

## LEVEL 3

### Bumps & Rolls

Middle Rope Back & Flip Bump	Kip Up	Top Rope Tiger Roll	Rope assisted bumps	Getting Thrown Out Over Top Rope
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### Ropework, Ring Positioning, Timing & Footwork

Climbing & Standing on Top Rope	Safely Setting up for Top Rope Moves	Rope Spot: Slide Between Leg Transition	Running Bottom & Middle Rope Springboard	Tag Team Wrestling Basic Ropework, Positional, Timing & Footwork
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### Grappling

Cross Arm Bar	Fujiwara arm bar	Torture Rack	Knee Bar	Figure Four Leglock
Figure Four Headlock	Bow & Arrow Lock	STF	Standing Leg Leg (Muta Setup)	Muta Lock
Rings of Saturn	Seated Straight Jacket	Straight Jacket Crossface	Double Chicken Wing	Cattle Mutilation
Texas Cloverleaf	Guillotine Standing & From Mat	Sharpshooter	Cobra Clutch	Knuckle Lock to monkey flip & roll through to pin, roll back through to upward assist

### Pins

Briscoe Roll - Front Facing	Leg scissors w/ Roll Around to Pin	Malenko Pin	La Casita (Seated Magistral)	Skyde Special
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## Striking

Spin Kicks (High & Low)	Yakuza Kick	Leg Lariat	Running Drop Kick	Hangman's Dropkick
Running Knee	Knee Drop	Jumping/High Knee	Corner Knee Transition	Flying Knee
Knife Edged Chop	European Uppercut	Palm Strike	Leg Drop	Curb Stomp

## Takedowns, Slams, & Throws

Wristlock Counter into Lucha Arm Drag	Seesaw arm drag	European Arm Drag	Corner Headscissors Takeover - Base	Corner Headscissors - Takeover
Running Headscissors Base	Running Headscissors	Dragon Screw	Flying Armbar	Mexican Backdrop
Springboard Headlock Takeover	Standing Hurricanrana	Diving Hurricanrana	Spear	Flipping Neckbreaker
Tornado DDT	Sling Blade	Jump Swinging DDT	One Arm Spinebuster	Fameasser / Diving Leg Drop
Reverse DDTs: Standard, inverted, lifting	Death Valley Driver	Backpack	Lung Blower	Brainbuster
Standing Powerbomb	Bossman Slam	Full Nelson Slam	Choke Slam	Uranage
Belly to Belly Suplex	Gutwrench suplex	Top Wrist lock armdrag	Seated Flipping Neckbreaker (Mr. Perfect)	Jumping DDT
X Factor	Beell Toss	Choke Bomb	Michinoku Driver	Shoulder Breaker
Electric Chair Slam	Electric Chair Drop	Electric Chair Hot Shot	Slingshot Suplex	Uranage Backbreaker

## Aerial

Baseball Slide between middle & bottom rope	Missile Dropkick	Frog Splash	Elbow Drop	Top Rope Crotching
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### Match & Character Development

Creates, Demonstrates, communicates, & remembers intermediate level spots & sets	Can Create & communicate on-the-fly for intermediate level spots & set	Selling has become believable to an audience	Intermediate Level of Acting: Body Language, Vocalization & Posture	Demonstrates basic impromptu acting abilities
Can implement all elements of match structure into a full match	Tag Team Wrestling: Introduction	Tag Team Wrestling: Shine	Tag Team Wrestling: Cut Off	Tag Team Wrestling: Heat & Hope Spots
Tag Team Wrestling: The Hot Tag	Tag Team Wrestling: False Finishes	Tag Team Wrestling: The Finish	Tag Team Wrestling: Working as a Team	Understands & Can Play Both Heel & Face Roll in a Match
Intermediate Level of Crowd Interaction & Control	Can Cover Blown Spots	Hot Starts: When, Why, & How to Use them	Can demonstrate basic ability to build up a spot or set	Seminar: The Art of the Promo 301
Battle Royals	Types of Finishes: Flash, Clean, Dirty, Strong	Demonstrates ability to properly execute a hope spot	Demonstrates ability to stick to a time limit in a match	Has Sufficient Match Experience on Friday Night Fights

### Referee Training

Comedy Spots	Double Team Spots w/ Ref	Tag Team Refing	Battle Royal Refing	Can ref entire match while demonstrating technique & playing the roll
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**Body: Conditioning, Cardio, Physique**

Seminar: Pro Wrestler Nutrition 301: Advanced guide to supplements & nutrition	Seminar: Pro Wrestler Fitness 301: Body Building & Performance Based Fitness	Evaluation: Student is beginning to look like a professional wrestler	Evaluate & Set Students Next Fitness & Nutrition Plan & Goals	Student has met Level 3 fitness
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**Business Development 3**

Seminar: Character & Brand Development 201	Seminar: Merchandising & Sales 201	Seminar: Social Media 201: Marketing, Advertising, & Content Creation	Seminar: Fan Interactions, Setting Boundaries & Customer Management,	Seminar: Budgeting, Saving Money, Tracking Expenses, Taxes, & Write Offs
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