

12/18/2013

Talk Christmas Break Schedule
Warm up -Standard
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
Technique Leg Defense Review Keep them out: Ankle Whip Pinch - n - Catch Series Crab Defense Mule Kick  Strong Emphasis on Climbing the Rope
Live Matches and leg situations
Conditioning Partner Circuit, 30 Seconds Max Effort, Switch with Partner, Rotate Station 1) Shots with Band 2) Pull Ups 3) Foot Fires 4) Cuban Press with Bands 5) Kettlebell Push Ups 6) Wrist Roller 7) Curls with Bands 8) Thrusters with Dumbbells 9) Lateral Raises with Bands 10) Push Ups With Partner Resistance 11) Shins to Feet 12) V-Ups
Notes: