

Level 1-beginner curriculum

Feet offense:

1. Staggered stance vs square stance, level change, proper foot movement
2. Hand fighting –wrist control
 - Pull down to front head lock
 - Single or double when opponent comes back up
 - 2 on 1 baseball bat to single or double
3. Inside tie up
 - a. Use to set up high crotch, double, single and duck under
4. Collar tie
 - a. Use to set up snap down
 - b. Use to set up double
 - c. Use to set up single
 - d. Use to duck under
5. Snap downs
 - a. To set up front head lock
 - b. To set up a shot as the opponent comes back up
6. Front head lock
 - Go behind (spin drill)
 - Cow catcher/bull dog-wrestlers need to learn to use front head lock to control opponent first and be proficient with go behind and spine drill before hand
7. Re shots-maintain position, level change and shoot off of opponents failed shot
8. Build back up when opponent sprawls on single, double and high crotch
 - Knee slide up back up with doubles and high crotch
 - Circling to feet with single
9. Snake single

Feet defense:

1. Sprawl
 - Controlling head and arm
 - Clearing and posting arm before spinning
2. Blocking shot with head and hands
 - Pop, post and spine
3. Down block-defending shots with level change and blocking with head and shoulder

Bottom

1. Proper referee position
2. Base building
3. Clearing the half
4. Inside and outside stand ups

- Clearing the arm
- Hand control
- Clearing two on one

5. Proper sit out
6. Short sit out turn in
7. Switch –(learn stand ups, proper sit out and turn ins well first)

Top

1. Proper referee position, forward pressure and staying behind the pits
2. Break downs
 - Tight waist chop
 - Bulldozer
 - Tight waist ankle
 - Spiral half
3. Establish wrist control-driving forward over wrists
4. Half nelson wrist control
5. Arm bar post-secure arm bar when posting or during tight waist chop
6. Cross face cork screw
7. Cross face far side cradle
8. Tight waist hip bump lift to return to mat
 - Can't lift and bring to mat if opponent with trapped arm
9. Tight waist rocking chair to bring down to the mat
10. Drop down to a double or single so opponent doesn't get escape –when

Key drills:

1. Stance motion/shadow drilling
 - Good solid stance for 3 minute
 - Level changes
 - Down block
 - Sprawl
 - Shots-you can shadow drill any shot (duck under, double, single, high crotch)
2. Spin drill
3. Pop post spin drill
4. Hand fight drill-one wrestler tries to maintain a solid stance while the other uses wrist, collar ties and inside ties to move partner out of position
5. Shot re-shot drill
6. Stand up drill against wall-break it into steps and then as a whole-good push back into wall
7. Bear/crab –hip heist drill
8. Tumbling warm ups
 - Forward roll to stance

- Backward roll to stance
- Bear crawl
- Crab walk
- Cart wheel
- Round off
- Power hop

Games:

Sharks and minnows

Summo push out

Toe tag

Single leg chicken with partners

Relay races –wheel barrow, tumbling etc

Take down tournament

