

“North Star” Josh Conway

From: Brooklyn Park, Minnesota

Height: 5’11”

Weight: 212 lbs

Trained by: Otto Hagen

Pro Debut: 1997

Entrance Theme: “*Plowed*” by Sponge

Summary

A name carved into the roots of modern wrestling, “North Star” Josh Conway enters Creative Force Wrestling as a veteran whose legend was built the hard way — through mileage, heartbreak, and a relentless pursuit of excellence. Nearing three decades in the business, Conway first rose to prominence in the late 1990s as a standout light heavyweight known for his explosive mix of Japanese junior intensity and lucha flair.

Respected in every locker room he’s stepped into, Conway embodies professionalism and perseverance. He’s a locker room leader who has helped shape the careers of countless younger wrestlers, earning universal admiration for his integrity and humility. Though time has slowed him slightly, the fire remains — a drive to prove he can still hang with the best, and that the North Star still shines brightest when the lights are hottest.



Now, inside the walls of *The Foundry*, Josh Conway begins a new chapter. The miles may show, but so does the wisdom.

In-Ring Style

A master of “**lucharesu**” — a hybrid blend of 90s Japanese junior heavyweight wrestling and high-speed lucha libre — Conway wrestles with precision and heart. His style is fluid, disciplined, and crisp, mixing technical depth with bursts of athleticism. While no longer as quick as his prime, he compensates with unmatched timing and ring IQ, adapting seamlessly to any opponent’s rhythm.

Signature & Finishing Moves

Finisher: *True North* — A devastating shotei palm strike delivered with pinpoint precision. It can be hit as a theatrical charging strike from the corner or snapped out of nowhere in a desperate final surge — a flash of experience and instinct, capable of ending a match in an instant.

Trademark Moves:

- *North Star DDT* (corner run tornado DDT)
- Handspring Back Elbow
- Floating Enziguri
- Tilt-a-Whirl Backbreaker
- Saito Suplex

Additional Arsenal:

Feint Suplex Neckbreaker • Moonsault • Wheelbarrow Bulldog • Cannonball Dive • Inverted DDT • Slingshot Crossbody • Stun Gun/Neckbreaker Combo • Avalanche Bulldog • Kitchen Sink • Inazuma Leg Lariat • Suicide Dive • Avalanche Back Suplex • Diving Headbutt • Corner Dropkick • Headscissors Takeover • Missile Front Dropkick • Spike Frankensteiner • Poison Rana • Senton Atomico • Two Amigos • Double Chicken Wing Gutbuster

Legacy: “**The North Star**” represents more than a nickname — it’s an ethos. A constant light for those coming up in the business. A veteran who doesn’t chase the spotlight but inevitably earns it. In CFW, Josh Conway isn’t chasing nostalgia — he’s proving that even after three decades, his compass still points *True North*.