

NXT – May 14, 2024: The Show They Needed

NXT

Date: May 14, 2024

Location: Capitol Wrestling Center, Orlando, Florida

Commentators: Booker T., Vic Joseph

We're coming up on Battleground and last week seemed to set the stage for the show's main event. Noam Dar seems to be coming for Trick Williams and the NXT Title, but Lash Legend is in the middle of the whole thing. Other than that, the Heritage Cup is on the line as Tony D'Angelo challenges Charlie Dempsey. Let's get to it.

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

Noam Dar has been attacked, with the rest of Meta Four arguing about it. Dar looks...confused?

We look back at last week's combine, which set up the qualifying matches for the Women's North American Title match.

Kiana James gives Izzi Dame a pep talk.

Sol Ruca won the combine and is ready to win the title too.

Women's North American Title Qualifying Match: Sol Ruca vs. Izzi Dame

Ruca walks to the ring on her hands. Dame grabs an armbar to start but Ruca suplexes her way out rather quickly. A middle rope flipping X Factor sends Dame outside and another dive hits her on the floor. Back in and Ruca tries a headscissors but gets thrown over the top for a face first landing into the steps.

Ruca gets dropped onto the announcers' table and Dame grabs a

backbreaker back inside. The reverse chinlock goes on but Ruca fights up with a springboard elbow to the face. Ruca's standing moonsault gets two but Dame's big boot gets the same. Dame sends her into the corner, where Ruca tries another headscissors, with this one being flipped into the Sol Snatcher for the pin at 5:38.

Rating: C. There are certain moves where you know it's over as soon as they connect and the Sol Snatcher is the newest on the list. I'm still not sure I can believe she's doing it every time and you do not see a move like that very often. It's pretty clear that Ruca is destined to be a star so her winning here was hardly a big surprise.

Ava isn't happy with the D'Angelo Family for switching referees last week but they claim a bad case of bronchitis. Tony can still have his title match, but he's getting fined \$20,000. That's fine, as an envelope full of cash (more than \$20,000) is handed over.

Brinley Reece fires up a nervous Edris Enofe (with his rabbit's foot) and Malik Blade.

Shayna Baszler, with Lola Vice implies she's coming for the Women's Title but Natalya and Karmen Petrovic run in for the brawl.

OTM vs. Edris Enofe/Malik Blade

Jaida Parker and Brinley Reece are here too. Nima picks Enofe up to start as it's off to Blade for a double drop toehold. Some rapid fire elbows stagger Nima but he's up for the tag to Price. Everything breaks down and OTM get caught with stereo hurricanranas and dropkicks. Parker grabs Enofe's foot though and the women get in a fight on the floor as we take a break.

Back with the women getting into it again and this time they go up the aisle, with referees getting rid of them. Enofe gets knocked down out of the corner for two, setting up a standing

camel clutch (with Enofe's legs wrapped around the standing Price's ribs). That's broken up but Enofe, who is losing his boot, can't get over for the tag. The assisted Alabama Slam to Enofe is enough at 10:43.

Rating: C. It's a bit weird to see a team whose story is bad luck but it's not like Enofe and Blade have anything else going on at the moment. They still feel like a team who could go somewhere if they were treated as a basic, athletic team but instead they're in a spot like this. OTM is already better without Scrypts, as he really didn't add anything to the team.

Meta Four is still arguing about Noam Dar but Lash Legend doesn't have time for this.

Ridge Holland praises Chase U to Axiom and Nathan Frazer. The OC come in to mock him but Holland is willing to find a partner for a match tonight.

Women's North American Title Qualifying Match: Ivy Nile vs. Lash Legend

Jakara Jackson is here with Legend who wastes no time in knocking Nile out to the floor. Nile fights up and glares at Jackson, followed by a spinning kick to Legend's head. Legend's super chokeslam is countered into a super bulldog for two and the Diamond Chain Lock goes on. Jackson offers a distraction though and Legend hits the pump kick for the pin at 3:56.

Rating: C. I'm not sure what happened to Nile but she has fallen through the floor. There was a time where she seemed primed for at least a title run but it never came together. Now here she is, more or less just a jobber to a potential big star like Legend. There wasn't much to the match, but Legend has come a VERY long way in the last few months.

Je'Von Evans doesn't know who attacked Noam Dar but he's ready to face Oro Mensah.

Carlee Brights wants to face Lola Vice tonight but Ava isn't sure after Bright's combine score. Then she gives Bright the match anyway.

Oro Mensah vs. Je'Von Evans

Jakara Jackson is here with Mensah, who strikes away to start and rakes Evans' eyes over the top rope. Mensah sends him crashing out to the floor and we take a break. Back with Mensah hitting Big Show's old Alley Oop for two but Evans fights up. Evans goes up top and kicks Mensah down, setting up a springboard clothesline. A springboard cutter sends Mensah outside and of course Evans is right there with the dive. Cue Lash Legend with a chair but Trick Williams pops up to glare at her. Evans fights out of a powerbomb and hits a superkick into the corkscrew splash for the pin at 10:10.

Rating: C+. It was good, though not quite up to the levels of excitement that Evans has shown in his previous outings. He's athletic and the fans like him, but right now he still needs wins like this one to boost him up. That is a necessary thing, but it might not make for the most riveting action.

Post match Williams shows respect to Evans.

Charlie Dempsey is on his own tonight and promises violence and revenge against Tony D'Angelo.

Here is Wes Lee for a chat. Last time he was in this ring with this mic, things were going very badly for him. He wasn't sure if he was ever going to be able to get back but dang did he miss this. Fans: "WE MISS YOU!" He is back six months earlier than scheduled because he missed this so much. Lee needs a minute to compose himself but Oba Femi interrupts. Femi respects him but Lee has taken the title as far as he can. While Lee has shown the spirit of a warrior, Femi is a real warrior. Lee says he wants a title shot, but Femi tells him to prove it.

Cue Ivar to interrupt, saying he knows what it's like to have a career ending injury. He and Lee even had the same spinal surgeon! They both want a title shot, but here is Josh Briggs to interrupt and try to get in on this too. He came this close at Stand & Deliver with broken ribs, but now he's all healed up. Femi likes the arguments, so Femi says make it a fatal four way. Instead, Femi says fight among yourselves and the winner gets the title shot. This was really basic simple stuff but it did its' job.

Chase U comes up to see Ridge Holland, who can have Riley Osborne as his partner tonight. Holland is very grateful.

We hear an alarm clock go off but see nothing.

Lexis King hits on some women when Jazmyn Nyx comes in with a get well soon card for Jacy Jayne. King signs but gets the name wrong.

OC vs. Ridge Holland/Riley Osborne

The rest of Chase U is here with Holland and Osborne. Holland trades shoulders with Gallows to start, with a jumping version putting Gallows down. Osborne comes in and is quickly taken into the wrong corner. Some dropkicks get him out of trouble in a hurry though and a standing shooting star press gives Osborne two. Gallows isn't having that and knocks Osborne into the corner again and we hit the chinlock.

Osborne fights up again but gets sent hard into the corner. A quick flip dive out of the corner finally gives Osborne a breather and the diving tag brings Holland in to clean house. Holland loads up an Alabama Slam but Osborne misses a springboard dropkick and hits Holland by mistake. That's enough for Anderson to roll Holland up for the pin at 5:10.

Rating: C. The OC might be stars but they're not exactly the most thrilling addition to the show. They're the same team they've been for years now, meaning they're here to collect a

check and follow the formula they've had for far too long. The ending was what mattered here, as it is going to be an issue for Holland and his path to redemption.

Video on Carlee Bright.

Carlee Bright vs. Lola Vice

Vice has Shayna Baszler in her corner. Bright tries some early rollups to start but Vice kicks her off the ropes. More kicks and strikes set up a dance, allowing Bright to grab a rollup for two. A front flip kick to the face in the corner gets two more but Vice kicks her out of the air. The spinning backfist finishes Bright at 3:10.

Rating: C+. Bright has been around on NXT LVL up in recent weeks and it's nice to see her do some things that she hadn't done around there. Right now though, she's just another newcomer in great shape and that isn't going to be enough to carry her to the next level. It was a nice match, but little more than a decent first step.

Post match Natalya and Karmen Petrovic come out for the brawl, with the villains bailing in a hurry. The tag match is made for next week.

Riley Osborne apologizes to Ridge Holland in the back but Holland says it's cool. Holland hopes Chase U trusts him and that seems to be the case, albeit a bit tentatively.

We look back at Noam Dar being attacked. NXT loves itself some mystery attacker stories.

Here's what's coming next week.

Heritage Cup: Tony D'Angelo vs. Charlie Dempsey

D'Angelo, with the Family, is challenging. Round One begins with D'Angelo taking over and grabbing an early rollup for two. Dempsey isn't sure what to do to start and D'Angelo takes

him down again to make it worse. A cravate finally slows D'Angelo down for a bit, only to have him reverse into a cradle for the first fall at 2:46.

We take a break and come back with just under a minute to go in Round Two. They trade forearms until Dempsey suplexes him into a cross armbreaker but D'Angelo survives until the round ends. Round Three begins with D'Angelo's arm in trouble so Dempsey goes right for the cross armbreaker. With that broken up, Dempsey grabs a Fujiwara armbreaker. That's reversed into a rollup but D'Angelo misses a charge into the post, allowing Dempsey to German suplex him and tie it up at 2:10 of the round and 9:14 overall.

Round Four begins with D'Angelo going right after the arm, including some stomps into a short arm scissors. D'Angelo can't quite roll out so Dempsey pulls him into a triangle choke. A powerbomb gets D'Angelo out and a belly to belly puts Dempsey down. D'Angelo grabs a spinebuster but can't cover as the round ends. Round Five begins with D'Angelo grabbing a German suplex as the rest of the No Quarter Catch Crew, looking a bit banged up, arrives. They're dispatched just as fast and Forget About It gives D'Angelo the pin and the cup at 1:08 of the round and 14:08 overall.

Rating: B-. I was a bit surprised by the ending as they seemed to be setting up the No Quarter Catch Crew interference to retain the Cup. D'Angelo needed to win something on his own and it's nice to see him finally do it. He has the talent and has managed to get this rather stupid gimmick over, which is more than I would have expected. Solid stuff here, with the Crew's run already looking to be in trouble.

We cut to the back where Wes Lee, Josh Briggs and Ivar have been attacked. The camera pans up to Gallus, as the trio is back (I wonder if they attacked Noam Dar) to end the show.

Overall Rating: C+. This wasn't the strongest show from a

wrestling standpoint but the main event was good and it had a nice surprise at the end. You can see at least some of the Battleground card coming together and there is almost a month to go before the show to fill in the gaps. Not their best show here, but it covered a bit of ground, including the first few qualifying matches.

Results

Sol Ruca b. Izzi Dame – Sol Snatcher

OTM b. Edris Enofe/Malik Blade – Assisted Alabama Slam to Enofe

Lash Legend b. Ivy Nile – Pump kick

Je'Von Evans b. Oro Mensah – Corkscrew splash

OC b. Ridge Holland/Riley Osborne – Rollup to Holland

Lola Vice b. Carlee Bright – Spinning backfist

Tony D'Angelo b. Charlie Dempsey 2-1

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NXT LVL Up – April 26, 2024: Now Why Is That So Hard?

NXT LVL Up

Date: April 26, 2024

Location: Capitol Wrestling Center, Orlando, Florida

Commentators: Blake Howard, Byron Saxton

We're back to the show and I have no idea what that is going to mean. Well other than the usual matches from the same people with almost nothing changing from week to week. For the life of me I still do not get why we are not seeing more in the way of building up some kind of story, but that just isn't the LVL Up way. Let's get to it.

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

Opening sequence.

Jakara Jackson vs. Arianna Grace

The rest of the Meta Four are here with Jackson and this is already way more star power than you usually get around here. Jackson takes her down with an armbar to start but Grace reverses into something like a cross armbreaker. With that broken up, Lash Legend offers a distraction, allowing Jackson to send Grace into the buckle. Jackson grabs the cravate but Grace fights up and hits a running knee for two. Another Legend distraction works rather well though and it's a jumping Fameasser to finish Grace at 5:48.

Rating: C. The match was nothing out of the ordinary, but again, it's amazing how much more important the show feels when there are some bigger names around here. It was also a bit weird to have a mostly heel vs. heel match here, with Meta Four being popular but still cheating enough to win.

Dion Lennox and Dante Chen are ready for Malik Blade and Edris Enofe. They're off to a film study.

Carlee Bright vs. Jaida Parker

Bright grabs a headlock to start but Parker fights up. That earns her a dropkick but Parker powers Bright into the corner and sits on her ribs for two. Parker works on the arm for a change but Bright makes the comeback and snaps off a running headscissors. That's shrugged off for a running neckbreaker, setting up a hip attack to finish Bright at 4:53.

Rating: C. Parker continues to feel like she could be something if she is given the chance and that chance seems to be starting. There is only so much that she can do on LVL Up, but getting in the ring should do her some good. At the same time, Bright continues to feel like the same, run of the mill athletic woman who hasn't figured herself out yet. That's not a bad thing as she hasn't been around long, but so far there is nothing that makes her stand out.

Edris Enofe/Malik Blade vs. Dion Lennox/Dante Chen

Brinley Reece is here with Enofe and Blade. Lennox shouldered Blade down a few times to start so it's off to Enofe for a slam. Back up and Lennox powers him into the corner, allowing Chen to come in. Since it's Chen, he's quickly taken into the wrong corner for the tag back to Blade. Chen is able to get back over for the tag to Lennox, who runs Enofe over with a clothesline. Chen's chinlock goes on but Enofe fights up as everything breaks down. Lennox is sent to the apron but Chen comes back with the double chop...to knock Enofe into Lennox for a crash. A TKO finishes Chen at 5:22.

Rating: C+. My goodness Chen continues to find new ways to not be very good, though they are almost leaning into it at this point. Having him knock his partner out at the end was oddly on point for him and it led to the regular team winning. Lennox could go somewhere down the line, but there is still

quite a bit of developing that needs to take place first.

Overall Rating: C+. While the show might not have been better than the regular show around here, it was far more engaging. It's a lot easier to care about the bigger names and the stars featured here were that much more interesting. While not a great show or anything you need to watch, I'll definitely take a show featuring some unused NXT lower card stars than what we usually get around here.

Results

Jakara Jackson b. Arianna Grace – Jumping Fameasser

Jaida Parker b. Carlee Bright – Hip attack

Edris Enofe/Malik Blade b. Dion Lennox/Dante Chen – TKO to Chen

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NXT LVL Up – March 29, 2024: Great Continuity

NXT LVL Up

Date: March 29, 2024

Location: Capitol Wrestling Center, Orlando, Florida

Commentators: Byron Saxton, Blake Howard

I'm a bit behind on this thing and I'm not sure how much I missed it. In this case, the good thing is that there isn't exactly much in the way of continuity around here. What matters the most is the action and star power, as both of them can come together to turn into something pretty decent. Let's get to it.

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

Opening sequence.

Jakara Jackson/Lash Legend vs. Carlee Bright/Kendal Grey

Legend throws Bright down with no trouble to start and it's off to Jackson, who gets caught by the arm. Grey and Bright start some quick tags to stay on the arm but it's back to Legend for the pump kick. An elbow to the back gives Legend two and we hit the bearhug to stay on said back. Grey fights out but gets caught in a quick backbreaker to cut her off again. That doesn't last long and it's back to Bright to pick up the pace. Everything breaks down until Jackson hits an Edge-0-Matic. Bright is sent outside and the Alley Oop finishes for Jackson at 6:35.

