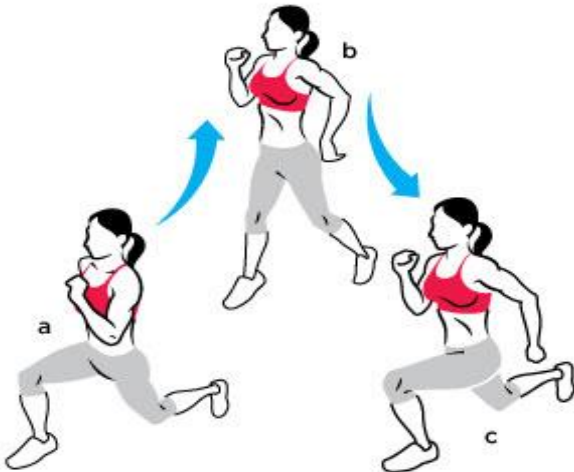

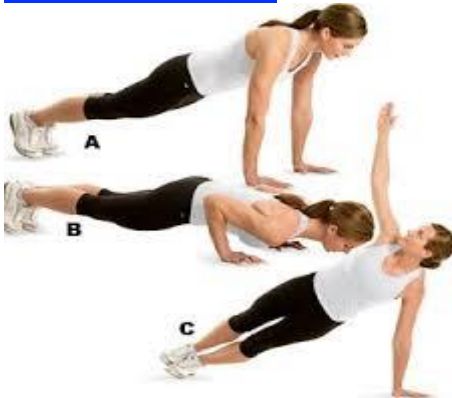




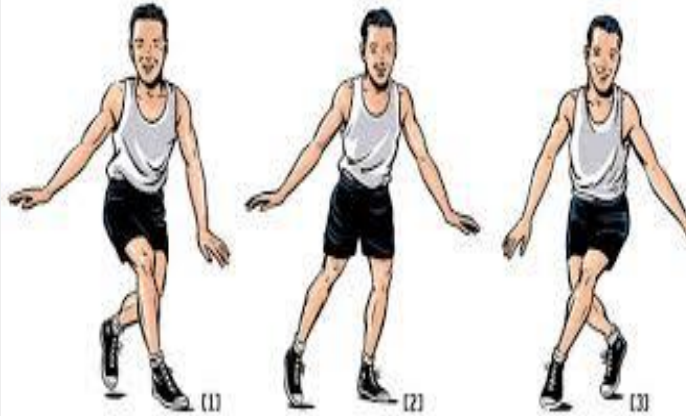




# BLACK Shirt Advancement Skill Descriptions

Exercise	Checkpoints
<p><u>Alternating Lunge Hops</u></p> 	<ul style="list-style-type: none"><li>-Step your right foot forward and bend both knees to 90 degrees, keeping your chest upright and core tight.</li><li>-Jump as high as you can, switching your arm and leg positions in midair</li><li>-landing in the opposite lunge position</li><li>-Continue quickly alternating.</li></ul>
<p><u>Fast Feet Drill - Agility Ladder</u></p> <p><u>-lateral shuffle</u></p> <p><u>-2 in, 2 out</u></p> 	<p><u>Lateral Shuffle</u></p> <ul style="list-style-type: none"><li>-Begin with your hips square.</li><li>-Shuffle through the ladder by stepping with both feet in each square.</li><li>-Try to keep your head straight. Avoid looking down at the ladder as much as possible. Your back should remain erect during the lateral shuffle.</li><li>-Avoid bending over as you move down the ladder.</li><li>-Be sure to stay on your toes at all times.</li></ul> <p><u>2 in, 2 out</u></p> <ul style="list-style-type: none"><li>-Start at the end of the ladder to the right and with your right side facing forward.</li><li>-Step into the first box with your right foot and then followed by your left foot.</li><li>-Step back out of the first box with your right foot followed by your left foot.</li><li>-Move onto the next box with the same step pattern. Repeat all the way down the ladder.</li><li>- Reverse Direction leading with your left foot first.</li></ul>
<p><u>Pushup to Side Plank</u></p> 	<ul style="list-style-type: none"><li>-Begin in a pushup position, on the hands and toes</li><li>-Make sure the core is braced and the body is in a straight line from head to heels</li><li>-Bend the elbows and lower into a pushup.</li><li>-As you push up, rotate to the left, taking the left arm straight up towards the ceiling and rotating the feet into a staggered position (left foot in front and right foot in back).</li><li>-Hold the side plank for a few seconds, then rotate back to your pushup position.</li><li>-Do another pushup and, this time, rotate to the right into a side plank, balancing on the left arm.</li><li>-Continue pushups with alternating side planks</li></ul>



