



👋 ACE DALTON

📍 *Eureka, California*

📏 *5'11"*

⚖️ *198 lbs*

🎂 *Age: 31*

⭐ *Debut: 2015 (West Coast Grapple Tour)*

📄 *Contract Status: Cross-Promotional – Iron Ring Pro / CFW*

👋 Overview

Ace Dalton floats like a breeze, but wrestles like a storm. With his tie-dye gear, chilled-out vibe, and a headband that's seen more road miles than most trucks, Ace looks like the kind of guy who might wander into a yoga class... until the bell rings.

Then, suddenly, he's a **machine of balance, leverage, and pain**.

Dalton is a **high-level technician**, trained in catch wrestling, submission grappling, and classic chain wrestling. He doesn't just beat opponents — he *dissects* them, often with a half-smile and calm breath between holds.

His laid-back vibe masks a deeply disciplined competitor who sees wrestling as an art form, a ritual, and — above all — a test of **truth through technique**.

Style & Strengths

- Expert grappler with deceptive quickness
 - Focused, fluid, and utterly unshakable under pressure
 - Relies on timing, misdirection, and subtle control — rarely wastes motion
 - Draws comparisons to early Bryan Danielson and modern ZSJ
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Signature Traits

- Wears tie-dye and retro gear as a tribute to his late brother, who inspired him to wrestle
 - Refers to matches as “sessions” and locker rooms as “circles”
 - Known for calmly talking to his opponents mid-match — almost *coaching* them as he takes them apart
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Finishing Move

Spinal Bloom – A high-angle bridging dragon suplex into a wrist-trap pin

- Subtle. Devastating. Unexpected. Most don't see it coming until they hear the count hit 3.
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Notable Moments

- *CFW: Reclamation* – Battled Chris Titan in a technical opener that left fans buzzing about Dalton's in-ring mastery
- Former **Iron Ring Pro Pure Champion** (2x)

- Defeated Jace Valor at Face Off.
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 **Quote**

“The body doesn’t lie. The mat doesn’t lie. If you tap, it’s just the truth coming out.”