Rating: C. They're turning Jackson and Legend into something of a thing, which is rather impressive as Legend has come a LONG way since her rather terrible earlier days. The team is getting somewhere and I could go for them being given a bigger chance. That might be coming, and hopefully they keep growing as a team.

Hank Walker and Tank Ledger are ready to finish their best of three series with Tyriek Igwe and Tyson DuPont. Cue Igwe and DuPont, who want to raise the stakes. Now on the line: a meatloaf recipe vs. shoes. Yeah.

Je'Von Evans vs. Scrypts

The rest of OTM is here with Scrypts. They take turns ducking the other to start until Evans gets two off a sunset flip. Back up and Scrypts elbows him in the face but Evans snaps off a headscissors. Scrypts takes him down again and hammers away, setting up the running spinwheel kick in the corner. The chinlock goes on but Evans is back up with a springboard kick to the face. OTM offers a distraction though and Evans misses his spinning top rope splash. Not that it matters as Evans is right back with a small package for the pin at 4:57.

Rating: C+. They know what they've got with Evans, who is young and able to move rather quickly out there. That makes for some exciting moments as you get some fun high flying stuff. Scrypts can hang in that style as well, making for a nice acrobatic display. I have no idea how far Evans can go right now, but he's off to a fun start.

Hank Walker/Tank Ledger vs. Tyriek Igwe/Tyson DuPont

Final match in a Best Of Three series. Walker powers Igwe into the corner to start but runs into an elbow. DuPont comes in to help with some strikes but it's quickly off to Ledger. That means a fall away slam can put Igwe down and a toss slam drops him again. The chinlock doesn't last long so Walker and Ledger hit stereo running standing splashes on Igwe.

Another chinlock is broken up in a hurry and Igwe gets over to DuPont to pick up the pace. DuPont's discus punch gets two on Walker as everything breaks down. Ledger is sent outside and the chokeslam/belly to back suplex combination connects, only for Ledger to make the save. Igwe and Walker collide and Walker falls on him for the fluke pin at 6:23.

Rating: C+. As has been the case around here before, it is amazing to see how much even some small stakes around here changes things. Granted I'm not overly interested in the shoes, though the idea of someone winning a meatloaf recipe

had potential. It helped a good bit here, as I had no reason to care about either of these teams but it mattered just a bit, which is nice to see.

Respect is shown to end the show.

Overall Rating: C+. I guess we can call this a show with some continuity and I'll take that for a one off week. LVL Up is still not exactly must see stuff but you can tell when they are trying vs. the weeks when they aren't. This was one of the better shows, which says a lot given the names involved. Perfectly fine show, though that means nothing for the show's future.

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NXT – February 27, 2024: Didn't Have That One

NXT

Date: February 27, 2024

Location: Capitol Wrestling Center, Orlando, Florida

Commentators: Booker T., Vic Joseph

The road to Stand & deliver continues as we have just over a month away from the biggest show of the year. We are also on the way to Roadblock and NXT Champion Ilja Dragunov wants Carmelo Hayes on the way there. At the same time, Trick Williams is probably on his way back so let's get to it.

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

Here is NXT Champion Ilja Dragunov to call out Carmelo Hayes. Cue Hayes, complete with security, to say he isn't getting in the ring with Dragunov without a contract for a title match. Dragunov can have until the end of the night.

Gigi Dolin asks Ava to talk about her future but runs into Jaida Parker, who wants her own version. Ava makes a match between them for later tonight.

Kelani Jordan vs. Kiana James

Izzi Dame is here with James. Jordan wastes no time in taking her out to the floor to start but Dame offers a distraction. That's fine with Jordan, who moonsaults onto both of them at once. We take a break and come back with both of them hitting crossbodies to leave them both down. Jordan makes the clothesline comeback and hits an elbow to the face for two. A Downward Spiral gives Jordan two but Dame gets in a cheap shot. The Dealbreaker finishes for 8:12.

Rating: C. James and Jordan continue to do nothing for me as a team and that was certainly the case again here. They're just generic heels who don't have much else going on and win random matches. Jordan is someone who feels like she could become something down the line and she is already off to a nice start.

Roxanne Perez is mad at not getting the Women's Title shot

last week. Jakara Jackson comes in to mock her and the brawl is on.

OC vs. Edris Enofe/Malik Blade

Blade gets knocked into the corner to start but comes back with a dropkick to Anderson. Enofe comes in with a headscissors as Booker goes on such a rambling rant that Joseph says he has no idea what Booker is going to say next. Gallows comes in to choke Blade down in the corner and we hit the chinlock. It's back to Anderson for a chinlock of his own but Blade fights up and hands it back to Enofe to pick up the pace. Blade dives into a spinebuster though and it's the Magic Killer for the win at 5:24.

Rating: C. I don't think the OC winning their first match back in NXT over the resident jobbing tam is a surprise and thankfully they didn't take long in doing so. The OC continues to be a strange team as they have a great resume but they are almost never featured on the main roster. Maybe they can do something here, because it isn't like they have much further to fall.

Post match Chase U and Axiom/Nathan Frazier pop up to argue over who gets to beat up the OC first. Cue the LWO to dropkick the OC down as Baron Corbin and Bron Breakker look on.

Oba Femi wants competition and runs into Ilja Dragunov. After a quick staredown, Dragunov says he needs to talk to Ava.

Jakara Jackson vs. Roxanne Perez

Lash Legend is here with Jackson and offers an early distraction to cut Perez off. Perez isn't having that and knocks Jackson down, setting up a springboard moonsault for two. Pop Rox is broken up too so Jackson ties up the legs and pulls on the arm at the same time. That's broken up and Perez slugs away, setting up the crossface for the tap at 4:11.

Rating: C. They still didn't have much time to do anything here but it gets Perez back on track after some frustrations last week. Perez is still leaning more in the heel direction but beating a fellow heel in Jackson doesn't quite continue her on that path. The crossface is a better finisher for her though, as Pop Rox doesn't feel overly devastating.

Thea Hail is disappointed over her date with Riley Osborne not going well but Jacy Jayne tells her to ignore Fallon Henley. Cue Kiana James and Izzi Dame to congratulate them on the calendar, leaving Hail alone.

Baron Corbin and Bron Breakker run into the OC and bicker a bit, with a Tag Team Title match seeming likely.

Luca Crusifino vs. Dijak

Luca strikes away to start and they go outside, with Luca knocking him over the announcers' table. Back in and Dijak slugs away but a chop wakes Luca up. Dijak hits a superkick but Luca strikes him down again and hits some clotheslines. The cyclone boot sets up Feast Your Eyes to finish Luca at 3:28.

Rating: C+. I've seen Luca since he showed up on LVL Up and I've never seen him show that kind of aggression. Luca's biggest issue has long since been that he doesn't really do anything to make him stand out and now he has this kind of a showing. Rather surprising match here and I liked it more than I would have expected.

Post match Joe Gacy, in a torn straitjacket, comes in to brawl with Dijak.

Tony D'Angelo tells Stacks to get him, but not right now.

Noam Dar is warming up for his title defense in the main event but he doesn't care about the Catch Clause.

Here is Lyra Valkyria for a chat. She wishes Shotzi a speedy

recovery and promises Shotzi a title match when she gets back. Valkyria praises Lash Legend for stepping up but now she wants Tatum Paxley out here for a special gift. Paxley says she has proven her loyalty to Valkyria, who says that they're getting a Women's Tag Team Title shot against the Kabuki Warriors last week.

Cue Ridge Holland of all people to say he has something to say so they can leave if they're done. Holland talks about how he isn't a violent man most of the time....but here is the man with the weird fear vignettes to beat him down. It's Shawn Spears (called that, rather than Tye Dillinger) to beat Holland down. Points for an actual surprise there as I don't think he was on many guess lists.

Brooks Jensen challenges Oba Femi and gets an acceptance.

Carmelo Hayes isn't coming to the ring without a contract for a title match.

