Curriculum Outline
USA Wrestling’s Core Curriculum
Level 3 Folkstyle

1. Neutral Position
   A. Hands & wrists (fighting for control)
   B. Opponent posting
   C. Hand fighting drill
   D. Inside ties
   E. Underhook (head position)

2. Neutral Position - Offense
   A. Takedowns
      i. Single leg - feet
      ii. Single leg - sweep / running the corner
      iii. Trick knee whizzer
      iv. Single leg - back door
      v. Single leg - rotate direction

3. Counter Offense
   A. Front headlock
      i. Clearing elbow
      ii. Whipovers
      iii. Knee tap

4. Referree’s Position
   A. Base building
   B. Holding base drill

5. Referree’s Top Position
   A. Spiral ride to legs
   B. Claw ride to legs