

1/1/14

<p>Talk Use every opportunity to compete to its fullest. (be sure to compete) -If you can do this you give yourself the best chance to be prepared at the end of the year.</p>
<p>Warm up Standard</p>
<p>Quick Drills 5 Minutes on Top (Best Stuff) 8 Minutes Neutral Drilling Hand Fighting Goes</p>
<p>Technique  None (Wanted to just get warmed up and scrap. Shorter practice since it was the 1st.)</p>
<p>Live Two matches with best ofs</p>
<p>Conditioning Sprints</p>
<p>Notes:</p>