

Orange Shirt	Exercise	CheckPoints	Requirement
Strength and Explosion	Push-up	<ul style="list-style-type: none"> [] Begin in proper plank position [] Proper depth - 2 inches from ground [] Maintain proper body alignment [] Full range of motion 	<p>Attempt 10 push-up with good position.</p> <p>E_____ S_____ N_____</p> <p>Minimum 2 reps with perfect position required.</p>
	Wall Sits	<ul style="list-style-type: none"> [] Back flat against wall [] Proper feet position [] Proper knee position - 90 degrees [] No arms, elbows on the wall 	<p>Attempt to hold proper wall sit position for 30 seconds. 20 seconds minimum to pass</p> <p>E_____ S_____ N_____</p>
	Inch Worms	<ul style="list-style-type: none"> [] Legs, arms and back remain straight [] Full crawl out [] Knees straight on walk-up [] Keep proper position throughout 	<p>Perform proper inch worm movement for designated distance</p> <p>E_____ S_____ N_____</p>
Fitness Skills	Crab Walk	<ul style="list-style-type: none"> [] Hips stay off of mat [] Hands and feet movement [] Stay upright throughout 	<p>Crab walk required distance without losing position.</p> <p>E_____ S_____ N_____</p>
	Forward Roll	<ul style="list-style-type: none"> [] Hand Position [] Chin to Chest [] Body Remains Tucked [] Return to Good Position 	<p>Perform 5 forward rolls</p> <p>E_____ S_____ N_____</p>
	Army Crawl	<ul style="list-style-type: none"> [] Proper body position [] Legs or hips not used 	<p>Army crawl required distance without losing position.</p> <p>E_____ S_____ N_____</p>
Wrestling Techniques	Double leg takedown - set up and attack	<ul style="list-style-type: none"> [] proper post-set up [] proper chop set-up [] penetration drop step depth [] head position, back is straight [] wrap hands behind knees [] trail leg follows to step up 	<p>Demonstrate Proper set-up for double leg attack.</p> <p>Perform proper double leg technique.</p> <p>E_____ S_____ N_____</p>
	Downblock and Sprawl	<ul style="list-style-type: none"> [] Demonstrate proper level change [] Down block with lead leg arm [] Sprawl straight back, hips square [] Lead leg straight and back [] Back leg slightly bent [] Return to proper position 	<p>Demonstrate proper down block and sprawl technique. On own and/or with partner.</p> <p>E_____ S_____ N_____</p>
	Stand-up	<ul style="list-style-type: none"> [] Big step first - explode up [] BIG chest, straight back, eyes up [] Hand control -cover and seal [] Pressure back, balanced legs [] Clear hands and rotate out in good position 	<p>Perform proper stand-up technique.</p> <p>E_____ S_____ N_____</p>

Curriculum Resources Available Online at:

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

