

Date: 11/11/2014

Talk
Head Gears
Certification Date
Nutrition & Hydration Tips
Weight Class (write on card and hand back in)

Warm up
Standard (jog, tumble, stretch)
Base Drills

Quick Drills
None – focused on technique

Technique
Handfighting Techniques:
Underhooks – Clearing each side and immediately go to offense, Catch wrist to prevent u-hook
Russian 2-on-1 – Clear and go to offense
Collar Tie – Get off head by getting inside, peeling off, passing elbow or passby
Wrist Fighting – Clearing and going to attacks. Look for drags

Live – None, substituted with sparring.
Did a lot of sparring with different hand fighting scenarios leading to offense.

Conditioning
Running (jog, working pace & match pace)

Notes:
Had some new guys so held off the live and still got a high intensity workout working on what veterans needed.
The conditioning was longer than usual. Getting in shape and burning calories for guys get ready to certify.