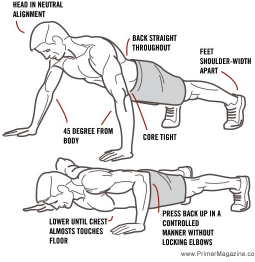








Level 2

Orange Shirt	Exercise	Checkpoints
Strengths	<p>Push-ups</p> 	<ul style="list-style-type: none">-position body in proper plank position-lower body by bending arms until chest is 1-2 inches above the ground (elbows pulling back at roughly a 45 degree angle)-push torso up and away from the ground until arms are locked, repeat-athlete must maintain good head, neck, back, and butt position-use full range of motion with a controlled tempo
	<p>Wall Sits</p> 	<ul style="list-style-type: none">-begin with back against the wall, feet shoulder width apart and approximately 2 feet from the wall-slowly slide your body down the wall until thighs are parallel with the ground-adjust feet in needed so that knees are directly above ankles (knees should never be over or past the toes)-upper and lower leg should form a 90 degree angle with thighs being flat-hold position with arms or elbows off of the wall




Level 2

Orange Shirt	Exercise	Checkpoints
	<p data-bbox="367 215 535 243"><u>Inch Worms</u></p> 	<ul data-bbox="604 215 1837 682" style="list-style-type: none">-stand with feet close together., keeping legs straight,-stretch down and put hands on the floor directly in front of you (this will be your starting position)-begin by walking hands forward slowly, alternating left and right, bend only at the hip, keeping legs straight-continue walking hands forward until body is parallel to the ground in a push-up plank position-keeping hands in place, slowly take short steps with your feet (moving only inches at a time while keeping legs and arms straight)-continue until feet are back up by hands (back to starting position)-repeat movements in a forward direction
<p data-bbox="136 711 226 738">Skills</p>	<p data-bbox="373 711 529 738"><u>Army Crawl</u></p> 	<ul data-bbox="604 711 1092 893" style="list-style-type: none">-start in elbow plank position-drop hips and legs to floor-crawl forward using forearms only-no lower body movement allowed
	<p data-bbox="382 995 520 1023"><u>Crab Walk</u></p> 	<ul data-bbox="604 995 1648 1128" style="list-style-type: none">-from sitting position on the ground-raise hips into the air so that only feet and hands are touching the ground-move hands and feet in unison to walk
	<p data-bbox="361 1230 550 1258"><u>Forward Rolls</u></p> 	<ul data-bbox="604 1230 1711 1404" style="list-style-type: none">-begin to crouch down from standing or stance-place both hands on mat and move weight forwards-seat is lifted and head is tucked (chin to chest)-strong push from feet, body remains tucked with rounded back, rolling forward-return to feet on floor and return to position

Level 2

Orange Shirt	Exercise	Checkpoints
Techniques	<p data-bbox="338 215 569 280">Double leg - set-up and attack</p> 	<p data-bbox="604 215 709 248">Setups</p> <ul data-bbox="604 293 1577 435" style="list-style-type: none">— post set-up in stance, clear opponents are by posting at elbows or above on arm.- chop set-up in stance, clear opponents arm by chopping arms downwards <p data-bbox="604 477 695 509">Attack</p> <p data-bbox="604 552 1881 656">Simultaneously change levels and perform penetration drop step into opponent. Drop step knee should penetrate to opponents heels. Head should remain up and back straight throughout the attack.</p> <p data-bbox="604 698 1843 769">Head placement is outside on opponent's hip (opposite side of drop step knee). Trail leg should post up immediately following knee drop.</p>

Level 2

Orange Shirt	Exercise	Checkpoints
	<p data-bbox="388 215 512 245">Stand-Up</p> 	<ul data-bbox="604 215 1871 670" style="list-style-type: none">-bottom wrestler explodes up with outside leg taking big step forward and out (similar to lunge position)-wrestler quickly stands up with posted, lead leg-wrestler maintains an upright body position, pressuring back into the top wrestler - head and shoulder remain up/back-simultaneous with standing motion, bottom wrestler achieves hand control -Seal and Cover - wrestler brings near elbow in tight to body/rib area to seal off inside control. far hand comes up immediately to cover opponent's hand on stomach-bottom wrestler maintains hand control throughout the maneuver-once to feet with hand control, wrestler creates space and turns to face opponent in good wrestling position
	<p data-bbox="346 699 554 764">Down block and Sprawl</p>  	<p data-bbox="604 699 772 729">Down block</p> <ul data-bbox="604 737 1577 842" style="list-style-type: none">-create line of defense with down block arm-change level with lead leg arm extended downward towards the mat-bring lead leg back slightly <p data-bbox="604 924 701 953">Sprawl</p> <ul data-bbox="604 961 1766 1140" style="list-style-type: none">-from good neutral position, shoot legs backwards away from opponents attack-arms should already be in good down block position and braced for impact to mat-lead leg knee shoots straight back, back leg knee may be slightly bent-knees do not touch the mat-hop back up into good wrestling position

Curriculum Resources Available Online at:

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