

## LEVEL 1

### Bumps & Rolls

2 Hand Forward Roll	Left Hand Roll	Right Hand Roll	Reverse Roll to base	Reverse Roll to standing
Handstand bump	Back Bump	Faceplant	Flip   Front Bump - standing & assisted	All Bumps w/ Contact & Running

### Ropework, Ring Positioning, & Footwork

Safely Running	Speed & Brakes	Basic Ring Positioning	Ducking Strikes	Traffic system
Irish Whip w/ Reverse	Dropdowns	Leapfrogs	Lucha Pass	Half shoot
Taking Corners Front & back	Eat the Buckle	Pullback Whip	Duck Turnaround	Footwork & Squaring up while in holds
Getting up & down from holds	Light Feet & Finesse	Stomping for Impact	Getting up Left Over Right	Mirroring, Spacing, & Timing

### Grappling

Arm Control from tie up & standing   Arm Ringer w/ Reverse	Grips: S Grip, Ball & Socket, Gable, Figure 4	Wrist Lock   Reverses: Hitchhiker, Limbo, C Clamp, Roll Through	hammer lock w/ reverse   From tie up & From arm control	full nelson w/ reverse   from tie up, arm control, and countering a strike
waist lock w/ reverse   From Tie up & countering a strike	bear hug w/ reverse	Front Face Lock w/ reverse   from standing & on mat	Chancellery w/ reverse   From Lock up & standing	Headlock w/ reverse   From Lock up, standing, feeding in, & on mat
Chin lock (Standard & Knee w/ Clutch)	headscissors	Basic arm bar from both sides	Top Wrist Locks: Standard, Inside, Outside, & Double	Clinching w head and arms / Underhooking & overhooking
Greco Roman	Test of Strength	Knuckle Lock to	Key Lock	Trapezius Lock

Knuckle Lock	- Up & Down Wrist Lock	Arm Control		(Single & Double)
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### Pins

Lateral Press Variations	Later Press w/ Leg Hook Variations	Half Nelson	School Boy	Small Package
Inside Cradle	Amatuer Cradle	Cradle counter from headlock (standing & on mat)	Crucifix from pinning position	Head & Arm

### Striking

Shoulder Tackle	Shoulder thrusts	Back Forearm	Chest Forearm	Clothesline
Corner Clothesline	Back Elbow	Corner Back Elbow	Corner Transition Back Elbow	Toe Kick - standing & corner
Stomp - standing & from corner	Abdominal Knee - Standing & from Corner	Double Ax Handle	Elbow to arm	Overhand Karate Chop

### Takedowns, Takeovers, Slams, & Throws

Amateur Single Leg Takedown	Amateur Double Leg Takedown	Pro Wrestling Single Leg Takedown	Pro Wrestling Double Leg Takedown	Seated Fireman's Carry Takeover
Kneeling Fireman's Carry Takeover	Headlock Takeover (standard & w/ Lift)	Snap Waist Lock Takedown	High Waist Lock Takedown	Arm Drag from Waist Lock
arm drag from lock up	Arm drag from irish whip	Arm drag from ropes	Irish Whip (Arm Ringer w/ Flip Bump)	Snap Mare
Monkey Flip	Hip Toss from ropes w/ Reverse	Hip Toss from Lockup	Mexican Whip	Key Lock Takeover
Body Slam	Standard Suplex	Snap Suplex	Stalling Suplex	Sidewalk Slam
Atomic Drop	Inverted Atomic	Facebuster	Bulldog	Standard

	Drop			Backbreaker
Snap Backbreaker	Russian Leg Sweep	Drop Toe Hold Standing, Ropes, escape a hold	Slingshot	Snapmare w/ Arm Control

### Match & Character Development

Basics of Selling: Impact & on the move	Basic Acting: Body Language, Vocalization & Posture	1 Spot Communication	Heel & Face Meaning, Roles, & Responsibilities	The Art of the Promo 101
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### Referee Training

Basic Positioning & Footwork	Counting Falls Form & Timing	Rules of Wrestling	Enforcing the Rules	Basic Match Match Procedures
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### Body: Conditioning, Cardio, Physique

Pro Wrestler Nutrition 101	Pro Wrestler Fitness 101	Injury Prevention 101	Personal Care & Hygiene	Student meets basic fitness & nutrition criteria
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### Business Development

Seminar: Managing Expectations & Setting Goals	Seminar & Action Item: Researching the Path to Your Goals	Seminar: Student Etiquette, Locker Room Etiquette & Wrestler Hygiene	Seminar: Kayfabe - The History of Pro Wrestling	Seminar: Communication & Conflict Resolution
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