

12/19/2013

Talk

- Breaking From Top
- 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 Across
- 3) Chicken Wing Pin

Live

20 Minutes of Drilling on own...

Conditioning

Running (Jog, Working Pace & Match Pace)

Notes: