

INDIA'S #1 PROFESSIONAL ACADEMY

TNS ARM WRESTLING ACADEMY

MASTER THE ART OF THE ARM

JOIN THE REVOLUTION

ESTABLISHED 2017 | FOUNDED BY AAVEZ & FRIENDS



TNS

THE EVOLUTION OF A CHAMPION

2017

THE FOUNDATION

Started as Pune's first dedicated arm wrestling facility by Aavez and friends.

2020

DIGITAL TRANSFORMATION

Transitioned into a worldwide online brand, training athletes 24/7 across borders.

PRESENT

INDIA'S #1 AUTHORITY

Professionalizing the sport through science-backed methodologies and elite community engagement.

OFFICIAL PARTNER

DECATHLON

SETTING GLOBAL STANDARDS

STRATEGIC ALLIANCE

MULTIFIT

ELITE FITNESS INTEGRATION

THE PATH TO MASTERY

FOUNDATION PHASE

01

BEGINNER

- ✓ Mastery of fundamental stance, grip, and table setup protocols.
- ✓ Introduction to the core moves: Hook, Top Roll, and Press.
- ✓ Essential injury prevention and shoulder frame rules.

MECHANICS PHASE

02

INTERMEDIATE

- ⚡ Advanced leverage mechanics and grip-specific strengthening.
- ⚡ Developing speed, endurance, and competitive endurance.
- ⚡ Fundamental match strategy and opponent analysis.

ELITE PHASE

03

ADVANCED

- 🏆 Pro-level counters and explosive power training methodologies.
- 🏆 Comprehensive match strategy and psychological preparation.
- 🏆 Full competition preparation for professional athletes.

TACTICAL EXCELLENCE

THE HOOK

INSIDE POWER

A power-based move focusing on supination and dragging the opponent into your "power zone." Relies heavily on forearm and bicep strength.

PRIMARY: BICEP & FOREARM

THE TOP ROLL

OUTSIDE LEVERAGE

Utilizing hand height and pronation to break the opponent's wrist. This move creates mechanical advantage by attacking the opponent's fingers.

PRIMARY: HAND & PRONATION

THE PRESS

SHOULDER DRIVE

A finishing move that uses triceps and shoulder weight to drive the opponent's hand to the pad. Requires perfect body positioning.

PRIMARY: TRICEPS & SHOULDER

STRATEGIC VERSATILITY: TRANSITION BETWEEN TECHNIQUES BASED ON REAL-TIME OPPONENT ANALYSIS.

ENGINEERING STRENGTH



CUPPING

Building superior wrist flexion to secure the "hook" and control the center. Essential for neutralizing an opponent's top roll.

WRIST CONTROL



RISING

Developing radial power to maintain hand height. Prevents being pinned and secures the mechanical advantage needed for leverage.

RADIAL POWER



PRONATION

Utilizing belt work to master rotational forces. The engine behind the "top roll," attacking the opponent's thumb and fingers.

ROTATIONAL FORCE



GRIP INTENSITY

Specialized finger strength training to maintain a secure grip and neutralize the opponent's leverage on the table.

LEVERAGE CONTROL

THE SAFE ZONE PHILOSOPHY

CRITICAL PROTOCOL

THE SHOULDER FRAME RULE

ALWAYS KEEP YOUR ARM WITHIN THE
LINE OF YOUR SHOULDERS. NEVER
LOOK AWAY FROM YOUR HAND
DURING A MATCH.

TENDON CONDITIONING

Connective tissues adapt slower than muscle. TNS uses science-based progressive loading to strengthen ligaments and prevent tears.

FRACTURE PREVENTION

Educating athletes on table physics to avoid dangerous rotational forces that lead to high-risk "break arm" positions.

PROFESSIONAL OVERSIGHT

Every TNS module includes mandatory warm-up and recovery protocols designed by elite athletes to ensure long-term joint health.

PROFESSIONAL CAREER PATHS

COACHING TRACK

CERTIFIED TRAINER

Mastery of coaching methodologies and official TNS training protocols.

Comprehensive business development and club management guidance.

Live interactive sessions with elite coaches and final certification exam.

OFFICIATING TRACK

ELITE REFEREE

- In-depth knowledge of professional rules and officiating standards.
- Exclusive opportunities to referee official TNS events and tournaments.
- Career guidance and recognition within the global arm wrestling ecosystem.

BUILD A LEGITIMATE CAREER IN THE ARM WRESTLING INDUSTRY

THE DIGITAL EDGE



BILINGUAL SUPPORT

Comprehensive training materials delivered in both **Hindi** and **English** to ensure maximum accessibility across India.



THE TNS ARMY

A global community of thousands of athletes providing **24/7 support**, sparring partners, and professional motivation.



24/7 LEARNING

High-definition video modules accessible **anytime, anywhere**, on any device. Learn at your own pace with global standards.



CHAMPION INSIGHTS

Direct access to science-backed methodologies and **proven techniques** refined by champions since 2017.

IMPACT: PROFESSIONALIZING THE SPORT

INDIA'S #1

PROFESSIONAL AUTHORITY

TNS ARMY

GLOBAL ELITE COMMUNITY

NATIONWIDE REACH

Empowering thousands of athletes across India through the "TNS Army" network, transforming arm wrestling into a professional pursuit.

INSTITUTIONAL VALIDATION

Strategic long-term collaborations with global fitness leaders like **Decathlon** and **MultiFit** to set industry standards.

ELITE PERFORMANCE

Consistently producing top-tier athletes who dominate national and international platforms through science-backed methodologies.

READY TO DOMINATE?

THE JOURNEY TO THE TOP STARTS HERE



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tnsarmwrestling.com

JOIN THE REVOLUTION