Lexis King vs. Von Wagner

Mr. Stone is here with Wagner. King's chops don't have much effect to start so Wagner strikes away for a change. Wagner's big boot misses though and King strikes away at the leg, including wrapping it around the post. Back in and Wagner hits a big boot anyway and they go outside again, where Stone gets crushed. They get back inside where King is right back to the leg. A running knee to the back of the head gives King two but Stone offers a distraction. Wagner grabs a rollup for the pin at 4:11.

Rating: C+. The ending wasn't the best as Stone offering a distraction doesn't exactly make him look like a hero. Wagner is in the middle of a weird cycle as he's kind of all over the place without getting anywhere. King on the other hand feels like he is mainly an agent of chaos, though he didn't really show that off here, as he was just kind of a person facing Wagner.

Post match King takes out Stone before leaving.

Video on the Kabuki Warriors.

Jaida Parker mocks Lyra Valkyria and Tatum Paxley but Arianna Grace wants peace. Valkyria points out that fighting is kind of what they do.

Joe Gacy jumps Dijak and a cameraman is taken out.

Gigi Dolin vs. Jaida Parker

They go to the mat to start with Dolin grabbing a rollup for a fast two. Parker is back up to stomp her down in the corner, including a running sit onto the ribs for two of her own. A running Blockbuster gives Parker two and we hit the neck rank. Dolin fights up but here is Arianna Grace for a distraction. That's enough for Parker to hit a running forearm for the pin at 4:40.

Rating: C. They're keeping up the trend of mediocre matches here but Parker continues to look like a star. She has a great look and that forearm looked solid, so giving her a win is a nice step forward. At the same time, Dolin's fall continues as she is little more than a jobber to the stars these days.

Someone has written SEE YOU SOON on a beach and the Roadblock logo appears. Sol Ruca I'd assume?

Heritage Cup: Noam Dar vs. ???

Dar is defending against...Charlie Dempsey, with Jakara Jackson and the rest of the No Quarter Catch Crew here too. Round one begins with a feeling out process and neither being able to get very far. An exchange of arm control doesn't work either but Dempsey grabs a backslide and flips forward for the pin at 1:48. Damon Kemp gets in a cheap shot to Dar as the round ends. Round two begins and we take an early break. Back with Dempsey hitting a suplex to end the round without much happening.

Round Three begins with neither being able to get very far with a hold, including Dar escaping an ankle lock. Dar wins a battle over the armbar before hitting a discus elbow as the round ends. Round four begins with Dar hitting a series of running shots to the face. The discus elbow sets up the Nova Roller for the tie at 22 seconds of the round and 9:50 overall.

Round five begins with Dar hitting a middle rope elbow to the back of the head for an early two. The seconds get into it on the floor though and Dar misses a corner dropkick, allowing Dempsey to grab a dragon suplex for the upset pin and the cup at 52 seconds of the round and 11:10 overall.

Rating: B-. I believe the term "it's about time" is appropriate here, as Dar has held the Cup for so long that he had to lose the thing sooner or later. Dempsey getting the win is a nice surprise as well as he hasn't done much so far in NXT. The Crew is kind of perfect to get the Cup as it is more or less their thing personified, and now Dar can move on to anything else for the time being.

Shawn Spears is back to mess things up.

Here is what's coming next week.

Here is Carmelo Hayes, flanked by security, to sign the contract with Ilja Dragunov. Hayes apologizes for the security but he can't have Dragunov getting hurt, which has Dragunov smirking. Cue Tony D'Angelo to say he's tired of hearing Hayes wants a title shot. He respects Dragunov and is ready to earn a title match.

Dragunov is intrigued and D'Angelo proposes a #1 contenders match against Hayes next week, with Ava agreeing. Hayes gets up and the fight is on, with D'Angelo accidentally knocking Dragunov down. D'Angelo is put through the table to end the show. Again points for a surprise here, and that's before Trick Williams is involved too.

Overall Rating: C+. This was about a few major moments, with the title change, Spears returning and D'Angelo being thrown into the title picture. I'm curious to see where some of those things go and that is a good sign. At the same time, the wrestling was not the best here as there was no match that stood out, though there is a good chance those come next week.

Results

Kiana James b. Kelani Jordan – Dealbreaker

OC b. Edris Enofe/Malik Blade – Magic Killer to Blade

Roxanne Perez b. Jakara Jackson – Crossface

Dijak b. Luca Crusifino – Feast Your Eyes

Von Wagner b. Lexis King – Rollup

Jaida Parker b. Gigi Dolin – Running forearm

Charlie Dempsey b. Noam Dar 2-1

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NXT – January 30, 2024: What A Save!

NXT

Date: January 30, 2024

Location: Capitol Wrestling Center, Orlando, Florida

Commentators: Vic Joseph, Booker T.

It's the go home show for Vengeance Day and that means a lot of talking for the matches that are already set. One of them has a bit of a twist though, with #1 contender Trick Williams also set to team with Carmelo Hayes in the semifinals of the Dusty Classic. That could make for a busy Sunday so let's get to it.

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

Opening recap.

Dusty Rhodes Tag Team Classic Semifinals: Carmelo Hayes/Trick Williams vs. LWO

Hayes armdrags Wilde down to start and snaps off a dropkick. Williams comes in for a dropkick of his own so it's off to del Toro for a double back elbow. A comeback is cut off with some shots to the knee but Williams gets over to Hayes anyway. The LWO sends them right back to the floor though and stereo dives connect as we take a break.

Back with Hayes fighting out of a chinlock and hitting his half of a double clothesline. Williams comes back in for a double release Rock Bottom and it's back to Hayes, who gets caught in the Tree of Woe. The LWO take him down again with stereo missile dropkicks and everyone is down. Hayes and del Toro kick it out until del Toro misses a phoenix splash. Williams comes back in and hits the jumping knee for the pin on Wilde at 12:33.

Rating: B-. So there's your setup for the main event at Vengeance Day, as there's a very good chance that Williams can't win because of something that happens in the tournament final. As in the tournament final that he was in because of Hayes, meaning Hayes costs him the title. Or maybe he wins everything and Hayes is jealous. Either way, it makes things more interesting and we should be in for something good.

Post match Oba Femi runs in to jump the LWO and takes out Dragon Lee for trying to make a save.

Ava tells Ridge Holland that he can't fight Gallus himself. Lexis King comes in with a gift basket for Ava, who didn't realize they have a meeting. Ava makes King vs. Holland for tonight. Works for Holland.

Tatum Paxley talks to a picture of Lyra Valkyria, saying she'll always be there for her. Valkyria comes to say she got all of Paxley's messages but doesn't get why Paxley attacked Roxanne Perez last week. Paxley says she'll always be there for Valkyria.

Tatum Paxley vs. Roxanne Perez

Lyra Valkyria is on commentary and we're joined in progress with Paxley firing off an assortment of kicks. A hanging butterfly suplex gives Paxley two and she sends Perez outside, with Valkyria not being sure why Paxley is doing any of this. Back in and Pop Rox finishes Paxley at 2:20 shown.

Arianna Grace is with Wren Sinclair and says she is a role model around here. Fallon Henley comes in to say she doesn't buy this and wants a match with Grace later.

Elektra Lopez vs. Lola Vice

Lopez spars her down and the fight is on to start with the two of them heading outside. Back in and Vice fires off some kicks to send her into the corner. More kicks to the back give Vice

two but Lopez powerbombs her out of the corner. An annoyed Lopez strikes away and hits a swinging Rock Bottom for two. A spinebuster is broken up though and Vice kicks her in the head for the pin at 3:32.

Rating: C+. This was quick and to the point with Vice getting a pretty strong win by knocking Lopez silly with that kick. Lopez is on her way to Smackdown and Vice is probably going to get into the title match sooner than later so they needed to cover both of these things. Not a great match, but it was intense while it lasted.

Joe Gacy comes to see Dijak and sits down without permission. Gacy says Dijak can't get rid of him and plays a recording suggesting that he has been here before. Dijak wrecks him again.

