

# 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