

# Olympic Styles Level 1 Curriculum



1. Neutral Position
  - a. Freestyle Stance
  - b. Greco-Roman Stance
2. Offense
  - a. Take Downs
    - Blast double leg
    - Snatch single leg
    - Snap down/front headlock
    - 2 on 1 hi-dive
    - 2 on 1 duck under
  - b. Set-ups / control ties
    - Wrist tie/baseball grip
    - 2 on 1
    - Arm drags/chops
    - Inside tie/elbow tie
    - Backstep
  - c. Finishes
    - Covering opponents hips
    - Turks
    - Transitioning to top/par terre
3. Counter Offense
  - a. Lines of defense
  - b. Down block & sprawl
  - c. Stuff head to cheap tilt
  - d. Stuff head to crossface
  - e. Back step defense
    - Head and arm
    - Arm spin/throw
4. Par Terre Position
  - a. Par terre Offense
    - Gut wrench
    - Ankle lace
    - Reverse lift
  - b. Par Terre Defense
    - Hips & shoulders square/heavy
    - Fight the lock
    - Movement on bottom
    - Ankle lace defense