

12/10/13

Talk

Biggest strides come outside comfort zone

Warm up

Regular

Quick Drills

Neutral Drill (8 Minutes)

Open Offense (3 Minutes) focus on strong fakes and level changes

Down Block Series (4 Minutes)

Spar 2 minutes

Technique

Tight Waist Chop/Grind

Chicken Wing

Steiner Tilt

Steiner Tilt to C.W.

Roll Thru Steiner Tilt

Big & New

Ankle and Cross Arm

Ankle Down => Power Half

Ankle to Wheel Cradle

Ankle => Chop => Chicken Wing

Live

½ in ½ out

2 minute periods with sudden victories or best of's

Conditioning

Sprint Drills

Notes:

