

# 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