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