

2/11/14

<p>Talk</p> <ul style="list-style-type: none">-Special Circumstances (record and how to deal with it)-Defining what part you will play-Discipline
<p>Warm up</p> <ul style="list-style-type: none">-Standard
<p>Quick Drills</p> <p>-10 Minute Drill, Downblock Elbow High, Elbow Pinch SU, Slip Arm, vs Ankles Grabber, Pinch and Catch, Crab,</p> <p>-Legs In, Climb Rope, Hip Down, Two Legs In</p>
<p>Technique</p>
<p>Live</p> <p>Situations:</p> <ul style="list-style-type: none">Legs InTurnsBest Ofs
<p>Conditioning</p> <ul style="list-style-type: none">-Sprints-Bad Drill
<p>Notes:</p>