

# 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