

Green Shirt	Exercise	CheckPoints	Requirement
Strength and Explosion	<b>Alternating Lunge Hops</b>	<ul style="list-style-type: none"> <li>[ ] knee over foot, back knee 1-2 inches from mat</li> <li>[ ] Good explosion and leg switch</li> <li>[ ] Up right body alignment, keep balance, facing forward</li> <li>[ ] switch opposite legs each jump</li> </ul>	Perform 10 good squat jumps (5 each leg)
	<b>Handstand</b>	<ul style="list-style-type: none"> <li>[ ] Achieve handstand position</li> <li>[ ] Keep proper body alignment</li> <li>[ ] Arms locked</li> </ul>	Attempt to maintain good handstand position for 20 seconds. Minimum 5 seconds of good position to pass
	<b>Hip Heist</b>	<ul style="list-style-type: none"> <li>[ ] Bear Crawl 3 steps to sit out, correct leg under</li> <li>[ ] Crab walk forward 3 steps</li> <li>[ ] Correct leg under, explosion back to plank/sprawl position</li> </ul>	Perform 4 correct hip-heists
Fitness Skills	<b>Burpees</b>	<ul style="list-style-type: none"> <li>[ ] Good squat</li> <li>[ ] Kick back to plank</li> <li>[ ] Proper Push up</li> <li>[ ] Good squat jump</li> </ul>	Perform 10 good squat jumps
	<b>Mountain Climbers</b>	<ul style="list-style-type: none"> <li>[ ] Begin in push up plank position</li> <li>[ ] Maintain good body alignment throughout exercise</li> <li>[ ] Alternate bringing right and left legs up to chest</li> </ul>	Perform proper mountain climbers for 20 seconds
	<b>Cartwheel</b>	<ul style="list-style-type: none"> <li>[ ] Proper hand placement</li> <li>[ ] Proper foot placement</li> <li>[ ] Near full extension</li> <li>[ ] Keep proper body alignment throughout</li> </ul>	Perform 1- 3 correct cartwheels
Wrestling Techniques	<b>Double leg takedown - attack and finish</b>	<ul style="list-style-type: none"> <li>[ ] Level change and penetration step (depth)</li> <li>[ ] Swing trail leg up</li> <li>[ ] Swisher Drop Step leg (turn the corner)</li> <li>[ ] Maintain low body position, explode up driving off of trail leg</li> <li>[ ] Keep feet moving, short-choppy steps</li> <li>[ ] Clear legs</li> <li>[ ] Finish in T position</li> </ul>	Execute proper double leg takedown with tackle finish
	<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 into opponents body</li> <li>[ ] simultaneously step back leg foot so toes are about at the heel of the lead leg foot</li> <li>[ ] continue rotation with pivot and leg extension to bring opponent over</li> </ul>	Demonstrate proper down block and sprawl technique. On own and/or with partner.
	<b>Ankle pick breakdown, 1/2 nelson turn</b>	<ul style="list-style-type: none"> <li>[ ] Belly hand reaches down to far ankle</li> <li>[ ] Elbow hand reaches inside and across the waist tightly</li> <li>[ ] Pressure forward, break opponent down to belly</li> <li>[ ] Release tight waist to block off arm, keep pressure/weight on top</li> <li>[ ] Bring ankle hand up to turn opponent over using 1/2 nelson</li> </ul>	Wrestler will demonstrate elbow chop to 2 on 1 breakdown.



Curriculum Resources Available Online at:

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