Ridge Holland vs. Lexis King

Holland elbows him in the face to start and we take a very early break. Back with King going after the knee but getting hit in the face for his efforts. King cheap shots him in the corner though and chokes away before we hit the chinlock. A running clothesline to the back of the head gives King two but Holland fights up again. The Coronation is blocked and Holland hits him in the back of the head for two but cue Gallus for a distraction. That's enough for a hanging Coronation to finish Holland at 9:38.

Rating: C. King is still not great in the ring but at least he's getting the character stuff down. You also need to give him some wins like this to build him up and it's not like Holland is going to lose much in defeat. Holland already has to deal with Gallus while King gets to move on to something of his own so this was a nice way forward for both of them.

Post match Gallus comes in to beat down Holland.

Trick Williams and Carmelo Hayes are still unsure about Ilja

Dragunov but Hayes gives him a pep talk. Hayes promises to show that he's had Williams' back since the beginning.

Here is Chase University, minus their sweaters (and Jacy Jayne/Thea Hail), for their final goodbyes. Chases knows he's a hothead and he has no one to blame but himself, but he thanks everyone for letting him live his dream. Duke Hudson talks about what he has learned from the school and wants everyone to remember how it was. This means a tribute video, which may have been made by threatening students, and yes it is set to Tell Me A Lie.

Chase thanks everyone, but here are Jacy Jayne and Thea Hail to interrupt. Jayne says if you want something done right, ask a woman. Chase: "We're out here saying our final goodbyes." Jayne: "Are you?" She talks about how she came into this place a bit toxic but she needed friends. Maybe she could actually change, and maybe she could help fix the problem. She looked inside her comfort zone and the school is NOT closing.

We see the Ladies Of Chase U Calendar....which will have Chase U out of debt and moving into the future. Chase jumps up and down in happiness and Jayne hugs him. There is something hilarious about how simple of a solution that is and hopefully they get back to doing what worked with Chase U.

The D'Angelo Family is ready for OTM at Vengeance Day.

Brooks Jensen comes up to Fallon Henley to talk about old times but she leaves to go have her match, leaving Jensen a bit disappointed.

Chase U celebrates a lot but Lexis King interrupts. A match between King and Riley Osborne is teased but Joe Gacy and Dijak brawl in to break it up.

Fallon Henley vs. Arianna Grace

Wren Sinclair is here with Henley. Grace offers her a hand to

start and gets caught in a wristlock for her efforts. Some armdrags put Grace down again and a big right hand rocks her again as we take a break. Back with Henley fighting out of a chinlock and getting two off a rollup. Henley sends her outside and gets in a shot of her own, only to have Jakara Jackson come in to distract the referee. Cue Lash Legend to kick Henley in the face to give Grace the pin at 8:41.

Rating: C. Henley is definitely moving up the ladder a bit around here and it seems that she has a feud coming up with Meta Four. I could go for her winning something else but at least she has something going on here. Grace on the other hand continues to be more annoying than anything else but at least she didn't get a dominant win.

OTM is ready for the D'Angelo Family at Vengeance Day.

Dijak and Joe Gacy are fighting way above a dumpster, with Dijak knocking him down into it for a nasty thud.

Baron Corbin praises Bron Breaker for his Royal Rumble performance and seems to be warming up to the Wolf Dogs name.

Heritage Cup: Von Wagner vs. Noam Dar

Dar, with Meta Four, is defending and Mr. Stone is here with Wagner. Round One begins with Dar's kicks being shrugged off and Wagner snaps off a nice armdrag. Wagner powers him into the corner and slowly walks around as Stone plays cheerleader. The tape comes off of Wagner's hand and he hammers away until the round ends.

Round Two begins with Wagner going after Oro Mensah, allowing Dar to hit the Nova Roller for the pin at 22 seconds of the round and 3:57 overall. We take a break and come back with Wagner hitting a rather delayed vertical suplex. Mensah offers a distraction but here are Fallon Henley and Wren Sinclair to brawl with Lash Legend and Jakara Jackson. The women leave as Dar's kneebar can't get the tap before Round Three ends.

Round Four begins with Wagner punching him in the face for two but Dar is back with some elbows. Wagner fights out again but the Death Valley Driver is broken up. Instead Wagner scores with a jumping knee to the face but misses a charge into the post. That's enough for Dar to roll him up and retain at 1:53 of the round and 10:10 overall.

Rating: C. The seemingly never ending reign continues for Dar and the matches are getting less interesting. Wagner didn't seem like one of the strongest challengers but Dar has held the title for the better part of ever. Either find something else for him to do or get rid of the title altogether, because this stopped working a long time ago.

Post match Dar mocks Stone's kids in the front row so Wagner puts Mensah through the announcers' table.

Ava yells at Dijak for putting Joe Gacy in a dumpster and wants a No DQ match with Gacy...who pops out of the dumpster to say he's in. The match is on.

Vengeance Day rundown.

Here is Trick Williams for a face to face showdown with NXT Champion Ilja Dragunov. Cue the champ, who says he's ready to whoop that Trick, but Williams thinks Dragunov has been playing him the entire time. Williams thinks Dragunov faked his injuries to avoid the match but Dragunov says there's no way because he's ready to hurt himself to retain the title.

Dragunov says Williams might want to be more worried about Carmelo Hayes but Williams says he'll win twice on Sunday. Williams wants Hayes left out of this so Dragunov threatens him with destruction. They shake hands and have a staredown but cue Baron Corbin and Bron Breaker to jump them. Carmelo Hayes runs in for the save so Dragunov and Williams can stare each other down again to end the show.

Overall Rating: C+. There wasn't a must see match on the show,

but they did a good enough job of making me want to see Vengeance Day. The action worked well and they set up some more things for the pay per view and it was a fairly solid go home show. The ending segment was probably the best part of the show as they've done a nice job of setting up a story that could go in a few different directions. Solid show here, even if there was only so much more that could be done with the title match.

Results

Carmelo Hayes/Trick Williams b. LWO – Jumping knee to Wilde

Roxanne Perez b. Tatum Paxley – Pop Rox

Lola Vice b. Elektra Lopez – Spinning kick to the head

Lexis King b. Ridge Holland – Hanging Coronation

Arianna Grace b. Fallon Henley – Big boot from Lash Legend

Noam Dar b. Von Wagner 2-0

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NXT LVL Up – January 5, 2024: The Polite Technicians?

NXT LVL Up

Date: January 5, 2024

Location: Capitol Wrestling Center, Orlando, Florida

Commentators: Byron Saxton, Blake Howard

We're in a new year and that means it is time to start finding out what this show is going to be in the coming weeks. LVL Up has been all over the place and I'm really not sure what that is going to mean going forward. The good thing is that things have been trending up in recent months. Let's get to it.

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

Opening sequence.

Brooks Jensen vs. Luca Crusifino

They go to the mat to start as the fans are oddly split here. Crusifino can't get very far with the front facelock so Jensen monkey flips him down. A flying headscissors puts Crusifino down again but he's right back with a neckbreaker to take over. The stomping is on, with a jumping legdrop giving Crusifino two. Another neckbreaker gets another two and we hit the chinlock. Jensen fights up and hits a dropkick into a powerslam for two of his own. A top rope knee finishes Crusifino at 6:25.

Rating: C. It wasn't much of a match, but they were presenting the idea of Jensen being more of a throwback to a technician ala Brad Armstrong or Bobby Eaton. That's not the worst idea and certainly not something you see very often, but I'm not sure if Jensen has the technique to back it up. I can certainly go with this over the country boy thing, but at least he has something different.

Dion Lennox is a former football player and wants to chase his dream. He's rather polite, but things change when the bell rings. He thanks the interviewer for her time and hopes she has a great day. I think I like this guy.

Brinley Reece/Kiyah Saint vs. Izzi Dame/Kiana James

Reece and James start things off with Reece flipping forward for a clothesline. Saint comes in to work on the arm, which has James straight over to the rope. Dame's choking on the ropes doesn't do much but a pull of the hair sets up a backbreaker for two. James grabs a front facelock before firing off some shoulders in the corner. Dame puts Reece in a torture rack (not quite Lex Luger's form) but she slips out and hands it back to Saint so the pace can pick way up. Not that it matters as James grabs the Dealbreaker for the fast pin at 5:16.

Rating: C. James and Dame are fine as a midcard heel team but there is only so much that you can do for a team that will have a grand total of no chance at getting the Women's Tag Team Titles. This was little more than a way to put them on the show and there is nothing wrong with that. Reece and Saint are just kind of there, so hopefully they got something out of their time in the ring.

Oro Mensah vs. Dion Lennox

Mensah has Lash Legend and Jakara Jackson with him. Mensah sends him into the corner to start and stops to pose like a villain should. Lennox is right back with a takedown into a chinlock, followed by a headlock takeover. Back up and a Stinger Splash into a northern lights suplex sends Mensah flying again and there's a whip over the top. Mensah scores with a superkick on the way back in and Lennox gets sent flying back a suplex. Lennox gets in a boot to the face and a spinebuster but Mensah hits him in the back. The running spinwheel kick in the corner finishes Lennox at 5:36.

Rating: C. I'm still trying to get my mind around the idea that Lennox's entire deal is "he's polite". It's almost impressive to go that basic with something but it's oddly kind of working. Now that being said, he's still brand new and has a long way to go, but at least they're giving him something and a chance to stand out, even in the slightest.

Overall Rating: C. Oh this was straight out of the old LVL Up playbook, with little in the way of interest and matches that didn't really make me want to see more. There were some slightly important names on the show, but it felt more about introducing Lennox and Jensen's new characters than anything else. That being said, that's kind of the point of this show, so while it's doing what it's supposed to, it's not that interesting.

Results

Brooks Jensen b. Luca Crusifino – Top rope knee

Izzi Dame/Kiana James b. Brinley Reece/Kiyah Saint – Dealbreaker to Saint

Oro Mensah b. Dion Lennox – Running spinwheel kick in the corner

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NXT LVL Up – December 29, 2023 (Best Of 2023): They Were The Best

NXT LVL Up

Date: December 29, 2023

Host: Blake Howard

It's the last WWE show of the year and for once I'm kind of curious to see where this is going. Last week's show featured some bigger names as it felt like WWE was actually trying with this show for a change. I'm not sure that's going to be the case long term, but it's nice to have some hope around here. Let's get to it.

Opening sequence.

We have a Best Of 2023 show here so we'll start around Wrestlemania season.

From April 7.

Sol Ruca/Dani Palmer vs. Lash Legend/Jakara Jackson

Ruca and Legend start things off with Ruca working on the arm and it's off to Palmer, who gets launched at Legend for two. Jackson comes in and gets headscissored down, only to come back with an Edge-0-Matic for two of her own. Palmer manages a rollup before flipping over for the hot tag to Ruca. Everything breaks down and the Sol Snatcher finishes Jackson at 4:49.

Rating: C. That Sol Snatcher is just awesome no matter what else happens in a match and it is going to get a reaction no

matter what. The key here was that it came out of nowhere and made Ruca look like a killer. Palmer continues to have potential and Legend is still coming along now that she isn't on TV every week and driving people crazy.

Tavion Heights is still learning around here but remembers facing Nathan Frazer.

From June 9.

Nathan Frazier vs. Tavion Heights

Heights wrestles/powers him to the mat to start but Frazier reverses into a sunset flip for two. Back up and Frazier starts flipping away, only to dive into an overhead belly to belly suplex (and a sweet one at that). Heights grabs the chinlock but Frazier reverses, only to get kicked throat first into the rope. A Dominator gives Heights two more but Frazier kicks him in the head. Frazier flips out of a German suplex, nails a superkick and finishes with the Phoenix splash at 4:40.

Rating: C+. Frazier being around instantly made the show feel more important and the fact that it was a rather nice power vs. speed match helped. This felt like Heights was told to go do all of his impressive stuff and the power/amateur mixture worked. Heights is another star who feels like he could be a big deal going forward, but he has to actually win something for that to take place.

Karmen Petrovic was nervous about facing Jacy Jayne but you'll see more of her in 2024.

From August 18.

Jacy Jayne vs. Karmen Petrovic

They fight over a lockup to start with Jayne powering her into the corner without much trouble. Petrovic takes it to the mat in a headlock before getting some rollups for two each. Jayne

is sent to the apron and scores with a knee to the face, followed by a running elbow in the corner for two. A kick to the back keeps Petrovic down and we hit the double arm crank. That's broken up and Petrovic gets in a kick of her own but Jayne blasts her with a discus forearm for the pin at 5:08.

Rating: C. There's not much to be seen here and just like after her first match, I don't know much about Petrovic. Commentary said she had a martial arts background but other than that, the only things I know about her is that she is in good shape and she has blond hair. Jayne is a much bigger deal and Petrovic didn't get much in here, so she didn't exactly gain much in defeat.

Riley Osborne talks about his pair of matches with Axiom, which really were good.

From October 13.

Axiom vs. Riley Osborne

Axiom takes him down by the arm to start as the fans seem a bit split here. Osborne takes him down with a test of strength for some near falls before they trade monkey flips. Back up and Axiom sends him outside, only to be sent into the corner back inside. Osborne grabs a chinlock back inside but Axiom fights up in a hurry and scores with a dropkick.

Osborne snaps off a running hurricanrana for two but Axiom wins a slugout. They crash out to the floor, where Osborne hits a 619 from the apron. Axiom knocks him down so Osborne has to dive back in, where Axiom is waiting with a frog splash for the pin (though Osborne's shoulder might have been up) at 8:21.

Rating: B-. That was one of the best matches I've seen around here in months as this was all about two people getting to showcase themselves with a little more time than usual. Axiom has shown that he can hang with anyone but Osborne got a

chance to shine here as well. Heck of a match between these two and I'm glad to see them get such a chance.

And from October 27.

Axiom vs. Riley Osborne

They fight over wrist control to start and trade some spins to escape. Axiom gets him to the mat and cranks on the arms but can't keep the shoulders down for two. Osborne flips over but he gets knocked to the apron, only to come back with a slingshot shoulder. Back in and Axiom takes him down, setting up a half and half suplex.

A running kick to the chest gets two and Axiom powerbombs him out of the corner for two more. They go outside with Osborne bouncing off of the announcers' table, only to run Axiom over for two back inside. Axiom catches him on top though and it's a super Spanish Fly into the Golden Ratio for the pin at 7:45.

Rating: B-. This was another good match between the two as they do have chemistry and Osborne has gotten a lot of mileage out of the two match series. It wasn't quite as good as the first one though, which might be due to the expectations. That being said, it's something close to continuity around here and that is nice to see.

Overall Rating: C+. They seemed to be focusing on the idea of the former LVL Up regulars who have made it up to the main roster and that isn't a bad way to go. Focusing on Axiom vs. Osborne was a good idea as they probably were the best matches of the year. This was a very quick and easy show, which tends to be the case most weeks. The show is trending in the right direction and hopefully they keep that up in 2024 so we can have a better Best Of next time.

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NXT LVL Up – September 15, 2023: They're Doing Something Different!

NXT LVL Up

Date: September 15, 2023

Location: Capitol Wrestling Center, Orlando, Florida

Commentators: Blake Howard, Byron Saxton

The interesting weeks of this show (work with me here) continue as we have more from the Global Heritage Invitational. What matters here is that we have something going on that actually matters for a change and after that not being the case for most of this show's life, I'll take what I can get. Let's get to it.

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

Opening sequence.

Jakara Jackson/Lash Legend vs. Dani Palmer/Tatum Paxley

The rest of Meta Four is here too. Legend powers Palmer up

against the ropes to start so Palmer grabs a waistlock into a sleeper. With that broken up, Legend sends her into the corner for a tag off to Jackson. That's fine with Palmer, who takes her down and brings in Paxley for a double standing moonsault. Jackson slaps the heck out of Paxley, who doesn't seem that annoyed.

