

11/29/14

Talk

Schedule and Wrestle off situations for Saturday Practice (Singlet Saturday)

Warm up

Regular with Stance - n -Motion emphasis

Quick Drills

Drill on own in neutral for 6 minutes

Quick Score and Reshots

Spar 2-3 minutes

Technique

Hi-C Finishes on Knees:

-Kneeslide drill => Double => Shelf and Claw

-Opponent Cuts Corner hard => Catch Ankle and double off

-Crack Down Finishes

- Jump Across
- Shelf
- Defend Crack Down Position
- Cradle

-Iranian

- Out Back Door
- Duck Across

-Drop-n-Duck

Live

Demon Drill

Conditioning

Jog and cool down

Notes: