

# Freestyle Level 2 Curriculum



1. Neutral Position
  - a. Head Position
    - Elevation
    - Angle
  - b. Crowding
  - c. Making contact
    - Closing the gap
2. Neutral Position-Offense
  - a. Inside step penetration
    - Hi-C
    - Double leg
    - Inline Fireman's Carry
  - b. Outside step penetration
    - Single leg
    - Snatch single
    - Outside double leg
    - Duckunder
  - c. Setups/Handfighting
    - Level change
  - d. Scoring takedowns
  - e. Finishes
3. Counter Offense
  - a. Defensive Counter Offense
  - b. Stuff head to breaking down opponent's attack
  - c. Foot to mat
  - d. Foot to mat with moving head
4. Par Terre Position
  - a. Offense
    - Gut wrench - Low Lock
    - Leg lace - Cartwheel
  - b. Defense
    - Gut wrench - low lock
    - Ankle lace - catch ankle