



Curriculum Outline

USA Wrestling's Core Curriculum Level 2 Greco-Roman

1. Neutral Position

- A. Pummel Outline
 - i. Pummel drills
 - ii. Pummeling to arm-drag
 - 1. Pummeling to arm-drag with inside step
 - iii. Pummel to single underhook
 - iv. Pummel to double underhooks
 - v. Using legs / push-pull motion

2. Offense

- A. Takedowns
 - i. Head & arm
 - 1. Sag headlock
 - 2. Reverse headlock
 - ii. Hiplock
 - iii. Arm throw
 - iv. Slide by
- B. Set-ups / control ties
 - i. Single underhook

3. Defense

- A. Defending double underhooks
- B. Defending single underhooks
- C. Defending hiplock
 - i. Defending hiplock with counter offense

4. Par Terre

- A. Offense
 - i. Arm bar - part 1
 - ii. Arm bar - part 2
 - iii. Reverse lift from feet
 - iv. Reverse lift from knees
- B. Defense
 - i. High gut wrench
 - 1. High gut wrench drills
 - ii. Mid gut wrench
 - 1. Mid gut wrench drills
 - iii. Combo gut wrench drill
 - iv. Straight-lift