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