

Wrestling Chant List

Atoms (pause) Alright (pause) Pin your man tonight! Clap
clap clap = clap <|

P XXXX I XXXX N XXXX Pin to Win! Clasp
<| clasp > >| = x >|

Take him down, take him down, take him all the way down. Pin him!
clapping ————— | <> <|

T-A-K-E Take Him Down! Clap
| | | | | | \ / - - \ /

Knock him down, roll him around, come on Atoms work (pause) work!
|| || || > clasp <| <| <|

Shoot for 2 (pause) 2 (pause) 2! Clap Clap
<Y clap <Y clap <Y

Let's get physical, get down get tough, get mean. Let's get physical and roll right over
clapping slap = spinning
that team. clap floor
————— |

1-2-3-4 Pin'em to the floor clasp
clasp smack x >| clasp
floor

Roll him over XXX Lay him flat XXX Pin his shoulders XXX To the mat!
= || LL X || || LL
spinning shoulders shoulders

P-I-N ~~(pin him!)~~ pin him!
> < > | | || >|

RE-VE-R-SE re-verse Clasp Clasp
Same as defense/offense chant

Take him down break him down take him ~~down~~ down for two! Clap
<| >| <> = rolling <Y
buckets

Takedown takedown we want an Atom takedown
clap / \ clap >| spin >| smack
swing floor

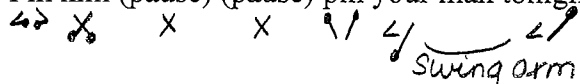
T-A-K-E Take him down! Clasp
<| >| <| x x <|

RE-VE-RSE Reverse (pause) reverse!



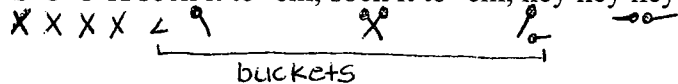
Spin

Pin him (pause) (pause) pin your man tonight! Clasp

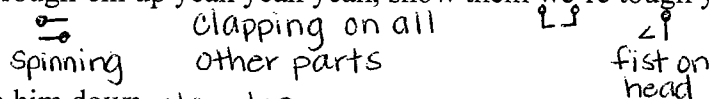


A double T ACK Attack Attack Take him to the mat!
Smack X double XX S.F. X double X
floor S.F. smack

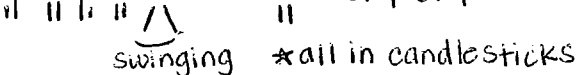
S-O-C-K sock it to 'em, sock it to 'em, hey hey hey



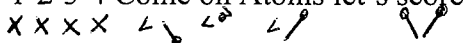
We're gonna rough'em up yeah yeah yeah, show them we're tough yeah yeah yeah



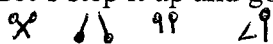
T-A-K-E take him down clap clap



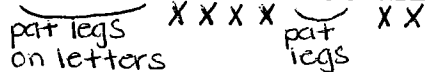
1-2-3-4 Come on Atoms let's score! Clasp



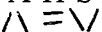
Let's step it up and go! X XX XX



H-H-HUS-T-T-TLE HUS-TLE (R smack) (L smack) hustle!

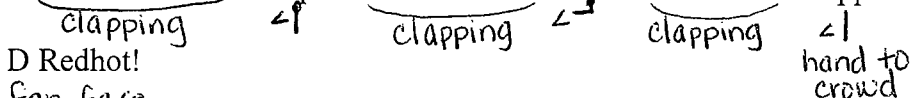


A-H-S XXX (claps)



*arms pat legs after each motion

We're headed to the top. We're solid as a rock. We can't be stopped because we're R-E-

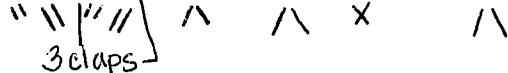


D Redhot!

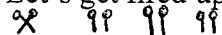
fan face

*lean right

ACT-ION Action Action we want action!



Let's get fired up! clap clap clap clap clap



We're behind you all the way so let's go!

