

1-22-14

Talk

For those that can't finish a match... You must stop making excuses, eliminate things that may be leading to lack of confidence and make a decision.

Warm up

Bottom Master Skill Set

Shot Defense Routine (Hi-C on feet, Hi-C on Knees, Single on Feet, Single on Knees)

Quick Drills

Bull Dog Drill (3 min)

Neutral Drill (5 Min)

Double Under Hook Offense (3 Min)

Down Block to Stab FHL Series

Technique

Float Drill (Granby Defense)

1. Float Drill
 - a. Breakdown to turn
 - b. Granby out back door
 - c. NS Half
 - d. Change over to lose Half Nelson
 - e. Suck back when doing change over
 - f. Hook and Post from Suck Back
 - g. Post and slide when beats the NS Half
2. Clearing the Granby if caught
3. Beating the Standing Granby

Live

Matches and Best of's

Conditioning

Circuit Lift

Notes: