12/19/2013

Talk
-Breaking From Top -Schedule
Schedule
Warm Up
-Standard
Quick Drills
-Base Drill -Shot Def
-Drill (force FHL)
-Spar
Technique
1) A) Grind to Steiner B) Inside Chop to Half/Crossface
2) Near Wrist Post Across3) Chicken Wing Pin
3) Chicken Wing Fin
Live
20 Minutes of Drilling on own
20 Minutes of Diffing on own
Conditioning Running (Jog, Working Pace & Match Pace)
Running (Jog, Working Face & Match Face)
Notes: