



Curriculum Outline

USA Wrestling's Core Curriculum Level 1 Folkstyle

1. Neutral Position

- a. Stance
 - i. Staggered & square
- b. Motion
- c. Penetration Step (inside & outside)
 - i. Change your elevation before penetration
- d. Back Step

2. Neutral Position – Offense

- a. Take Downs
 - i. Double leg
 - ii. Single leg
 - iii. Snap & spin
 - iv. Back step offense
 1. Head & arm
 2. Arm spin
- b. Set-ups / control ties
 - i. Wrist tie
 - ii. Head snap
 - iii. Pop & go

3. Counter Offense

- a. Lines of defense
- b. Sprawl & spin
- c. Stuff head
- d. Back step defense
 - i. Head & arm defense
 - ii. Arm spin defense

4. Referee's Position

- a. Basic positioning / procedure
- b. Stand up
- c. Switch

5. Referee's Top Position

- a. Basic positioning (riding)
- b. Pop & chop
- c. Ankle rides / Breakdowns
- d. Spiral ride / Breakdowns
- e. Returns to mat
- f. Half nelson
- g. Cradle

