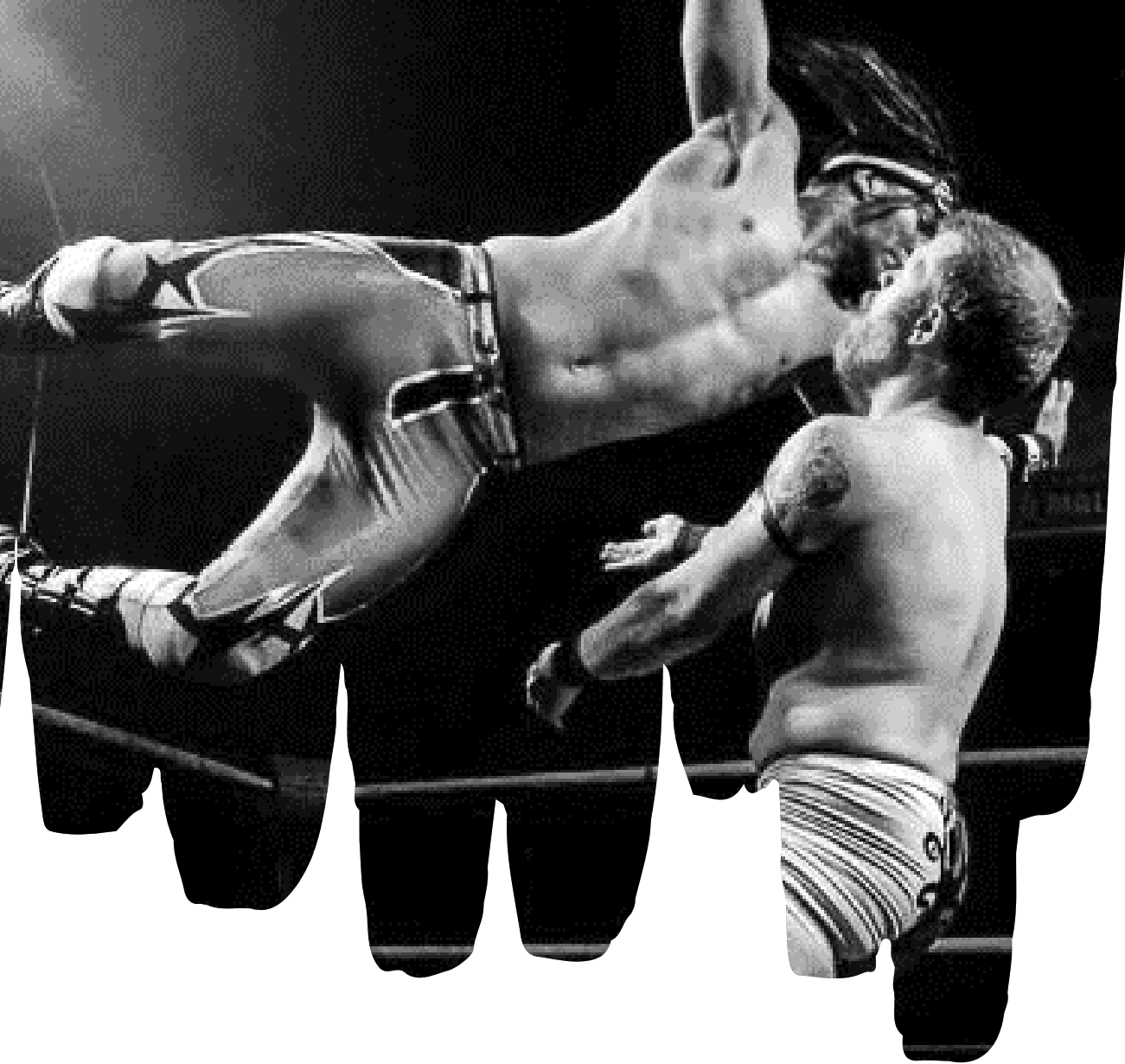
STEP FIVE:

Hope Spot

HOPE SPOT

During the beatdown, it appears all hope is lost for the Baby Face, it seems impossible for them to recover and bounce back.

A hope spot will be created where it looks like the face will bounce back, then the heel will cut the Baby Face off again. This is usually done by a Baby Face fighting out of a submission / hold that the heel has placed on them.



STEP SIX:

Come Back

COME BACK

The Big Heat

After one or two hope spots, this is where the heel pulls out all stops to inflict punishment on the Baby Face and be really focused on winning. This is where you will see a “gear change” in the heel.

This is normally where more explosive moves and pin attempts will be executed, and the Baby Face will persevere.

The Big Comeback

This is where the playing field should become even for one wrestler after being one-sided during the heat. The crowd should be aware of the opportunity for the good guy to win, but it should remain suspenseful and thus offer a feeling of the match swinging in either direction. The heel at this point has sopped defending himself as the Baby Face hits 3-4 explosive moves on the Heel



STEP SEVEN:

The Finish / False Finish

FINISH / FALSE FINISH

The Finish is the end of the match. This can simply be a Finishing move and a pin fall, submission and tap out or it can include a swerve; a run-in, a referee bump, disqualification, no-contest and the list goes on depending on the story of the match/storylines etc.

This generally will occur after a big final comeback.

False finish(s) is a pinfall attempt that is kicked out of usually after a finishing move or series of explosive/high-impact moves or strikes. Usually kicked out right before the referee counts to three which builds anticipation towards the actual finish of the match.