

1/14/14

Talk

- How to overcome the issue of losing leads and not wrestling hard then entire match?
- Must start in practice
- Must be honest with ones self
- Develop a mental game plan to beat the negative thoughts.

Warm up

Standard

Began to implement bottom master skill set

(I will include this in the notes below the video)

Quick Drills

None this day, took too long to get through Bottom Drills

Technique

Sit out

Understand hip heist (Start on Wall, then with partner)

Clearing Ties and then Hip Heist (Single Bars, 2-on-1, Cross Wrist)

Keep Hips Under (Top Man Moves and Looks for Suckback)

Arm & Head Gazonee

Live

Matches & Best of Takedowns

Conditioning

Sprints

Notes: