

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