



Curriculum Outline

USA Wrestling's Core Curriculum

Level 2 Freestyle

1. Neutral Position

- A. Head position
 - i. Elevation
 - ii. Angle
- B. Crowding
 - i. Engaging with hands
 - ii. Straight lines
 - iii. Move to same side attacking
- C. Making contact
 - i. Offensive priority with defensive ability
 - ii. Moving forward to angle
 - iii. Closing the gap

2. Neutral Position – Offense

- A. Inside step penetration
 - i. Hi-C
 - ii. Double leg
 - a. Attack the far hip
 - iii. Inline fireman's carry
- B. Outside step penetration
 - i. Single leg
 - ii. Snatch single
 - iii. Outside double leg
 - iv. Duck under
- C. Setups / Handfighting
 - i. Wrestling where you want
 - ii. Force your opponent's reaction
 - iii. Level change
 - a. Beating your opponent's head and hips
- D. Scoring takedowns
 - i. From your knees
- E. Finishes
 - i. Wrestle all the way to the points
 - ii. Multiple scores
 - iii. Transitioning from the takedowns

3. Counter Offense

- A. Stuff head to breaking down opponent's attack
- B. Foot to mat
- C. Foot to mat with moving head

4. Par Terre

- A. Offense
 - i. Gut wrench - low lock
 - ii. Leg lace - cartwheel
- B. Defense
 - i. Gut wrench - low lock
 - ii. Ankle lace - catch ankle