

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