

12/17/2013

<p>Talk Know where you are good and stay there.</p>
<p>Warm up Standard</p>
<p>Quick Drills 4 Minutes- Force Front Head and Go-Behinds 4 Minutes- Drill Neutral 4 Minutes- Drill Open Offense 2 Minutes- Downblock to Stab FHL > Hip Hook 3 Minute Spar</p>
<p>Technique Chop and Grind with Tight Waist -Lay on Leg to Steiner -Chop > Reload > Lay On Leg to Steiner Ankle Down and Crossface Series</p>
<p>Live Situations: Start with TW, or Ankle and Belly Start with Cross Wrist or Cross Arm Start With Steiner or Wrist and Half Start With Near Side Cradle</p>
<p>Conditioning Halls</p>
<p>Notes:</p>