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