



# 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. Referee's Position

- A. Base building
- B. Holding base drill

### 5. Referee's Top Position

- A. Spiral ride to legs
- B. Claw ride to legs