## BLACK Shirt Advancement Skill Descriptions

Exercise	Checkpoints
<p><a href="#">Reverse Pull-Up (gradual release)</a></p>  <p><b>NEGATIVES</b></p>	<ul style="list-style-type: none"> <li>-Face the raised pull-up/chin-up bar</li> <li>-grab the bar in an underhand fashion (palms facing the body) with your hands centered at your body about 3-4 inches apart.</li> <li>-Depending on the height of the bar (and your height), you should now be hanging</li> <li>-Inhale and pull the chest to the bar, keeping the body upright and puffing out the chest. The elbows should be kept in front of the body, not off to the sides.</li> <li>-Hold the up position for a moment, feeling the biceps flexing.</li> <li>-Slowly lower the body down to a near starting position, letting the arms extend to a nearly straight position.</li> <li>-Exhale as the negative motion is performed.</li> </ul>
<p><a href="#">Round-Off</a></p> 	<ul style="list-style-type: none"> <li>-Begin doing a cartwheel and finish facing sideways with hips open</li> <li>-Follow cartwheel technique but just before the second foot hits the mat turn with square hips and shoulders and land with feet together.</li> <li>- Do a step hurdle into the roundoff working on keeping the hips open, head in, and arms by the ears.</li> </ul>
<p><a href="#">Explode to Feet from Knees</a></p> 	<ul style="list-style-type: none"> <li>- Start in referees position</li> <li>- Explode up from knees, jumping onto feet in good wrestling position</li> </ul>

BLACK Shirt Advancement Skill Descriptions	
Exercise	Checkpoints
<b>360 Degree Jumps</b> 	<ul style="list-style-type: none"> <li>-Wrestlers will jump and rotate 360 degrees in the air making sure they land on balance.</li> <li>-wrestlers will rotate direction of jumps from left and right</li> </ul>
<b>Carioca</b> 	<ul style="list-style-type: none"> <li>-From wrestling position, push off with the left foot and bring it towards the right foot.</li> <li>-While maintaining balance, cross the left foot behind the right foot and plant it on the ground.</li> <li>-Move the right foot laterally so you return to wrestling position.</li> <li>-While maintaining balance, cross the left foot in front of the right foot and plant it on the ground.</li> <li>-Move the right foot laterally so you return to wrestling position.</li> <li>-Reverse the steps to perform this drill while moving to the left.</li> </ul>
<b>Half-Nelson</b> 	<ul style="list-style-type: none"> <li>- control far wrist</li> <li>- snake near arm under armpit</li> <li>- bring arm up to opponent's head and create pressure</li> <li>- slowly increase pressure to roll opponent onto back</li> <li>- make proper body adjustment to end in chest to chest position</li> </ul>
<b>Single Leg Finish from Pit - turn in/out</b> 	<p><b>Turn In</b></p> <ul style="list-style-type: none"> <li>- execute proper single leg to armpit position</li> <li>- apply pressure to outside of knee - rotating leg inwards and turning opponents body</li> <li>- cover appropriately for takedown</li> </ul> <p><b>Turn Out</b></p> <ul style="list-style-type: none"> <li>- place free hand on top of opponent's knee</li> <li>- lower base and circle quickly while applying outward pressure on opponent's knee - rotating them to the mat</li> <li>- cover appropriately for takedown</li> </ul>



## BLACK Shirt Advancement Skill Descriptions

Exercise	Checkpoints
<p data-bbox="115 205 310 233"><u>Front Headlock</u></p> 	<p data-bbox="808 205 1463 233"><i>From Sprawl - counter Offense or from snap down</i></p> <ul data-bbox="808 281 1463 394" style="list-style-type: none"><li>- <i>from collar tie, snap opponent's head into armpit (same side as snap hand)</i></li><li>- <i>secure head by grabbing chin</i></li></ul>
<p data-bbox="115 772 483 800"><u>Double Leg Finish - tackle/lift</u></p> 	<ul data-bbox="808 772 1503 1276" style="list-style-type: none"><li>-<i>from penetration step into proper double leg position</i></li><li>-<i>swing trail leg up</i></li><li>-<i>immediately plant and drive off of trail leg while also bringing penetration step foot to mat while driving into opponent</i></li><li>-<i>maintain good (low) position with head and center of gravity (hips)</i></li><li>-<i>all at once while driving off/up with both feet, run through opponent with short, choppy steps to drive opponent over (at approximately a 45 degree angle)</i></li><li>—<i>as opponent begins to fall towards mat, lift leg with the near arm while pulling opposite leg with the far arm to create an angle to fall perpendicular to opponent - finish in "T" position (never finish parallel on top of opponent)</i></li></ul>