A Meta Four distraction lets Jackson kick Paxley down though and she sits down on Paxley's ribs to put her in trouble. The double stomping is on in the corner and Jackson grabs the abdominal stretch. Paxley powers out and brings in Palmer to pick up the pace. Palmer misses a moonsault though and Legend runs her over with a clothesline. Back up and Palmer tries to get over for the tag to Paxley...who walks out. That leaves Paxley to get pump kicked into a wheelbarrow faceplant/cutter combination to give Jackson the pin at 5:56.

Rating: C. Well ok then. Not much of a match, but I'll take the idea of a story taking place around here. It does make sense too, as Paxley suddenly being all good doesn't really fit her history. If nothing else, Palmer has long since felt like someone WWE wants to use and this is better than just having one random match after another.

Tyriek Igwe and Tyson DuPont are ready to make an impression.

Tyriek Igwe/Tyson DuPont vs. Bronco Nima/Lucien Price

Scripts is here with Nima and Price. DuPont and Nima fight over the power control to start until Igwe comes in to work on the arm. With that broken up, it's Prince coming in and getting caught with a running knee to the face. Back up and Nima and Price take over on Igwe, with Nima hitting a running crotch attack to the back in the ropes. Nima misses a charge into the corner though and it's back to DuPont to pick up the pace. A splash hits raised knees though and it's a suplex swung into an Alabama Slam (that's not bad) to finish Igwe at 4:22.

Rating: C. I'm not sure what to say here. The match was physical and all four guys look good, but there's nothing here that makes them stand out. Nima and Price are the better team and they've already received more of a push, but there is only so much here that can be gained from "here's are two more power brawlers". Figure that out and either team could go somewhere down the line.

Global Heritage Invitational Group A: Tyler Bate vs. Charlie Dempsey

They fight over arm control to start with Dempsey taking him to the mat. Bate fights up and slips out, giving us an early standoff. They go back to the mat with Dempsey working a hammerlock into an armbar. That's reversed into a rollup and they go to the mat, with Bate managing a monkey flip.

They flip back up with Dempsey getting a bodyscissors and striking away on the mat. Bate powers out and hits a slam for two but Dempsey gets in a shot to the back. A bridging German suplex gives Dempsey two so Bate grabs an airplane spin into an AA for two of his own. They take turns trading running uppercuts before an exchange of rollups ends with Bate getting the pin at 7:13.

Rating: B-. This was different and that is the best thing you can say about a match a good deal of the time. They felt like they were going for a much more technical, if not full on British style match and it worked out well. Sometimes you need something completely different and that is what we got here, which made for a good main event.

Group A Standings

Tyler Bate (2-0-0, 4 points, 1 match remaining)

Butch (1-0-1, 3 points, 1 match remaining)

Axiom (0-1-1, 1 point, 1 match remaining)

Charlie Dempsey (0-2-0, 0 points, 1 match remaining)

Overall Rating: B-. The biggest thing this show had going for

it was it felt like there might be some hope for the future. Paxley turning on Palmer is about as low stakes as you can get, but what matters is that there might be some actual stakes. LVL Up has not really had that throughout its history but I'll take it in small doses like this. Nice show here, and for once I want to see what happens next.

Results

Jakara Jackson/Lash Legend b. Dani Palmer/Tatum Paxley – Wheelbarrow faceplant/cutter combination to Palmer

Bronco Nima/Lucien Price b. Tyriek Igwe/Tyson DuPont – Assisted Alabama Slam to Igwe

Tyler Bate b. Charlie Dempsey – Rollup

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NXT LVL Up – May 26, 2023: Getting Ready To Get Ready

NXT LVL Up

Date: May 26, 2023

Location: Capitol Wrestling Center, Orlando, Florida

Commentators: Blake Howard, Mr. Stone

We are two days away from Battleground and there are quite a few matches on the card that can steal the night. Now almost no one on that show is going to be tied into this one, but that is LVL Up in a nutshell. You never know what you are going to see around here and I'm curious to see how it goes...for some reason. Let's get to it.

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

Opening sequence.

Oro Mensah vs. Tavion Heights

Mensah tries to pick up the pace to start but Heights pulls him down into a headlock. Back up and some armdrags have Heights frustrated, followed by a high crossbody to give Mensah two. Heights powers up with a heck of a German suplex but a kick to the face staggers him. Said staggering doesn't last long as Heights is back up with a capture suplex into a chinlock. Mensah fights up and hits a springboard moonsault to a standing Heights, followed by a flipping kick to the head. A springboard kick to Heights face gives Mensah the pin at 5:31.

Rating: C. As usual, power vs. speed is going to work almost every time and that was the case again here. Mensah can fly around well enough and the springboards looked good here. Heights is another one of those names who has been around this show for a few months but not done much, which is going to have to change at some point.

Yulisa Leon and Valentina Feroz are glad to be back home and it's time to take it to Lash Legend and Jakara Jackson.

Boa vs. Javier Bernal

Boa throws a kick to start but gets caught in a headlock for

his efforts. Back up and Boa's second kick connects, only to have Bernal tie the leg up in the ropes for a kick to the knee. The leg cranking is on until Bernal's knee drop hits the mat. Boa uses the good knee to stagger Bernal, who is right back with a jumping Downward Spiral for the pin at 4:58.

Rating: C-. Not much to this one as Boa continues to be a good look and little more. He isn't horrible or even bad, but there is nothing to him that would make me want to see him again. Bernal has figured out how to be an annoying schmuck and that should carry him a long way in NXT, if not in WWE as well.

Yulisa Leon/Valentina Feroz vs. Jakara Jackson/Lash Legend

Feroz works on Jackson's arm to start and an assisted springboard flip dive gives Leon two. It's back to Feroz, who gets caught in the wrong corner so the beating is on. Legend charges into an elbow but is fine enough to slam Feroz off the top. Jackson grabs a reverse chinlock before Legend misses a splash. A pump kick cuts off Feroz's comeback bid so Feroz goes with an enziguri for a breather. The hot tag brings in Leon to clean house as everything breaks down. Jackson gets caught putting her feet on the ropes in a rollup and a suplex/high crossbody combination finishes for Leon at 5:42.

Rating: C. This was about getting Leon back in the ring in NXT and she looked smooth enough out there. Feroz and Leon are a team who could get somewhere with a bit more polish and it is nice to have them back. The tag division could certainly use the help, though that isn't going to happen until the titles are back in NXT in the first place. For now though, nice return.

Overall Rating: C. I wasn't exactly feeling this one, but the action was passable enough. LVL Up might actually start serving a bit more of a purpose, as there are a lot of gaps that need to be filled on the main NXT roster. While some of these people aren't quite ready to fill in those spots, they

could be ready to start getting ready and that isn't a bad place to be.

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NXT – May 30, 2023: Fallout And Guest Stars

NXT

Date: May 30, 2023

Location: Capitol Wrestling Center, Orlando, Florida

Commentators: Vic Joseph, Booker T.

We're done with Battleground and that means it is time for NXT to head back home. There is a lot of fallout to deal with here, but we also have a weaponized steel cage match. That would be for those of you who just don't get enough out of putting two wrestlers inside a big steel box. Let's get to it.

[Here is Battleground if you need a recap.](#)

We open with a recap of Gigi Dolin vs. Jacy Jayne, as the two of them were part of that famed two woman team known as Toxic Attraction. They were friends and now they're not, so let's put them in a cage full of weapons.

Gigi Dolin vs. Jacy Jayne

In a weaponized cage, but Jayne jumps Dolin from behind during their entrances. Dolin is sent into the steps and the cage wall before Jayne throws her inside for the opening bell. Jayne whips her with a belt, only to be sent into the cage. Dolin gets in some not great belt shots of her own before putting a trashcan over Dolin's head.

