

2/3/14

<p>Talk Walked them through mental prep routine.</p>
<p>Warm up Regular Warm Up Bottom Master Skill Set Bottom Man Starts Drills</p>
<p>Quick Drills Bull Dog Drill from Shots (4-5 Minutes) Down Blocking Drill (4-5 Minutes) Spar (2-4 minutes)</p>
<p>Technique Near Wrist Series: Breakdowns     1. Spiral     2. Chop     3. Gather from Belly Finishes     1. Post Across     2. Eagle Claw     3. Cobra</p>
<p>Live 2 Matches Fury BAD Drills</p>
<p>Conditioning Heavy Lift Lay down and work on visualization</p>
<p>Notes:</p>