UNITED WORLD WRESTLING

Level 2 Techniques

1. Arm Bar - FS
2. Arm Bar - WW
3. Arm Drag - FS/WW/GR
4. Arm Spin - Defense - FS/WW/GR
5. Arm Spin - FS
6. Arm Spin - WW
7. Arm Throw - FS
8. Arm Throw - GR
9. Arm Throw - WW
10. Back Arch Throw - FS/WW/GR
11. Crotch Throw - Leg Turn - FS
12. Fireman's Carry - FS
13. Fireman's Carry - WW
14. Gut Wrench - Defense - FS/WW
15. Gut Wrench - Defense - GR
16. Gut Wrench - FS
17. Gut Wrench - WW
18. Half Nelson Defense - FS
19. Half Nelson Defense - WW
20. Head and Arm Throw - FS
21. Head and Arm Throw - GR
22. Head and Arm Throw - Reverse - GR
23. Head and Arm Throw - WW
24. Head Pinch - Defense - GR
25. Head Pinch - Par Terre - GR
26. Hi-Crotch to Dump finish - FS
27. Hi-Crotch to Dump finish - WW
28. High Dive - GR
29. Hip Toss - FS
30. Hip Toss - WW
31. Leg Lace - Defense - FS - #1
32. Leg Lace - Defense - FS - #2
33. Leg Lace - Defense - WW - #1
34. Leg Lace - Defense - WW - #2
35. Lift - Throw - GR
36. Lifts - Defense - GR
37. Over/Under Throw - FS/WW/GR
38. Reverse Body Lock - Defense - GR
39. Reverse Body Lock - Throw - GR
40. Single Leg Attack to Dump finish - FS
41. Single Leg Attack to Dump finish - WW
42. Single Leg to Cut Corner finish - FS
43. Single Leg to Cut Corner finish - WW
44. Slide-By - FS/WW/GR
45. Two on One - Defense - FS/WW/GR
46. Two on One - Position - FS/WW/GR
47. Underhook - Defense - FS/WW/GR
48. Underhook - Position - FS/WW/GR

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