



Curriculum Outline

USA Wrestling's Core Curriculum

Level 2 Folkstyle

1. Neutral Position

- A. Stalking your opponent
 - i. Closing the gap
 - ii. Making contact
- B. Hand fighting to control tie
 - i. Hand fighting - control tie
 - ii. Hand fighting - Don't reach

2. Neutral Position Offense

- A. Takedowns
 - i. Sweep single
 - a. Sweep single inside
 - b. Sweep single outside
 - c. Tree top finish
 - d. Run the pipe finish
 - e. Run the pipe finish
 - ii. High crotch
 - a. Inside step penetration
 - b. Outside step penetration
 - c. Pop finish
 - d. Change off to double
 - iii. Double leg (inside & outside)
 - a. Double leg inside
 - a. Double leg outside
 - iv. Fireman's Carry
 - a. Inline finish
 - b. Kelly finish

3. Counter Offense

- A. Front headlock
 - i. Go behind
- B. Stuff head
 - i. Single (head inside)
 - ii. High crotch (head outside)

4. Referee's Position

- A. Stand up
- B. Short sit
 - i. Stand up
 - ii. Switch
 - iii. Head post

5. Referee's Top Position

- A. Pop & chop
 - i. Near wrist - cheap tilt
 - ii. Far side tilt
 - iii. Bar arms
- B. Spiral ride
 - i. Arm turk