

# Folkstyle Level 1 Curriculum



1. Neutral Position
  - a. Stance
    - Staggered & Square
  - b. Motion
  - c. Penetration Step (inside & outside)
    - Change your elevation before penetration
  - d. Back Step
2. Neutral Position Offense
  - a. Take Downs
    - Double leg
    - Single leg
    - Snap & spin
    - Back step offense: Head & Arm
    - Back step offense: Arm Spin
  - b. Set-ups / control ties
    - Wrist tie
    - Head snap
    - Pop & go
3. Counter Offense
  - a. Lines of defense
  - b. Sprawl & spin
  - c. Stuff head
  - d. Back step defense
    - Head & arm defense
    - 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 (Hip Dump)
  - f. Half nelson
  - g. Cradle