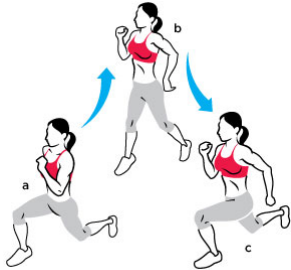
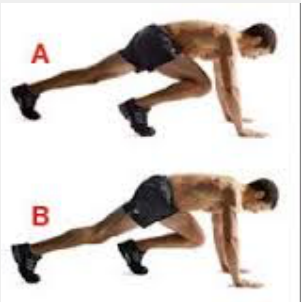










Green Shirt	Exercise	Checkpoints
<p><b>Strengths</b></p>	<p><b><u>Alternating Lunge Hops</u></b></p> 	<ul style="list-style-type: none"> <li>-Step your right foot forward and bend both knees to 90 degrees, keeping your chest upright and core tight.</li> <li>-Jump as high as you can, switching your arm and leg positions in midair</li> <li>-landing in the opposite lunge position</li> <li>-Continue quickly alternating.</li> </ul>
	<p><b><u>Mountain Climbers</u></b></p> 	<ul style="list-style-type: none"> <li>-begin in push-up plank position</li> <li>-raise knee up toward torso while maintaining good plank position</li> <li>-alternate quickly bringing each knee in and up towards upper body quickly</li> </ul>
	<p><b><u>Burpees</u></b></p> 	<ul style="list-style-type: none"> <li>-drop down to a squat position, leaning forward to place hands on the ground</li> <li>-kick feet back, while keeping arms extended (push-up plank position)</li> <li>-perform one push-up</li> <li>-immediately jump feet back up returning to deep squat position</li> <li>-perform one jump squat</li> <li>-repeat squat-pushup-squat jump in succession</li> </ul>

Green Shirt	Exercise	Checkpoints
Skills	<b><u>Handstand</u></b> 	<p><i>From backwards wall walk position or facing</i></p> <ul style="list-style-type: none"> <li>-hands up and step forward with lead leg</li> <li>-lean forward over extended leg with hands approaching the ground</li> <li>-keep arms straight and use forward momentum to help kick up legs up onto the wall</li> <li>-hold position in a straight line</li> </ul>
	<b><u>Cartwheels</u></b> 	<p><a href="http://www.wikihow.com/Do-a-Cartwheel">http://www.wikihow.com/Do-a-Cartwheel</a></p>
	<b><u>Hip Heist</u></b> 	<ul style="list-style-type: none"> <li>- start in bear crawl position, crawl three steps forward</li> <li>- switch hands and swing one leg underneath, into crab walk position</li> <li>- crawl three crab walk steps forward</li> <li>- kick leg underneath, while explosively rotating hips through to land belly down in a sprawling plank position</li> </ul>
Techniques	<b><u>Double Leg Finish - tackle/ lift</u></b> 	<ul style="list-style-type: none"> <li>-from penetration step into proper double leg position</li> <li>-swing trail leg up</li> <li>-immediately plant and drive off of trail leg while also bringing penetration step foot to mat while driving into opponent</li> <li>-maintain good (low) position with head and center of gravity (hips)</li> <li>-all at once while driving off/up with both feet, run through opponent with short, choppy steps to drive opponent over (at approximately a 45 degree angle)</li> <li>—as opponent begins to fall towards mat, lift leg with the near arm while pulling opposite leg with the far arm to create an angle to fall perpendicular to opponent - finish in “T” position (never finish parallel on top of opponent)</li> </ul>

Green Shirt	Exercise	Checkpoints
	<b>Back Step</b> 	<ul style="list-style-type: none"> <li>-begin with both wrestlers being tied up</li> <li>-step diagonally with lead leg foot just in front of opponent's far foot</li> <li>-change levels slightly while rotating hips counterclockwise</li> <li>-simultaneously step back leg foot so toes are about at the heel of the lead leg foot</li> <li>-continue rotation for roll or throw depending on tie up</li> </ul>
	<b>Ankle pick breakdown</b> 	<ul style="list-style-type: none"> <li>-elbow hand reaches inside and across opponent's waist tightly</li> <li>-belly button hand reaches down to pull up on opponent's far ankle</li> <li>-pressures opponent forward to stomach</li> <li>-drive and pressure opponent onto side, keeping hips pressure on top of opponent (do not fall over to side with them)</li> <li>-tight waist hand blocks off far arm into opponent's body</li> </ul>
	<b>Half-Nelson</b> 	<ul style="list-style-type: none"> <li>- release wrist hand</li> <li>- snake wrist hand underneath opponents armpit and over/behind their neck</li> <li>- maneuver lower body, crawling legs out to the side that you are turning from</li> <li>- pressure down on opponents neck and head with 1/2 hand</li> <li>- increase pressure forward using upper and lower body to roll opponent onto their back</li> <li>- make proper body adjustments throughout the turn in order to finish in a chest to chest position</li> </ul>

Curriculum Resources Available Online at:

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

**Password: passiongreen**