

12-11-13

Talk
No Bracket Watching
Schedule

Warm up
Regular
Single Defense and Base to Stand Up Drill

Quick Drills
4 Min – Force FHL Dump and Stab Finishes
4 Min – Drill Neutral
3 Min – Drill Open Offense
2 Min – Down Block to Stab FHL => Hip Hook
3 Min Spar

Technique
Chop and Grind with Tight Waist
-Lay on leg finish to Steiner
-Chop => Re-load => Lay on leg to Steiner

New and Big
Ankle Down and Crossface Series

Live
Situations:
Start with T.W. or Ankle and Belly
Start with Cross Wrist or Cross Arm
Start with Steiner or With Half and wrist
All Start with Near Side Cradle

Conditioning
Lift with partner 30 seconds max effort -switch-then move to next station.
Circuit Stations in room: 1. Shots with Band 2. Pull ups 3. Foot Fires 4. Cuban Press w/ Bands 5.
Kettlebell Push Ups 6. Wrist Roller (arms straight) 7. Curls w/ Bands 8. Thrusters with Dumbbells 9.
Lateral Raises with bands 10. Pushups with Partner Resistance 11. Jump from Shins to Feet 12. V-ups

Notes: