

Level 4

Bumps & Rolls

Roll Through Kip Up	Getting Knocked off the Apron	Top Rope Back Bump	Roll In Ring through ropes & Over the top	Clotheslines Out to Floor
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Ropework, Ring Positioning, Timing & Footwork

Lift Assisted Go Behind	Springboarding, Outside In, Outside Out, from Corner & Middle (Optional)	Pro Tag Team Rope work, Positioning, Timing, & Footwork	Multi Man Match Rope work, Positioning, Timing, & Footwork	Multi Wrestler Spot & Set Rope work, Ring Positioning, Timing, & Footwork
Rope Handstands	"Flair" Up & Over	"HBK" Up & Over	"Triple H" Up & Over	Getting Tied Up in the Ropes

Grappling

Knuckle Lock Reverse - Back to back w/ backflip	Stunt Muffler	Tequila Sunrise	Crossface Chicken Wing	Kimura Lock
Label Lock	Rolling Butterfly Stretch	Rolling Armbar	Reverse Crab	Reverse Crab w/ Arms / Pendulum Lock
Rolling Knee Bar	Mexican Surfboard	Indian Death Lock	Koji Clutch	Lady of the Lake
Triangle Choke	Gory Special	Octopus Hold	Chicken Wing Over the Shoulder Crossface	Sugar Hold
Omplata	Crucifix Armbar	Guard Position	Mount Position	Wrestler Grapples at Professional Level

Pins

Geda Clutch	Gannosuke Clutch	European Clutch	Mousetrap Pin	Roll Through Cradle
Wheel Barrel Victory Roll	Victory Roll	Victory Roll Counter	Sunset Bomb	Jackknife Bridge to Backslide

Striking

Punching at pro level	Forearms at pro level	Elbows at pro level	Knees at pro level	Kicks at pro level
Enziguri	Lifting Drop Kick	Shining Wizard	Rolling Mule Kick	Double Stomp
Polish Hammer	Bionic Elbow	Discuss Punch	Discuss Clothesline	Shortarm Clothesline
Backfist	Spinning Backfist	Heart Punch	Seated Corner Hip Attack	Corner Rolling Senton
Corner Senton	Corner Running Cross Body	Super Man Punch	Lifting European Uppercuts	Running Double Knees

Takedowns, Slams, & Throws

Pounce	Overdrive	Rocker Dropper	Frankensteiner	Sabu Rana
Overhead Belly to Belly Suplex	German Suplex: Release & Bridge	Fisherman's Buster	Snapmare Driver	Dragon Suplex
Tiger Suplex	Tigon Suplex	Half Nelson Suplex	Exploder Suplex	Top Rope Superplex
Side Bell to Belly (Head Drop) Suplex	Seatbelt Suplex	Three Handled Credenza	Super Back Suplex	Taking Corner Throws, Bombs & Suplex Moves
Blockbuster	Rope Assisted Neckbreaker	Rope Assisted DDT	Powerslam Counter DDT	Super Hip Toss
Super Arm Drag	Spanish Fly	Super Power Bomb	Widows Peak	Jackhammer
Military Press Back into Ring	Military Press Drop	Military Press Slam	Military Press to Powerslam	Torture Rack Backbreaker
Back Suplex to Backbreaker	Side Belly to Belly	Electric Chair Counter into	Choke Slam Back Breaker	Powerbomb Backbreaker

	Backbreaker	Rana		
Gutwrench Backbreaker	Roll through Kip Up to Double Arm Drag	Wheelbarrow Arm Drag	Springboard Lucha Arm Drag Variations	Atomic Drop Catch From Top Rope
Wheelbarrow Bulldog	Sitout Powerbomb	Sunset Powerbomb	Running Powerbomb	Tiger Bomb: Sitting & Standing
Straight Jacket Power Bomb Bomb	Lifting Power Bomb	Power Bomb Catch From Dropkick	Gutwrench Power Bomb	Blue Thunder Bomb
Razors Edge: Standing & Sitout	Slingshot Power Bomb	Pumphandle Slam	Pumphandle Drop	Pumphandle Backbreaker
Super Overhead Belly to Belly Suplex	Standard Piledriver	Pulling Piledriver	Tombstone Piledriver w/reversals	Fireman's Carry to Sitout Driver
Burning Hammer	Cradle / Gotch Piledriver	Tiger Driver	Greetings From Asbury Park	Canadian Destroyer
Poisonrana	Package Piledriver	Snow Plow	Rubix Cube	Wheelbarrow Driver
Super Driver	Gringo Killer / Vertebreaker	Styles Clash	Ground Xero	Sky High
Alabama Slam	Sitout Spinebuster	Uranage Spinebuster	Bearhug Spinebuster	Package Piledriver

Aerial

Diving Sunset Flip: Ropes & Corner	Diving Knee Drop	Moonsault & Catch: Standing & From Mat	Springboard Moonsault	Asai Moonsault
Diving Senton	Senton Bomb	450 Splash	Phoenix Splash	Shooting Star Splash
Inverted Flipping Senton	Suicide Dive	House Dive	Plancha (Flipping Suicide Dive)	Tope Suicida (Top Rope Suicide Dive)
Diving & Springboard Twisting Senton	Trust Fall	Tag Team Assisted Plancha	Tag Team Assisted Dive	Tag Team Assisted Splash

Match & Character Development

Creates, Demonstrates, communicates, & remembers pro level spots & sets	Can Create & communicate on-the-fly for intermediate pro level spots & set	Selling at a professional level	Professional Level of Acting: Body Language, Vocalization & Posture	Professional Understanding of how to Control the Crowd
Can produce pro matches at various lengths	Understanding of basic tag team wrestling match	Advanced Tag Team Wrestling: Lukewarm Tags	Tag Team Wrestling: Generating Heat, Building Up the Hot Tag	Advanced Tag Team Wrestling: False Tags, Transitions, Distractions, Luke warm tags & Finishes
Pro Level of Crowd Interaction & Control	Able to Add & Subtract Spots in a match	Demonstrates Pro Level of Time Control in a Match	Demonstrates Pro Level of Communication	Demonstrates Pro Level of Promos
Triple Threats: Heel, Heel, Face Face, Face, Heel 3 Faces	4 Ways: Single Fall & Elimination Multiple Heel Face Variations	Multi Person Tag Team Matches: Single Fall, Elimination	Seminar: Making Your Minutes Count: Short & Successful Matches	Seminar: Building a Main Event Match
Stipulation Matches: When & Why, Safety, Planning, & Storytelling	On - the - Fly: Can Listen all the way through an entire match	On - the - Fly: Can Call an Entire Match	Demonstrates ability to stick to a time limit within a match	Has Adequate Main Card Experience & Consistent Level of Performance
Seminar: Working w/ Managers	Seminar: Working w/ a pro referee	Seminar: Putting Together a Match w/ Strangers	Seminar: Wrestling for TV VS Live	Seminar: Intergender & Inclusive Wrestling

Referee Training

Multi Man Matches: 3, 4, & Scramble Style Matches	Reffing Stipulation Matches	Demonstrates a pro level of performing & selling ref bump spots	Demonstrates a pro level of understanding distractions & cues for spots	Demonstrates a Pro level of communication
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Body: Conditioning, Cardio, Physique

Evaluation: Student looks like a professional wrestler	Evaluate & Set Students Next Fitness & Nutrition Plan & Goals	Student has reached a professional level of fitness	Student Demonstrates the ability to help others achieve health goals	
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Business Development 4

Seminar: Breaking in, Contacting Promoters & Getting Hired	Seminar: Promotional Package Building	Seminar: Schedule Management	Seminar: Maximizing Profits	Seminar: International Opportunity
Seminar: Career Planning	Student Has Professional Marketing Digital Assets (Logo, Booking information, business card, social media banners)	Student Has High Quality Copyright & Royalty Free Music	Student Has Professional Entrance Video Package	Student Has Professional Resume w Contact Information, Background, Photography, Match Video, Hype Video