

Rick's Wrestling and Warrior Program Outline

WARRIOR 1 White Beginner

WARRIOR 2 Black Intermediate

WARRIOR 3 Red Advanced

Our warrior program is an obstacle based free running program that incorporates the disciplines of Gymnastics, Wrestling, Obstacle racing, Parkour and Tumbling movements. We have 3 levels of training and divide each level of training into 3 categories. Our curriculum, obstacles, and challenges change weekly for a fun new experience each class.

CATEGORY 1 Foundational learning. This includes teaching the "how to's" How to fall safely, how to approach various obstacles etc. Proper use of obstacles including hand gripping and foot placement, various techniques for successful completion of obstacles. Fundamentals of basic wrestling, gymnastics and tumbling. Agility and speed drills.

CATEGORY 2 "Obstacle Course Sprint" is an against-the-clock format using the techniques and skills acquired through category 1. Warriors try to get there "PB" or personal best time through the course.

"CATEGORY 3 "Obstacle Course Freestyle" is based on performances that are taught by the coach and performed during obstacle run by warrior.

EX: Warrior 1 may add a forward roll to the middle or end of a jumping obstacle

EX: Warrior 2 might perform a cartwheel or round off from a level change throughout an obstacle run

EX: Warrior 3 might perform a spin or twist from one ring to another or a back or side flip dismount off the last ring or rope during a swinging obstacle.

Types of Warrior Obstacles:

Stationary: same or changing levels. Primary focus to master foot and hand placement while jumping or moving quickly throughout a stationary course.

Swinging: or moving obstacles of various levels. Primary focus to learn timing of movements during motion and learn how to utilize different muscle groups for a variation of moving challenges.

Isolated: An Individual event that can be focused on solely with the purpose of mastering the event before incorporated into a more elaborate obstacle. EX: Warped Wall, Salmon Ladder, Peg Board, Rock Wall, or Learning a new sequential tumbling pass to later incorporate into a freestyle obstacle.