
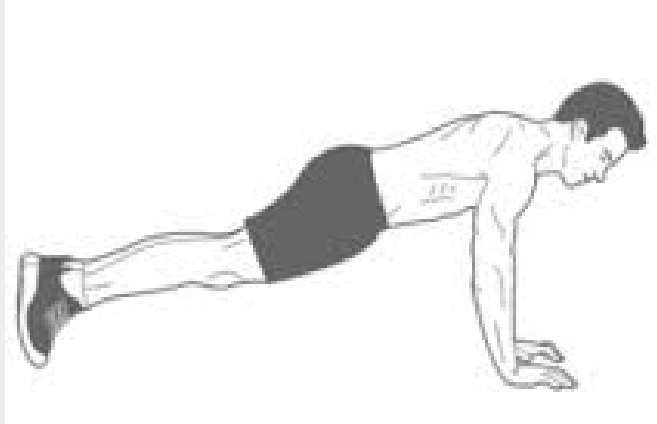


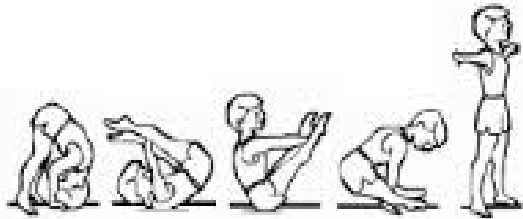
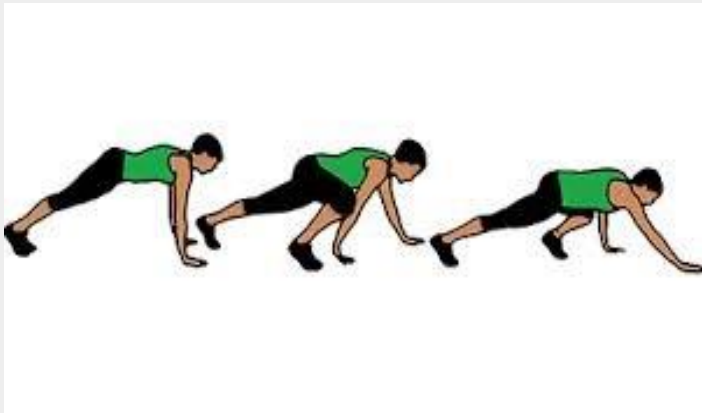



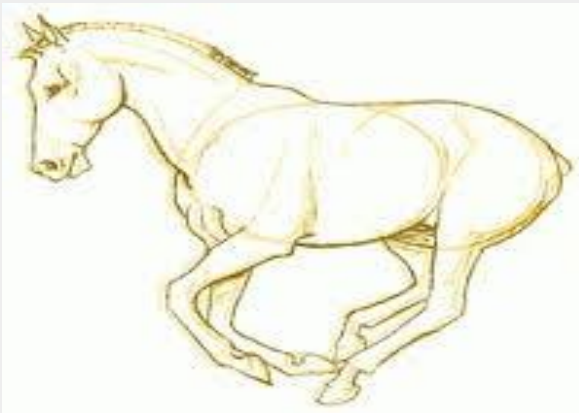


RED Shirt Skills

		Checkpoints	
Strength	<u>Deep Squat</u>	<ul style="list-style-type: none"> -feet shoulder width apart -chest up, shoulder blades squeezed together -head looking up -squat down pushing knees out and hips back (sitting in a chair) -squat up pushing hips straight up and knees out, keep chest up 	
	<u>Plank</u>	<ul style="list-style-type: none"> - from push up position (not elbows) - plant hands directly under shoulders (push-up position) - keep toes on the mat, squeezing glutes to stabilize the body - back is flat, butt down, neck and spine neutral (looking at the floor) 	
	<u>Lunges</u>	<ul style="list-style-type: none"> -take long step forward, lowering body until back knee almost touches the floor -front knee should not extend out past the front toe -back remains straight up and down -push off of front foot and return to position 	


RED Shirt Skills

		Checkpoints	
Skills	<u>Bridge</u>	<ul style="list-style-type: none"> -lying on back, knees bent and feet flat on mat -dig heels into the mat, pushing weight/hips upwards towards the ceiling -arch your back and hold 	
	<u>Forward Rolls</u>	<ul style="list-style-type: none"> -begin to crouch down from standing or stance -place both hands on mat and move weight forwards -seat is lifted and head is tucked (chin to chest) -strong push from feet, body remains tucked with rounded back, rolling forward -return to feet on floor and return to position 	
	<u>Bear Crawl</u>	<ul style="list-style-type: none"> -start on hands and feet only with knees bent -walk forward with hands and feet (no knees) -keep weight balanced between lower and upper body 	
	<u>Duck Walk</u>	<ul style="list-style-type: none"> -start with feet slightly wider than shoulder width -bend at knees and squat down so behind is almost sitting on the heels -staying low in this position, begin walking forward 	

RED Shirt Skills

		Checkpoints	
Technique	<u>Gallop</u>	<ul style="list-style-type: none"> -stand with one foot in front of the other -keep the same lead leg moving forward -the back leg chases the front leg but does not go ahead of it -bend knees slightly and try to be "light" on your feet 	
	<u>Position (stance)</u>	<ul style="list-style-type: none"> -feet shoulder width (always under our center of gravity) -knees bent with one lead leg slightly forward -lead leg always stays the same and is always in front <ul style="list-style-type: none"> -head up with shoulders square -back straight (or slightly arched) -hands low, in front of hips with elbows flexed close to hips 	
	<u>Motion (movement)</u>	<ul style="list-style-type: none"> -small step (back foot), big step (front foot) -feet remain shoulder width apart at all times -feet should never cross or come close to each other -keep all form points from position while taking short, choppy steps to change direction and circle 	

RED Shirt Skills

		Checkpoints	
	<u>Level Change</u> (lower body for attack, lift or defense)	<ul style="list-style-type: none"> -from good position wrestler lowers their body by flexing knees -back does not bend over, remains straight -squat down slowly from position, touch mat with same hand as lead (front) leg 	
	<u>Penetration Step</u>	<ul style="list-style-type: none"> -from good position, wrestler will change levels and drop lead leg knee to the mat (after small step, big step motion) -trail leg will follow up in a swinging motion to finish attack or return to good neutral position 	
	<u>Referee's Position</u> -set top	<ul style="list-style-type: none"> -place one knee on the mat next to opponents knee, place other foot placed behind opponents feet -wrap arm around opponents back and place palm of hand on bottom wrestler's navel -head positioned above midline of back -make a "C" shape with your far hand and cup opponent's near elbow 	
	<u>Referee's Position</u> -set bottom	<ul style="list-style-type: none"> -place both hands and knees on the mat -knees behind starting line with hands in front -keep head up -keep weight back on the hips, with behind sitting on heels 	