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