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