



Wrestler name _____

Burlington Wrestling - Intermediate

Basic Skills test					Pass	More work needed
(Feet) Proper stance, movement.						
			1	Demonstrate Proper "Square Stance" and Motion (hands in front elbows in, circle, forward, back 3" movements). Sprawl to seal position Demonstrate staggered Stance and Motion (forward, back, sideways) lead leg should have same side hand down (body should be low enough to touch mat at any time)		
Set-ups (beat the hands)						
			2	Demonstrate a "right hand Post set-up to Single" when opponent reaches for you catch arms under elbows (post), lower level, penetration step to knee pound		
			3	Demonstrate "Inside Tie" opponents' both biceps, 2) bicep and wrist (push, pull ,snap) get opponent to move feet		
Leg attacks -Takedowns						
			4	Demonstrate a Good Take down Penetration (lower level), "" Step 6-12 inches, "Toe" Drive hips forward, Knee " hips and chest should contact opponent and knock them off balance)		
			5	Demonstrate Double leg takedown- combine above setups with -Penetration step between legs, Knee pound, head outside, stump the bug , finish on feet running through opponent's hips. Driving head across opponent back. BE AGGRESSIVE!!		
			6	Demonstrate high Single leg takedown- w/inside tie setup; Move opponent, get them to step with leg you want to attack. Penetration step, knee pound outside, head inside, drive forward finish treetop or dump)		
Takedown counters						
			7	Demonstrate your sprawl skills from square stance, kick feet back, land in the Seal Position weight on opponent, push head down, spin behind) Staggered Stance (down block, kick feet back, weight on opponent, 1 hand on head & other on elbow, go behind)		
			8	Demonstrate Front Head lock to go behind - (kick feet back, weight on opponent, 1 hand on chin, other hand on arm pit, pull forward (keeping on toes) head in hole spin behind, drive through hips.		
(Bottom Position) Escapes and Reversals						
			9	Demonstrate good bottom base (Butt down, head up, weight off hands. Elbows in slightly bent.)		
			10	Demonstrate Stand-Up (Get 4-finger control, drive back, head and shoulders up, post inside foot, push back to feet, push opponents' hand to your hip, back step out, finish in stance)		
			11	Demonstrate the Counter from a 1/2 Nelson (head look up and away from half, post hand on mat, push your head away & up) also can bring knee that away from opponent to help post.		
			12	Demonstrate Belly to Base (bring opposite knee up, pivot over knee back to base)		
			13	Demonstrate Bridging (post feet on mat, arch on feet & top of head, hip hoist to belly)		
(Top Position) Breakdowns / Rides /Pinning combinations						
			14	Demonstrate good Top base (right leg behind opponent's butt, left knee down by ankle, left hand on opponents' elbow, right hand on opponents bellybutton		
			15	Demonstrate Far Knee/far Ankle breakdown (move belly hand to ankle, move elbow hand to knee, lower shoulder drive sideways with shoulder, collapsing the hips, ideally finish to 1/2 nelson)		
			16	Demonstrate Hooks- ride with weight straight behind opponent on small on back to start. Force weight on opponent's hands. Drive forward (hooks can be in thighs, or arm pits, or spiral with half.		
			17	Demonstrate Counter to the Stand-Up – Lock hands, step in front, (lift with hips in/ driving legs up, return opponent to mat) Unlock hands.		
			18	Demonstrate 1/2 Nelson (elbow deep) and Near Side Cradle *(experienced wrestlers)*		
Rules: Demonstrate illegal Locked Hands, and Full Nelson penalties					New 12/21	

