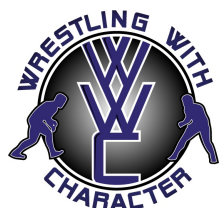


White Shirt Checkpoints			
	Exercise	CheckPoints	Performance
Strength and Explosion	Squat Jumps	<input type="checkbox"/> Back Remains Upright <input type="checkbox"/> Deep Squat <input type="checkbox"/> Good Explosion Up (from hips) <input type="checkbox"/> Maintain balance on landing	Perform 10 satisfactory squat jumps consecutively. E_____ S_____ N_____
	Push-up Plank	<input type="checkbox"/> Elbows Locked <input type="checkbox"/> Hands Under Shoulders <input type="checkbox"/> Back is Flat <input type="checkbox"/> Behind Down	Hold proper plank position: Attempt 30 seconds Minimum 10 seconds E_____ S_____ N_____
	Neck Bridge	<input type="checkbox"/> Hips Extended Off the Mat <input type="checkbox"/> Proper Head Position <input type="checkbox"/> Not Overextended (neck)	Hold bridge arch for 20 seconds E_____ S_____ N_____
Fitness Skills	Bear Crawl	<input type="checkbox"/> Hands and Feet Only <input type="checkbox"/> Maintain Proper Balance <input type="checkbox"/> Acceptable Bear Growl :)	Bear crawl required distance without losing position E_____ S_____ N_____
	Duck Walk	<input type="checkbox"/> Proper Position (Deep Squat) <input type="checkbox"/> Maintain Low Position <input type="checkbox"/> Back Upright (not bent over) <input type="checkbox"/> Acceptable Duck Quack :)	Duck walk required distance without losing position E_____ S_____ N_____
	Gallop	<input type="checkbox"/> One foot stays in front <input type="checkbox"/> Knees slightly bent <input type="checkbox"/> Proper hopping motion, under control	Gallop correctly for designated distance. E_____ S_____ N_____
Wrestling Techniques	Position (stance)	<input type="checkbox"/> Proper Foot Distance <input type="checkbox"/> Knees Bent <input type="checkbox"/> Back Straight <input type="checkbox"/> Arm/Hand Position <input type="checkbox"/> Downblock Arm (shield) <input type="checkbox"/> Identify lead leg	Demonstrate Proper Position E_____ S_____ N_____
	Motion	<input type="checkbox"/> Proper Trail Step (back), Lead Step (front)	Forward E_____ S_____ N_____
	Level Change	<input type="checkbox"/> Foot Distance Always Shoulder Width <input type="checkbox"/> Feet NEVER Crossed or Touched <input type="checkbox"/> Lead leg remains in front <input type="checkbox"/> Not Bent at Back <input type="checkbox"/> Head Up <input type="checkbox"/> Keep Good Position	Left. Right, Circle L&R E_____ S_____ N_____
	Penetration Step	<input type="checkbox"/> footwork and level change <input type="checkbox"/> lead leg penetrates knee to mat <input type="checkbox"/> penetration step depth <input type="checkbox"/> swing trail leg up for finish or back to position	Perform proper penetration step technique E_____ S_____ N_____
	Set Top	<input type="checkbox"/> Knee Placement <input type="checkbox"/> Back Foot Placement <input type="checkbox"/> Proper Elbow Grip <input type="checkbox"/> Proper Wrap Hand Position	Demonstrate Proper Top Set Position E_____ S_____ N_____
	Set Bottom	<input type="checkbox"/> Proper Hand Placement <input type="checkbox"/> Proper Knee Placement <input type="checkbox"/> Head Position <input type="checkbox"/> Weight Distribution (lower body)	Demonstrate Proper Bottom Set Position E_____ S_____ N_____



Curriculum Resources Available Online at:

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

