

LEVEL 2

Bumps & Rolls

Tiger Roll	Bottom Rope Back & Flip Bump	Jumping Back Bump	Twisting Back Bump	Base Catch Back Bump
Low & High Hurdle Landing	Jump from Ropes, land & Roll	Reverse Jump from Ropes, Twist, land & roll	Bottom Rope Tiger Roll	Middle Rope Tiger Roll
No Hand Roll	Hard Ways in From Apron	Get thrown out - bottom rope	Get Thrown Out - Middle Rope	Roll Through Wrestler

Ropework, Ring Positioning, & Footwork

Standing Switch	Criss Cross	Inside Corner Springboard	Bandera / Up & Over	Short Arm Reverse
Slip Slam	Water Under the Bridge / Up & Under	Up & Under Catch	Spacing & Timing on Spots	Bump feed

Grappling

Standing Toe Hold Series: Inside, Outside, Front, Bicep Lock, Step Over, Kneeling Front, Spinning	Cravat w/ reverse	Backbreaker Stretch	Handcuff w/ multiple reverses	Courting Hold w/ reverse
Body Scissors	Wrist Lock Reversals: Kip Up, Cartwheel, Overhook into back - to - back & Spin	Leg Lock	Wishbone	Butterfly Leg Stretch
Short Arm Scissors	Sleeper	Armbar Takedown	Crossface & Crippler Crossface	Single Leg & Boston Crab
Seated Surfboard	Neck Vice	Cranium Crunch	Bridging Crossface	The Claw

Abdominal Stretch	Submission Armbar Series	Camel Clutch	Knuckle Lock to Neck Bridge	Knuckle Lock to reverse roll through
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Pins

Oklahoma Roll	La Magistral	Backslide	Sunset Flip	Sunset Flip High Stack Counter
O'Connor Roll	Standing Crucifix	Leg Scissors Press Pin	Jackknife Pin	Waist Lock to Bridging Pin

Striking

Forearm to Head	Running Forearm Corner & Ropes	Body Punch	Head Punch	Big Boot - Standing & Running
Dropkick - Basement, Back Bump & Standard	Superkick	Knee Lift	Kitchen Sink	Knee to Leg & Arm
Elbow Out of Holds - Midsection & Head	Block Punch, Punch Echanges	Headlock w/ Punch	Catching & Countering Strikes	Running Corner Splash
Running Corner Elbow	Elbow Drop	Elbow Drop to Leg	Eating a Corner Boot	Fist Drops
Headbutt standing & to mat	Eye gouge	Back rake	Ear Clap	Drag Face on Ropes

Takedowns, Takeovers, Slams, & Throws

Front Slam	Running Powerslam	Rope Catch Powerslam	Standing Powerslam	Fireman's Carry Slam
Flying snapmare	Northern Lights Suplex	Fisherman Suplex	Fallaway Slam	Back Suplex
Head & Arm Suplex	Gutwrench Suplex	Butterfly Suplex	Snake Eyes	Hot Shot
Guillotine Slingshot	Lifting Double Leg Takedown	Sweep Single Leg Takedown	Jumping Headlock Takeover	Head & Arm Takeover

Hip Toss from Bump Feed	Arm Drag From Bump Feed	Courting Hold Arm Drags	Japanese Arm drag	Half Nelson Arm Drag
Front Keylock Takeover	Atomic Drop Leapfrog Counter	High Inverted Atomic Drop	Jumping Arm Breaker	Neckbreaker Series: Layout, Sitout, Running, Duck & Catch, Arm swing
DDT Series: Faceplant, Rollthrough, Spike	Double A Spinebuster	Up & Down Spinebuster	Back Body Drop	Flapjack

Aerial

Baseball Slide	Running Crossbody	Diving Crossbody	Standing Splash	Diving Splash
Diving Clothesline	Diving Shoulder Tackle	Jumping Double Ax handle	Diving Back Elbow	High & Low Base Catch

Match & Character Development

Demonstrates, communicates, & remembers basic spot and set structure	Can communicate on-the-fly for basic spots or set	Can demonstrate long term selling	Demonstrates improvement in Acting: Body Language, Vocalization & Posture	Demonstrates Basic Understanding of how to Control the Crowd
Match Structure: The Introduction	Match Structure: The Shine	Match Structure: The Cut Off	Match Structure: Heat & Hope Spots	Match Structure: The Hot Comeback
Match Structure: False Finishes	Match Structure: The Finish	Covering Blown Spots	Intro to Impromptu Acting	The Art of the Promo 201

Referee Training

Checking for & Handling Injuries	Communicating Spots	Distraction Spots	Ref Bump Spots	Match Roles & Responsibilities
Advanced Match Procedures	Selling the Moves	Referee Character Acting	Keeping Time	Handling Blown Counts

Body: Conditioning, Cardio, Physique

Pro Wrestler Nutrition 201: Intro to supplements & eating like a pro wrestler	Pro Wrestler Fitness 201: Training Like a Professional Wrestler	Injury Recovery 101	Create a Fitness & Nutrition Plan w/ realistic goals	Student has met Level 2 fitness & nutrition criteria
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Business Development

Seminar: Evaluate Purpose & Choose Realistic Career Goals	Seminar: Character & Brand Development 101	Seminar: Merchandising & Sales 101	Seminar: Social Media 101: Development & Etiquette	Seminar: Designing & Ordering Professional Gear
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