Folkstyle Level 2 Curriculum

1. Neutral Position
   a. Stalking your opponent
      - Close the Gap
      - Making contact
   b. Hand fighting to control tie
      - Handfighting - Control tie
      - Handfighting - Don't reach

2. Neutral Position Offense
   a. Sweep Single Take Downs
      - Sweep single inside
      - Sweep single outside
      - Tree top finish
      - Run the pipe head inside
      - Run the pipe head outside
   b. High Crotch Take Downs
      - Inside step penetration
      - Outside step penetration
      - Pop finish
      - Change to a double
   c. Double Leg Take Downs
      - Double Leg inside
      - Double Leg outside
   d. Fireman's Carry Takedowns
      - Inline finish
      - Kelly finish

3. Counter Offense
   a. Front headlock
      - Go behind
   b. Stuff head
      - Single - Head inside
      - High crotch - head outside

4. Referee's Position
   a. Stand Up
   b. Short sit
      - Stand Up
      - Switch
      - Head post

5. Referee's Top Position
   a. Pop & Chop
      - Near wrist - cheap tilt
      - Far side tilt
      - Bar arms
   b. Spiral ride
- Arm turk
- Leg turk