

Impact Wrestling – May 7, 2026: The Bow On It

Impact Wrestling

Date: May 7, 2026

Location: Upstate Medical University Arena At The Oncenter War Memorial, Syracuse, New York

Commentators: Tom Hannifan, Matthew Rehwoldt

We're about a month and a half away from Slammiversary and as of right now, that actually is the next big show on the calendar. That's a long time for TNA to go between major shows but hopefully they use the time to set up something big. As for tonight, EC3 and Eric Young are fighting again so let's get to it.

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

Opening recap.

Opening sequence.

Eric Young vs. EC3

No DQ. EC3 jumps him to start fast and Young is quickly out on the floor. That's fine with EC3, who knocks him down again and loads up a table. A trashcan and chair are thrown inside but naturally it takes too long, with Young chairing him down. The trashcan shot in the corner lets Young go up top but he gets slammed down and sent outside.

We take a break and come back with Young stomping him low and getting in another trashcan shot. Young uses the chain to choke away but gets caught with a weird forward DDT. A belly to back suplex puts EC3 down but he rolls away from the moonsault attempt. With the chain around Young's neck, EC3 gives him a TKO and wraps a chair around his head. The 1%er plants Young, who is right back with a few low blows. A

piledriver off the apron sends EC3 through a table and a piledriver onto a chair finishes for Young back inside at 13:08.

Rating: C. And I'm sure the Cleanse is coming any week now. Is that a thing we're still doing? Anyway, this was a match that felt like it belonged at a small indy show in Kansas or something rather than a nationally televised show in 2026. This feud hasn't felt important since it started and the payoff (please let it be the payoff) didn't get much better.

Arianna Grace, with Stacks, isn't worried about tonight's title defense and doesn't know why she has to keep proving herself.

We run down the remaining card.

The System is ready for everything they have going on tonight. I'm assuming this promo is included.

Here is Elayna Black for a chat. She's the #1 Knockout and everyone knows it. No matter who is coming out of tonight's main event with the title, she is coming for the gold. Cue Ash By Elegance (whose shirt makes it clear that she is NOT a mark) to say that if Black is a business, she is an empire. Indi Hartwell comes out to call this a stupid argument, with Ash saying Hartwell sounds so poor. Black leaves and Ash says Hartwell needs to let the real Knockouts talk. Hartwell laughs that off because everything about Ash is fake and wins a quick fight.

Daria Rae is on the phone and reveals that Santino Marella's flight was canceled so she'll have to be in charge tonight.

Tag Team Titles: Nic Nemeth/KC Navarro vs. The System

The System, with the System, is defending. Myers misses a charge at Navarro in the corner to start but takes him down

anyway. Bronson comes in and gets double clotheslined, only to hit a regular clothesline on Nemeth. Myers chokes on the rope and the System gets in some choking from the floor.

A jumping knee to the face gets two on Nemeth and a belly to back suplex puts him down again. The Roster Cut is countered into a Fameasser though and it's Navarro coming in for a DDT to Bronson. Everything breaks down and Nemeth hits a dive but gets speared by Myers. Alisha grabs Navarro's leg though and Bear Down retains the titles at 6:35.

Rating: C+. Anything involving Nemeth is going to feel like a big deal around here, even if it didn't feel like the titles were in the most danger. At least Navarro got to look like a bit of a bigger deal, as he's doing something other than getting beaten up by AJ Francis. It worked well for a match that was designed to bridge the System to their next major title defense.

Post match the rest of the System wants their match right now.

The System vs. Leon Slater/Moose

Slater chops away at Alexander to start before hitting a handspring elbow. Edwards comes in and gets caught with a hurricanrana but manages to elbow Slater in the face. Everything breaks down and the System is sent outside for a pair of dives. We settle down to Alexander still being in trouble but it's back to Edwards to whip Slater all the way out to the floor.

We take a break and come back with the beating on Slater continuing, including Alexander's Michinoku Driver getting two. Alexander is frustrated, allowing Slater to fight up and win a chop off. It's off to Moose to clean house, including the chokebomb out of the corner to plant Edwards.

Slater comes back in for a double handspring elbow and they all get up to slug it out. Moose and Edwards clothesline each

other down so Alexander Lumbar Checks Slater. That earns Alexander a spear but Moose headbutts Edwards. The spear misses but Moose rolls Edwards up for the pin at 15:29.

Rating: B. This got rolling near the end, which tends to be the case with most things involving Slater. He and Moose are working as a mini Mega Powers concept, which isn't a bad way to go for them. If nothing else, Slater vs. Alexander is feeling like a big deal next week, though Slater feels like he's coming for the World Title in the coming months. Or at least he should.

We look back at the return of Broken Matt Hardy last week.

The Broken Hardys warn the Righteous that they have opened Pandora's Box. This is a gateway to something much worse and Jeff sings about hurting the Righteous. I guess we've got a few more weeks of this to go too. Lucky us.

Here is Mike Santana for a chat. Santana talks about his match with Rich Swann a few weeks ago and how they tore the house down. Now he wants his next challenger but here is Daria Rae to say Santana doesn't get to make that choice. Since Santino Marella isn't here, Rae makes a battle royal for next week to crown a new #1 contender. Works for Santana, but Rae wants her music played. Rae and this battling bosses deal just kills any energy the segment could have.

AJ Francis rants about KC Navarro and wants a street fight next week.

Navarro yells about everything Francis has put him through and is ready to fight. This was some good fire.

Knockouts Title: Lei Ying Lee vs. Arianna Grace

Grace, with Stacks, is defending. They fight over wrist control until Grace knocks her into the corner. A kick to the ribs is blocked though and Lee gets two off a sunset flip. Lee

hits a running knee for two and hammers away in the corner before grabbing a suplex. Grace bails to the floor so Lee dives onto both of them as we take a break.

We come back with Lee hitting a jawbreaker but getting caught with Graceland for two. Lee counters a kick to the head into a leg crank, with Grace bailing over to the rope. Back up and Lee knocks her down for two more but Grace's running elbow gets the same. Lee rolls through a high crossbody and hits a fall away slam for another near fall.

Grace is back up to catch her on top with a superplex but Lee kicks her down. Warrior's Way connects so Stacks puts the foot on the rope, earning himself an ejection. Lee even dropkicks him through the ropes, allowing Grace to hit a fisherman's neckbreaker for a rather near fall. Back up and Lee jumps to the top for a spinning neckbreaker to regain the title at 13:46.

Rating: B-. This was kind of a weird one, as the idea was that Grace was something like the Honky Tonk Man and in way over her head. It would make sense for a bigger, more accomplished star to beat her and Lee would qualify, but it didn't feel like an overly big moment. Still though, at least the title reign didn't go on too long and the title is back in a good place.

Lee has a rather emotional celebration to...hang on.

Moose has been attacked and that ends the show.

Overall Rating: B-. This was more about wrapping some things up as we move on to next week's live show and a fresh set of tapings. It's still kind of hard to fathom that we're not getting another big show before Slammiversary but it is letting them have the time to make things feel bigger. This felt big enough, though next week is going to be a pretty stacked week, which is always good to see. Not a great show here, but it has me looking forward to the coming weeks and

that's the right idea.

Results

Eric Young b. EC3 – Piledriver onto a chair

The System b. Nic Nemeth/KC Navarro – Bear Down to Navarro

Moose/Leon Slater b. The System – Rollup to Edwards

Lei Ying Lee b. Arianna Grace – Super spinning neckbreaker

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