

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