

2/10/14

<p>Talk</p> <ul style="list-style-type: none">-Stick to the Game Plan-Schedule for the Week-Let other people make Excuses
<p>Warm up</p> <ul style="list-style-type: none">-Standard
<p>Quick Drills</p> <ul style="list-style-type: none">-A) 20 Minute Drill (Last Five focus on downblocking)-B) Body Lock and Headlock Defense-C) Russian and Power Single
<p>Technique</p> <ul style="list-style-type: none">- Stand Up vs Jam- Leg In <p>Post and Climb Rope Hip Down and Clear High Leg Double Legs (Dig Out, Hip Down and Clear High Leg)</p>
<p>Live</p> <p>Situations: Vs Legs</p>
<p>Conditioning</p> <p>Lift (Heavy)</p>
<p>Notes:</p>