

12/31/13

Talk
Goal Setting

Warm up
-Standard

Quick Drills
-Base Drill
-Shot Defense
-Force Front Headock

- A. 10 Min Single Finishes, 2 Min Quick Score and Re-Shot
- B. 10 Min Body Lock, Front Head, Re-throw, 2 Min Quick Score and Re-Shot

Technique

Hald Series
-Ankle Down Power Half
-Gather Wrist and Sweep/Spike
-Suck Back

Live

Half on Half Off (Matches)

Conditioning

Foot Fire Match

Notes: