

Mettle Advancement to Level III- Solid Red Sock

All techniques from level I Coach Name: _____ Paid: _____

Single Leg

High C

Single and High C Finishes:

Change Double, Pike Down, Snake to Trip

Cement Job- Cement Mixer

Head and Arm aka Headlock

Head and Arm Defense

Head in Pocket to Near Ankle

Pop and Go

Elbow Pass

Short Sit Series

Switch

Returns to Mat (Hip Dump)

Cradle

Mental- Coach Name: _____

Learn about someone that has shown great courage in life

Physical

4-Minute Gauntlet- Coach

Complete Ab Workout- Parent

Complete Leg Workout - Parent

Show improvement on push-up, sit-up, and pull-up- Parent

Performance- Parent Pass Off Parent Initial: _____

Compete in at least 3 wrestling events. Two must be sanctioned USA Wrestling Tournaments.

SOURCE: http://www.themat.com/usawrestling.org/folkstyle_level1.php