Some kicks rock Jayne and a running dropkick against the trashcan gets two. Dolin chokes with the belt some more and we take a break. Back with Dolin firing off knees and hitting an STO for two. Jayne plants her on some chairs for two and it's time to load up a table. That's a bit too long though and Dolin fights back on top, setting up a kind of chokeslam through the table for the pin at 12:31.

Rating: C+. It was a violent enough match (in the WWE sense that is) but I'm getting rather tired of having to put weapons in a cage. If that's the option, why bother with the cage at all? Just do a street fight and have the weapons that way instead. Other than that, this still didn't exactly feel like some big blood feud, but at least this should wrap it up for good.

Long recap of Battleground.

Wes Lee is happy with his win on Sunday but he's a bit sore. The Dyad comes in to yell at him but Tyler Bate evens things up. A tag match seems likely.

Tony D'Angelo had his mugshot taken.

Gallus is happy with their win at Battleground when Stacks

comes in. Stacks accuses them of turning D'Angelo in and gets beaten down as a result.

Here are Carmelo Hayes and Trick Williams to brag about retaining at Battleground. Before they can get too far, here are Noam Dar, Oro Mensah, Lash Legend and Jakara Jackson to interrupt. Dar brags about retaining his title but Williams points out the cheating that it took to keep the Heritage Cup. Hayes says the Heritage Cup is on a level, but the title is on a bigger level. They argue about whether Hayes could beat Dar once, let alone in two falls, with Hayes being accused of practicing load management (meaning he doesn't wrestle often). Hayes gives Dar a title shot tonight.

Cora Jade brags about how unfair she was treated in the tournament but Ivy Nile comes in to tell her to shut up. They get catty with each other and a match seems likely.

Reggie comes up to Axiom in the back and thanks Axiom for opening his eyes. That's why he helped Axiom against Dabba-Kato last week. Reggie leaves and Axiom doesn't seem to know what to make of that.

Dyad vs. Wes Lee/Tyler Bate

Bate takes Fowler down to start and gets two off a sunset flip. Lee comes in and kicks Fowler in the head, setting up a spinning crossbody for two more. The good guys clear the ring with dropkicks but the Dyad is back in for the staredown...and Mustafa Ali is here. We take a break and come back with Ali on commentary as Bate is in trouble.

Bate knees his way out of a double suplex attempt as Ali talks about being a free agent, meaning he can show up anywhere. The tag brings in Lee to clean house, including a kick to Reid's back in the corner. A double Cardiac Kick drops the Dyad and stereo Spiral Taps knock them silly. The Tyler Driver 97 finish Reid at 9:27.

Rating: C+. The match was good enough, but the Ali stuff is what matters here. Ali is someone who definitely needs to come up with something new and going down to NXT, where he can do more of his own style without getting crushed, might be just the ticket. For now though, I'll setting for Bate rising up the ranks a little bit more.

Post match Ivy Nile runs out to jump Ava, drawing in Joe Gacy to go after Lee. Mustafa Ali comes in to help clear the ring and poses with Lee and Bate.

We look back at Drew Gulak and Charlie Dempsey mocking Thea Hail at Chase U during Battleground.

Earlier today, Gulak was running a grappling class and Hail made sure to get involved. Hail gets in with Dempsey and we cut away before we see how it goes.

Here is Tiffany Stratton for her big celebration, complete with various pictures of her in the ring. She lists off various stars who have won the title before and talks about what it means to be a champion. Tiffany calls out all of the women in the locker room, who must feel star struck. She brags about how she might just retire for life and thinks that everyone should have a chance at the Tiffy Title. Next week, it's a battle royal to crown the new #1 contender, but it doesn't matter who wins. Balloons and confetti go off but a bunch of women get in the ring to knock her to the floor.

Noam Dar's goons come up to Trick Williams and they bicker a bit.

Dani Palmer is in the ring to demand that the attacker show her face. We see some clips of the attacker's attacks and here is the attacker to attack again. And it's Blair Davenport.

Last week, Eddy Thorpe was consoled over his loss when Damon Kemp came in to mock him. They'll fight next week (as in a week from this show airing, not a week from them arguing).

Joe Coffey vs. Stacks

The rest of Gallus is banned from the building. Stacks starts fast with a headlock but gets sent into the corner for his efforts. A knee and elbow to the ribs give Coffey two but Stacks is able to knock him outside. We take a break and come back with Coffey hitting a release suplex for two as Stacks stays in trouble. Stacks gets in an elbow but they take it outside where Stacks is sent into the steps. The running headbutt to the chest and All The Best For The Bells finishes Stacks at 10:00.

Rating: C. Well that was a bit long, which might have something to do with the roster still being a bit thin. Joe hasn't been in the ring much lately but he can still wrestle a competent power match. Stacks seems to be up to something with the whole D'Angelo deal and I'm curious to see where that goes. Then again there is every chance that Stacks turned on D'Angelo, and I'm not sure how interesting that feud would be. For now though, they had a decent enough match here.

Mr. Stone isn't happy with Von Wagner being mad and says it's time he sees a therapist. Stone will even pay for it! Wagner promises to think about the offer.

We get a kind of mini documentary on Ilja Dragunov getting ready for his Last Man Standing Match, followed by a look at the match itself. This, and the match, were rather good.

Cora Jade vs. Ivy Nile

Nile starts fast but gets pulled down by the hair to cut her off for two. Jade ties her in the ropes for a chop, which hits Nile HARD in the face. A running dropkick gets two but Nile fights up. Cue Ava for a distraction though, allowing Jade to hit Nile for the pin at 4:14.

Rating: C-. This didn't have much time to go anywhere and they had an angle in the middle to take away even more of what they

had. I can see why Jade is getting the win as she is in a better place at the moment, but I still think there is something to be done with Nile. She's a unique kind of star and if she can get better in the talking department, she has a bright future.

Tank Ledger and Hank Walker love chicken parm, honey badgers and buffalo sauce. Malik Blade and Edris Enofe come in to discuss sauces and everyone seems cool.

The Diamond Mine and Schism get in an argument backstage.

NXT Title: Noam Dar vs. Carmelo Hayes

Only Hayes is defending, this isn't under Heritage Cup rules. Trick Williams, Jakara Jackson, Oro Mensah and Lash Legend are all here too. Dar takes over to start but Hayes picks up the pace to get a breather. A springboard spinning crossbody takes Dar to the floor and we take a break. Back with Hayes hitting the Fade Away for two and striking away as Dar can't get much going.

A pump kick drops Dar again and Hayes plants him down for two. The seconds get in a fight on the floor, which is enough for Williams to be ejected. The distraction lets Dar elbow Hayes down for two and slap on the kneebar. With that broken up, Dar puts Hayes on top but here are Dragon Lee and Nathan Frazer to cut off Mensah's interference. Hayes hits a dive onto the villains on the floor, setting up Nothing But Net to retain the title at 11:12.

Rating: B-. I'm not sure how much drama there was to this one but Dar isn't going to be hurt by losing to the NXT Champion. Lee and Frazer still being mad over Battleground makes sense and I liked having them run in here. Hayes can put on a good match with anyone and having him rack up another win is a smart move. He just needs a next big challenger to come after him.

Post match Baron Corbin of all people runs out and jumps Hayes. Corbin holds up the NXT Title to end the show. I've heard far worse ideas.

Overall Rating: C+. It wasn't a great show, but there was enough good action and stuff moving forward to come off of the pretty great Battleground. I like having the main roster guys come down, as they feel like a big deal and very well could pick up a title here or there. For now, we're probably getting ready for the big TV special before setting up Great American Bash and that isn't a bad way to go after one of the bigger (and best) shows of the year.

Results

Gigi Dolin b. Jacy Jayne – Chokeslam through a table

Wes Lee/Tyler Bate b. Dyad – Tyler Driver 97 to Reid

Joe Coffey b. Stacks – All The Best For The Bells

Cora Jade b. Ivy Nile – Jaded

Carmelo Hayes b. Noam Dar – Nothing But Net

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