
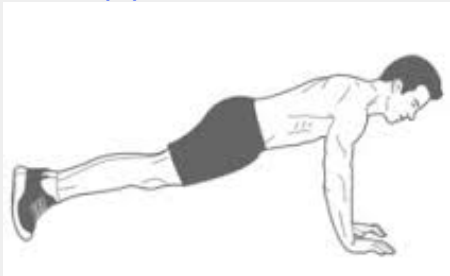

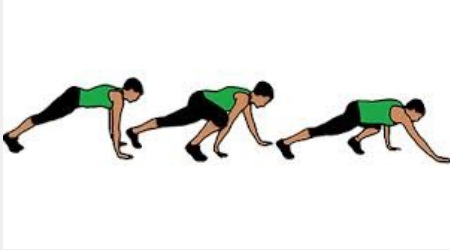

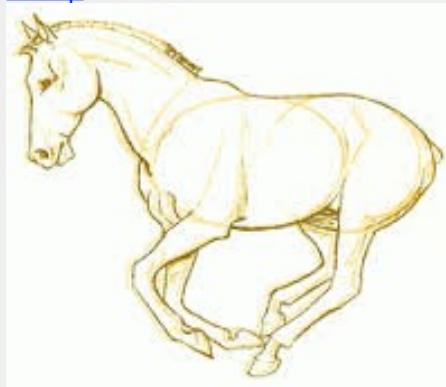


	Exercise	Checkpoints
<p>Strengths</p>	<p>Squat Jumps</p> 	<ul style="list-style-type: none"> -squat down , bending at hips with back straight and looking forward, arms swung back/down -after a quick pause at the bottom of squat, push (explode) up with feet into a jumping motion, swinging hands at your side to full extension straight in the air -when landing, squat back to the lowered position and repeat
	<p>Push-up plank</p> 	<ul style="list-style-type: none"> from push up position (not elbows) plant hands directly under shoulders (push-up position) keep toes on the mat, squeezing glute to stabilize the body back is flat, butt down, neck and spine neutral (looking at the floor)
	<p>Bridge</p> 	<ul style="list-style-type: none"> -lying on back, knees bent and feet flat on mat -dig heels into the mat, pushing weight/ hips upwards towards the ceiling -arch your back and hold
<p>Skills</p>	<p>Bear Crawl</p> 	<ul style="list-style-type: none"> -start on hands and feet only with knees bent -walk forward with hands and feet (no knees) -keep weight balanced between lower and upper body
	<p>Duck Walk</p> 	<ul style="list-style-type: none"> -start with feet slightly wider than shoulder width -bend at knees and squat down so behind is almost sitting on the heels -staying low in this position, begin walking forward

Exercise

Checkpoints

Gallop



- stand with one foot in front of the other
- keep the same lead leg moving forward
- the back leg chases the front leg but does not go ahead of it
- bend knees slightly and try to be “light” on your feet

Techniques

Position (stance)



- feet shoulder width (always under our center of gravity)**
- knees bent with one lead leg slightly forward (touch the mat without bending back)**
- lead leg always stays the same and is always in front
- eyes up with shoulders square
- back straight (or slightly arched)
- hands low, in front of knees with elbows flexed close to hips
- lead arm = shield (protecting lead leg)

Motion (movement)


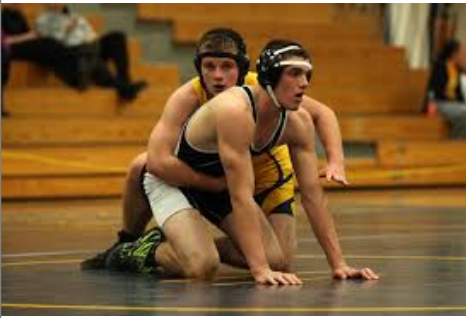



- trail step (back foot), lead step (front foot)
- feet remain shoulder width apart at all times
- feet should never cross or come close to each other**
- keep all form points from position while taking short, choppy steps to change direction and circle

Level Change (lower body for attack, lift or defense)



- from good position wrestler lowers their body by flexing knees
- back does not bend over, remains straight**
- squat down 2-5 inches without bending over at the back
- not a bouncing motion
- keep eyes up
- we are “spring loading” our legs to penetrate towards opponent for attack

	Exercise	Checkpoints
	<p>Penetration Step</p> 	<ul style="list-style-type: none"> -from good position, wrestler will level change and penetrate forward with their lead leg knee landing on the mat first (after trail step, lead step motion) -don't rotate/turn hips/body during motion -keep eyes up and hips underneath chest throughout the movement -trail leg will follow up in a swinging motion returning to good neutral position -finish skill by immediately returning to good stance with same original lead leg
	<p>Referees Position</p> <p style="text-align: right;">-set top</p> 	<ul style="list-style-type: none"> -place one knee on the mat next to opponents knee, place other foot behind opponents feet -wrap arm around opponents back and place palm of hand on bottom wrestler's belly button -head positioned above midline of back -make a "C" shape with your far hand and cup opponent's near elbow
	<p style="text-align: right;">-set bottom</p> 	<ul style="list-style-type: none"> -place both hands and knees on the mat -knees behind starting line with hands in front -keep head up -open up knees to create a "V" -place top of foot/shoelaces flat on the mat -keep weight back on lower body (not forward on your hands)

Curriculum Resources Available Online at:

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