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