

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