

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