

Throwdown Elite Wrestling Club



Bronze Level

Each achievement level will have 3 areas in which an athlete must demonstrate competency: participation, demonstration (pass-off), and performance. Each of these three areas must be completed as well as 3 electives from the list.

Throwdown Elite Advancement Program

PARTICIPATE:

- Attend 8 Practices
- Wrestle in 3 Tournaments

DEMONSTRATE:

- Stance and Motion *
- Tie Ups
- Double Leg Take Down
- Stand Up
- Snap Down

PERFORM:

- Push-up Test
- Sit-up Test
- Pull-up Test

ELECTIVES:

- Place in 2 Tournaments
- Demonstrate Half-nelson, Near-ankle, and Sprawl
- Use successfully in a match or matches, all Bronze-level moves
- Mini Gauntlet (6 Minutes, Feet Only)
- Memorize 2 Quotes: hand out and recite to team

