



Curriculum Outline

USA Wrestling's Core Curriculum Level 1 Olympic Styles

1. Neutral Position

- A. Freestyle stance
 - i. Similar to folkstyle
- B. Greco-Roman stance
 - i. Higher elevation follows basic fundamentals
 - ii. Waist and up wrestling – not as different as you may think

2. Offense

- A. Take downs
 - i. Blast double leg
 - ii. Snatch single leg
 - iii. Snap down/front headlock
 - iv. 2 on 1 hi-dive
 - v. 2 on 1 duck under
- B. Set-ups/control ties
 - i. Wrist tie/baseball grip
 - ii. 2 on 1
 - iii. Arm drags/chops
 - iv. Inside tie/elbow tie
 - v. Backstep
- C. Finishes
 - i. Covering opponents hips
 - ii. Turks
 - iii. Transitioning to top/par terre

3. Counter Offense

- A. Lines of defense
- B. Down block & sprawl
- C. Stuff head to cheap tilt
- D. Stuff head to crossface
- E. Back step defense
 - i. Head and arm
 - ii. Arm spin/throw

4. Par Terre

- A. Par terre offense
 - i. Gut wrench
 - ii. Ankle lace
 - iii. Reverse lift
- B. Par Terre Defense
 - i. Hips & shoulders square/heavy
 - ii. Fight the lock
 - iii. Movement on bottom
 - iv. Ankle lace defense