

1/8/14

Talk

Winning with basics. Some of them are losing matches by not executing fundamentals. This comes down to focusing the entire match.

Warm up

Regular

Shot Defense Series (Single Knees, Single Feet, Hi-C Knees, Hi-C Feet)

Quick Drills

Best Top Series (5 Minutes)

Neutral Drilling (5 Minutes)

\*Working on individual needs during this time. Time is flexible, if not seeing things I want to see we keep going. Use notes from previous competition for individual needs.

Technique

Leg Defense Review:

Ankle Whip

Pinch-n-Catch

Pinch-n-Block

Crab Def (Toe Hold)

Swim

Climb Rope

Clearing Two Legs

Live

Matches ½ out (2x)

Start with different leg scenarios (Everyone Out) 20 second periods. If Get away period over.

Conditioning

Circuit Lift

Notes: