

Ring Of Honor – March 14, 2024: Back To That Show

Ring Of Honor

Date: March 14, 2024

Location: Gas South Arena, Duluth, Georgia

Commentators: Ian Riccaboni, Caprice Coleman

We are less than a month away from Supercard Of Honor and it should be time to announce some matches. That could make things all the more complicated as there isn't much time left to build up the card. Then again ROH has a tendency to just throw things together and that will probably be the case again here. Let's get to it.

[Here are last week's results if you need a recap.](#)

We run down the card.

Women's TV Title Tournament Quarterfinals: Diamante vs. Billie Starkz

They trade rollups to start until Diamante knocks her into the corner for a running dropkick. The beating heads outside with Starkz being knocked into the barricade. Starkz is right back with a hurricanrana off the steps to take over. Diamante drives some shoulders in the corner and we hit the neck crank. Starkz fights up but gets splashed for two, only to kick her back to the floor.

There's the suicide dive, followed by two more to make it worse. Back in and a suplex onto the knee gives Starkz another near fall, followed by a faceplant to plant Diamante on her face. Diamante is back with a rolling Chaos Theory out of the corner for two, only to have Starkz blast her with a clothesline. They forearm it out (of course) until Diamante grabs a quick Stunner. A standing Sliced Bread #2 gives

Diamante two but Starkz kicks her in the face. The Swanton gets two so Starkz goes for a half nelson crossface for the tap at 11:38.

Rating: B-. This got rolling near the end and I was digging what they were doing. The tournament matches have been made a good bit more exciting s there is SOMETHING for these people to fight over. The fact that there was a pretty obvious winner in Starkz but they had me wondering on some of those near falls is proof that they were doing something right. Good stuff here and one of Starkz' better matches to date.

Lee Johnson vs. Aaron Solo

They trade arm control to start until Johnson grabs a headlock takeover. That's broken up and Solo gives him a sarcastic handshake. Solo is sent outside and shakes the fans' hands but runs into a dropkick back inside. Back up and Solo sends him hard into the ropes with Johnson seemingly hitting his throat on the top rope to cut him down fast. A suplex gives Solo two and we hit the chinlock.

Johnson fights up and sends him throat first into the ropes to even things up with a double knockdown. The Blue Thunder Bomb gives Johnson two but the Big Shot Drop is broken up. Solo kicks him down for two and a top rope double stomp gets the same. A butterfly powerbomb is countered into a hurricanrana from Johnson, who lawn darts Solo into the buckle. The Big Shot Drop finishes Solo at 10:22.

Rating: C+. Lee Johnson is being pushed, with six straight wins coming into this match. This was near his hometown of Atlanta. It took him ten minutes to beat a perennial jobber in Solo. There was little reason for this to be anywhere near as competitive if Johnson is supposed to be something important. In theory he is on the way to a title shot, but why should I believe he can beat someone important if it is this hard to beat Solo?

Robyn Renegade vs. Lady Frost vs. Kiera Hogan vs. Leyla Hirsch

Renegade gets triple teamed down to start, leaving the other three to fight in the ring. Frost sends Hirsch into the corner but gets legdropped by Hogan for two. Robyn comes back in but gets choked by Hirsch, only to have Hogan break it up with some kicks to the head. They all slug it out until Frost sends them into the corner for a pair of flipping Cannonballs. Hogan is back up with a running hip attack against the ropes to Renegade, followed by Face The Music for the pin at 5:26.

Rating: C. Hey look: another four way match where the winner is no further ahead than she was before the match. It also didn't get a ton of time so they didn't have the time to shine or get anything going. The action was fine enough, but these things coming and going every week have taken away almost all of their interest.

Griff Garrison and Cole Karter are ready for their big match but Maria Kanellis-Bennett comes in to blame their lack of Collision appearances on Garrison's loss to Adam Copeland. Don't disappoint her.

Athena vs. Aisha

Non-title Proving Ground match, meaning Aisha gets a title shot if she survives the ten minute time limit or wins. Athena starts fast with a toss suplex but Aisha kicks her into the corner. They head outside with Athena sending her into the barricade a few times. Aisha comes back with a spinebuster for two inside but Athena grabs the Codebreaker. Something like an abdominal stretch makes Aisha tap at 4:29.

Rating: C. This is what you get from an Athena Proving Ground match and there isn't much to be gained from them. The good thing is they got through the match rather quickly and Aisha didn't put up much of a fight. Athena needs a new challenger and we'll probably get that sooner than later, but for now there isn't much for her to do.

Post match Athena keeps up the beating and runs down the city of Atlanta. Cue Hikaru Shida to interrupt and we seem to have a challenger for Supercard of Honor. That would be another person from outside ROH getting the title shot because the division has been wrecked so badly by this Athena title reign that could have ended months ago without her losing a thing. But then again it's not like this show matters in the slightest so why should I expect it to be well put together?

Top Flight/Action Andretti vs. Iron Savages

Before the match, we get a drink off between the Savage Sauce and Andretti's water. Andretti wins and we're ready to go, with Top Flight/Andretti hitting dives out to the floor. Back in and Dante kicks away at Bronson and everything breaks down again. Dante avoids going into a hairy chest and brings Darius back in to clean house.

Darius gets knocked down in the corner but Bronson spends too much time on pelvic thrusting and misses the moonsault. A kick to the face out of the corner allows the tag to Dante, meaning things pick up again. Everything breaks down and Jameson gets caught with a shooting star press followed by a frog splash to give Dante the pin at 6:01.

Rating: C+. Nice six man here with Top Flight and Andretti continuing to work well together. That being said, it's another case where a team is floating around from win to win without getting much of a chance to go anywhere. Granted it might help if the Six Man Tag Team Titles had been defended here but that hasn't happened on this show since September.

Lee Johnson is just getting started.

Workhorsesmen vs. Jacoby Watts/Nick Comoroto

The Workhorsesmen jump them from behind to start and Comoroto is knocked into the wrong corner. Comoroto slugs his way out of corner but Henry kicks him down for two. Everything breaks

down and Drake suplexes Comoroto, setting up Henry's top rope double stomp for the pin at 3:41.

Rating: C. This is a good example of a match that was fine but since it didn't really add anything, it probably didn't need to be on a show that is running over two hours. The Workhorsesmen have been around here for months and don't seem to be going anywhere, which again might have something to do with the champions almost never being around here (with their one title defense since winning the titles in December).

Post match Watts holds the ropes for Comoroto and they take their time leaving together.

Lance Archer vs. Darian Bengston

Jake Roberts bothers to show up for once. Archer misses a charge into the corner but pulls Bengston out of the air without much trouble. Another missed charge lets Bengston strike away but Archer plants him with a chokeslam. The Blackout finishes for Archer at 2:17.

We look at Dalton Castle losing the Boys to Johnny TV/Taya Valkyrie two weeks ago.

Taya Valkyrie is thinking about buying the Boys matching outfits but Dalton Castle comes in to say he can smell them. They shout at each other over the boys diets (sushi vs. tater tots) until security drags Castle away. This was amusing.

Women's TV Title Tournament Quarterfinals: Mercedes Martinez vs. Abadon

Abadon slugs away to start and hits some running knees in the corner. Martinez is knocked outside and taken down again, only to come back with a big boot. Back in and some rolling butterfly suplexes have Abadon in trouble and a clothesline gives Martinez two. Abadon fights up and hits a running Codebreaker for two, only for Martinez to come back with a

hard suplex.

The half crab has Abadon crawling over to the ropes for the break, followed by a quick cutter to send Martinez outside. Martinez is back up with a hard knee on the apron, setting up a hanging neckbreaker to the floor. Back in and Abadon grabs a quick DDT for two...but someone pops out from under the ring to deck Abadon. The fisherwoman's buster gives Martinez the pin at 9:46.

Rating: C+. This wasn't as good as the opener but it was still a nice showdown between two talented stars. Martinez going forward is a good choice as she is at least a minor threat to win the title but also someone who can be beaten to give someone a rub. I'm curious about the interference, as it's at least a fresh ending for one of the tournament matches.

And it's Diamante as the interfering scoundrel.

