

12-5-13

Talk  
Schedule

Warm up  
Regular

Quick Drills  
Shot Defense – Hand Blocking, Single and Hi-C Defense from feet & Knees, Double Defense & Low Single Defense

Technique  
Ankle Down => Crossface => Barbed Wire  
Ankle Down => Power Half  
Ankle Down => Sweep Half  
Spiral Half

Live  
Total Sparring Matches

Conditioning  
Lite jog and cool down

Notes:

