

Advancement from Level I to Level II- White w/ Red Stripe

Technique- Coach Name: _____ **Paid:** _____

Stance- Square & Attack

Motion-

Drop Step- Inside Step and Outside Step- Level Change

Hand Control – Wrist Tie

Inside Control- Inside Bi

Lines of Defense- Head, Hands, Hips- Head Position

Sprawl & Spin- Stuff Head

Double Leg- Bullneck Finish

Snap Down Run Around- Snap and Spin

Referees Position (Top and Bottom)

Stand Up

Push Weight to Breakdown- Basic Positioning (Riding)

Half Nelson

Bridge

Mental- Coach Name: _____

Define- Mettle

Set goal and create plan to achieve the goal

Physical- Parent Pass Off Parent Initial: _____

Push-up Test

Sit-ups Test

Pull-ups Test

2 minutes of barrel rolls

Performance- Parent Pass Off Parent Initial: _____

Compete in two wrestling events.

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