The final four:

Billie Starkz

Mercedes Martinez

Red Velvet

Queen Aminata

Slim J vs. Jack Cartwheel vs. AR Fox vs. Komander

Oh this is ROH in 2024 all right. J isn't interested in a handshake and instead flips everyone off before heading to the floor for the bell. Fox takes him out with a dive, as he won't stand for that kind of disrespect. That leaves Komander to miss a charge in the corner so Cartwheel hits a flipping elbow for two. J is back in to hit Fox low and another one cuts off Cartwheel, setting up a running cutter for two more. Fox flips J off the top and steps through into a cutter of his own for two of his own.

Komander has to make a save before kicking J down in the

corner. Komander's backbreaker puts Fox down before going to the top with Cartwheel. A middle rope Codebreaker on the apron rocks Cartwheel but J is there with a suicide dive to drop Komander. Back in and a top rope reverse DDT gives J two on Fox before Cartwheel and Komander go flipping up (and down) the ramp. Komander gets the better of things, setting up Cielito Lindo to finish J at 8:20.

Rating: B-. Remember the women's version of this match earlier, where it was more or less the same kind of match that they've had for months and it is mainly just flashy yet meaningless? Same thing here, but with the men instead. It was entertaining enough, but when you've seen it over and over again for weeks, it's hard to get interested again.

Eddie Kingston says Mark Briscoe was supposed to get a World Title shot last year. He can have it this year at Supercard Of Honor instead. There is no mention of anything but the ROH World Title on the line. Naturally this had to be a pre-tape because the champ isn't going to be on the regular show.

Cole Karter/Griff Garrison vs. Trent Beretta/Orange Cassidy

Maria Kanellis Bennett is here with Karter and Garrison so Chuck Taylor is here to cancel her out. Karter misses an armdrag attempt to start so Cassidy puts his hands in the pockets to take over. Beretta comes in to hiptoss Garrison, setting up a quick double suplex for two. Cassidy sends Garrison face first into the buckle over and over but Karter is back in with a snap suplex.

Cassidy manages to kick his way to freedom though and there's the hot tag to Beretta. A dive to the floor takes out Garrison but some double teaming puts Beretta in trouble for a change. Karter misses a 450 though and Beretta suplexes Garrison, allowing the real tag off to Cassidy. A bunch of kicks put the villains down and Garrison gets high crossbodied. The tornado DDT gets two on Karter but Maria offers a distraction, meaning

it's time for an exchange of kicks to the head. Maria gets up for another distraction and offers a hug, but Beretta would rather hug Chuck. The Orange Punch finishes Karter at 10:58.

Rating: B-. Nice match here, even if it is near impossible to care about Karter and Garrison no matter what they do. They have been up and down for months and still seem to be going nowhere as I still wonder why Maria is stuck with them. Cassidy and Beretta were the big guest stars and it makes perfect sense to close with them, even if they needed better opponents.

Post match the Spanish Announce Project comes in to get Serpentico's mask back but manage to get beaten down. Cassidy and Beretta make the save and pose with the Project to end the show.

Overall Rating: C+. And we're back to the old format with two hours of stuff, much of which could have easily been dropped with absolutely nothing being lost. The four ways feel like little more than ways to get people on the show and when they feature a lot of the same people week in and week out, it's rather hard to care. Other than that you had a bunch of the usual stuff, with the tournament matches at least feeling important. So yeah, it's back to what makes ROH annoying after weeks of having it be what it should have been.

Results

Billie Starkz b. Diamante – Half nelson crossface

Lee Johnson b. Aaron Solo – Big Shot Drop

Kiera Hogan b. Robyn Renegade, Lady Frost and Leyla Hirsch – Face The Music to Renegade

Athena b. Aisha – Abdominal stretch

Top Flight/Action Andretti b. Iron Savages/Jacked Jameson – Frog splash to James

Workhorsemen b. Jacoby Watts/Nick Comoroto – Top rope double stomp to Comoroto

Lance Archer b. Darian Bengston – Blackout

Mercedes Martinez b. Abadon – Fisherwoman's buster
Komander b. AR Fox, Slim J and Jack Cartwheel – Cielito Lindo
to J
Orange Cassidy/Trent Beretta b. Griff Garrison/Cole Karter –
Orange Punch to Karter

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