

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