Greco-Roman Level 2 Curriculum

1. Neutral Position
   a. Pummel Outline
      ■ Pummel drills
      ■ Pummeling to arm-drag
      ■ Pummeling to arm-drag with inside step
      ■ Pummel to single underhook
      ■ Pummel to double underhooks
      ■ Using legs/push-pull motion

2. Offense
   a. Take Downs
      ■ Head & Arm: Sag headlock
      ■ Head & Arm: Reverse headlock
      ■ Hiplock
      ■ Arm Throw
      ■ Slide by
   b. Set-ups / control ties
      ■ Single Underhook

3. Defense
   a. Defending double underhooks
   b. Defending single underhooks
   c. Defending hiplock
      ■ Defending hiplock with counter offense

4. Par Terre Position
   a. Offense
      ■ Arm bar Part 1
      ■ Arm bar Part 2
      ■ Reverse Lift from feet
      ■ Reverse Lift from knees
   b. Defense
      ■ High gut wrench
      ■ High gut wrench drills
      ■ Mid gut wrench
      ■ Mid gut wrench drills
      ■ Combo gut wrench drill
      ■ Straight-lift