

USA Wrestling's Coaches' Syllabus for Greco-Roman with Mike Houck (15 Basic Skills)

Link <https://youtu.be/aHh3c4onor4>
(Total video play time 1:00:34)



0:00-2:20	Intro
2:21-4:31	Basic Skill #1 – Position or Stance
4:32-8:17	Basic Skill #2 – Motion
8:18-11:01	Basic Skill #3 - Contact
11:02-17:08	Basic Skill #4 – The Tie Up
17:09-23:05	Basic Skill #5 – Pummelling
23:06-27:31	Basic Skill #6 – Off-Balancing
27:38-32:22	Basic Skill #7 – Penetration Step
31:23-36:05	Basic Skill #8 – Common Body Attacks
36:06-38:41	Basic Skill #9 - Centering
38:42-45:15	Basic Skill #10 – Common Finishes
45:16-48:34	Basic Skill #11 – The Bridge (Foundation of GR)
48:35-51:46	Basic Skill #12 – The Back Arch
51:47-54:32	Basic Skill #13 – The Back Step
54:33-56:50	Basic Skill #14 – Hip Pop
56:51-1:00:34	Basic Skill #15 - Grips