



### 3 Achievement Level Curriculum - 1 x week

#### White

Strength	Skill	Technique	Education
squat jumps	gallop	position and motion	pinning
push-up plank	bear crawl	level change and penetration step	takedowns
neck bridge	duck walk	top/bottom set	live wrestling

#### Orange

Strength	Skill	Technique	Education
push-ups	crab walk	double leg - set up & attack	escapes/reversals
wall sits	forward roll	downblock/sprawl	locked hands, full nelson, etc.
inch worms	army crawl	stand-up	lines of defense

#### Green

Strength	Skill	Technique	Education
alternating lunge hops	handstand	double leg - tackle finish	drilling
mountain climbers	cartwheel	back step	nearfall/back points
burpees	hip-heist	ankle pick breakdown to 1/2 nelson	scrambling



Curriculum Resources Available Online at:

<http://www.wrestlingwithcharacter.com/pfwareources>

