Folkstyle Level 3 Curriculum

1. Neutral Position
    a. Hands & wrists (fighting for control)
    b. Opponent posting
    c. Hand fighting drill
    d. Inside ties
    e. Underhook (head position)
2. Neutral Position Offense
    a. Take Downs
        - Single leg - feet
        - Single leg - sweep / running the corner
        - Trick knee whizzer
        - Single leg - back door
        - Single leg - rotate direction
3. Counter Offense
    a. Front headlock
        - Clearing elbow
        - Whipovers
        - Knee tap
4. Referee's Bottom Position
    a. Base building
    b. Holding base drill
5. Referee's Top Position
    a. Spiral ride to legs
    b. Claw ride to legs