UNITED WORLD WRESTLING

Wrestling Technique Levels

Level 1 Techniques

1. Arm Drag - FS/WW/GR
2. Breaking Opponent's Stance - FS
3. Breaking Opponent's Stance - WW
4. Bridge Position - FS/WW/GR
5. Bridge Position - FS/WW/GR - #2
6. Butcher - Far arm turn - FS
7. Butcher - Far arm turn - WW
8. Cement Job - Front headlock and underhook - FS
9. Cement Job - Front headlock and underhook - WW
10. Danger Position - FS/GR
11. Danger Position - WW
12. Double Leg Attack - FS
13. Double Leg Attack - WW
14. Double Leg Defense - Go Behind - WW/FS
15. Duck Under - FS
16. Duck Under - WW
17. Front Headlock Go Behind - FS
18. Front Headlock Go Behind - WW
19. Half Nelson - FS
20. Half Nelson - WW
21. Hi-Crotch Defense - Go Behind - FS
22. Hi-Crotch Defense - Go Behind - WW
23. Hi-Crotch Defense - Sprawl - FS
24. Hi-Crotch Defense - Sprawl - WW
25. Hi-Crotch Leg Attack - FS
26. Hi-Crotch Leg Attack - WW
27. Par Terre Ground Wrestling - FS
28. Par Terre Ground Wrestling - WW
29. Par Terre Starting Position - FS
30. Par Terre Starting Position - WW
31. Single Leg Attack - FS
32. Single Leg Attack - WW
33. Single Leg Defense - Go Behind - FS
34. Single Leg Defense - Go Behind - WW
35. Single Leg Defense - Sprawl - FS
36. Single Leg Defense - Sprawl - WW
37. Snap Down Go Behind - FS
38. Snap Down Go Behind - WW
39. Trapped Arm Gut Wrench - FS/GR/WW

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