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