

12-9-13

Talk

Schedule for the Week

Reminder on the importance of staying positive and working to get better daily

Warm up

Regular

- Single on the knees defense. (Stuff and cover head and slide back until legs are clear.)
- Standup from belly with partner

Quick Drills

Emphasis on forcing Front Headlocks. Used multiple setups but always executed Dump

Set ups (Pressure-Snap, U-Hook & Bang-n-Cover) THEY CHOOSE

U-Hook to Double Unders => Body Lock or if opponent is sagging hard => FHL & Dump

Quick Score. Re Shot & Down Block (3-4 Min)

Technique

Tight Waist Chop=> Cross Wrist

- Ball-n-Chain Series
- Opponent Defends Chop by looking in with Tripod => Scoop inside leg and finish Single.

Ankle on Whistle

- If opponent beats you and gets to feet follow up to lift and turk

Big and New Guy Version:

-Chop and catch cross wrist => Switch to cross arm, lift near ankle and run to back

-Same

-Wheel Cradle

Live

No Live and straight to lift

Conditioning

Strength Training

Dead Lift - 4 Sets of 4 (last two sets we close to 4 rep max, first two were used as a warm up)

Put half body weight on bar (heavy weights put 25-35 on each side of bar)

20 Seconds on 10 seconds off

Thruster – Upright Row – Push Press – Curl – Hang Clean (get as many reps as possible in 20 seconds.)

30 Pull- ups

Notes: