

12 Session Ultimate Takedown System

By Daryl Weber

Beginners	Advanced	Expert
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Session One:

1. **Footwork**
 - a. **Inside Step Power Step**
 - b. **Drop Step**
 - c. **Side Step**
2. **Inside Tie up, V-Block & Head Position**
 - a. **hi crotch => Switch to double => Shelf and Claw**
 - b. **Double => Shelf and Claw**
 - c. **Power Single => Knee up Finish**
3. **Bunt Grip => Side Step Hi-C => Double**
4. **Russian Pull => Power Step => Hi-C => Double**

Session Two:

1. **Footwork**
 - a. **Power Step & Drop Step Review**
 - b. **Sweep Single**
2. **Hi-C finishes (Feet)**
 - a. **Movement Drill**
 - b. **Double => Shelf and claw**
 - c. **Run pipe to =>**
 - i. **Grab Ankle and Cover**
 - ii. **Circle across and shelf and claw**
 - d. **Lift and Turk**
3. **Single Finishes (Feet)**
 - a. **Movement Drill**
 - b. **Knee up**
 - c. **Run pipe**
 - d. **Lift & Sweep**
 - e. **Mis-Single => Hi-C**
4. **Sweep Single**
 - a. **Back Side**
 - i. **Shelf & Tackle**
 - ii. **Shelf and Limp arm**
5. **Knee Pull Single from outside**
 - a. **Back Side Finish**

Session Three:

1. Footwork
 - a. **Power Step**, Drop Step & Sweep Step Review
2. Single Finishes
 - a. **Knees (Get to feet and Knee Up – Important to Instill the importance of getting to feet in the beginning)**
 - i. Low Lift
 1. Pop Off
 2. Swing Across
 - ii. Cut Back => Shelf and claw
 - iii. Crack Hole
 - iv. Step over Back Side
3. Hi-C Finishes **Knees (Drive up to Double – Important to instill importance of always looking to head up, to feet or cut corner to double early)**
 - a. Crack down
 - i. Jump Across
 - ii. Shelf
 - iii. Cradle
 - b. Iranian
 - i. Back Door
 - ii. Duck Across
 - c. Drop and Duck

Session Four (Shot Defense)

- 1. Sprawl Drill**
- 2. Single**
 - a. **Feet**
 - i. Toe to mat & square
 - ii. Limp Leg
 - iii. Wizzer Down and Square
- 3. Hi Crotch**
 - a. **Feet**
 - b. **Toe on mat & Crossface**
4. Hi Crotch
 - a. **Knees**
 - i. Knock over
 1. Crossface and clear leg
 2. Barbed Wire
 3. Cross ankle & drag (when opponent holds base)
- 5. Single**
 - a. **Knees**
 - i. **Stuff Head n Slide Back**

1. Circle to Break Lock
 2. Break Lock on Belly
 - ii. Wizzer and Square
 - iii. Stuff Head & Spin
 1. Defend Spin
- 6. Double**
- a. Feet
 - i. Square on neck
 - ii. Funk Roll

Session Five

1. Footwork
 - a. Power Step, Drop Step & Sweep Step Review
2. Pressure Sweep Single
 - a. Mis-Single => Hi-C
3. Review Knee Pull Single
 - a. Cutback Finish
4. Mis-Direction Footwork
5. Mis-Direction Double
6. Turk
 - a. Frame face
 - b. Jacobs Hook
 - c. Bow-n-Arrow and hop on top

Session Six

FHL

1. Finishes (Knees)
 - a. Backhand Drill
 - b. Bounce Go Behind
 - i. Opponent has elbow
 1. Bounce Left => Hook Ankle
 - ii. Run Down Double
 - iii. Shuck
 - c. Torture Position
 - i. Drag Down
 - ii. Head in hole => Cradle
 - iii. Head in hole => Hip Hook
 - iv. Shuck
 - d. Float Position
 - i. Knee tap
 - ii. Knee tap and spin

Session Seven

1. Dresser Dump
2. Step ups
 - a. Force FHL
 - i. Pressure Snap
 - ii. Under Hook => FHL
 - iii. Bang Left and Cover
 - iv. Fake Shot and Snap
3. Finishes (Feet) (Pull down to mat and go behind)
 - a. Dresser Dump
 - b. Cross Ankle (shelf ankle on finish)
 - c. Double (Pull Out)
 - d. Ankle Pick

Session Eight

1. Look By Footwork
2. Drag
 - a. Same Side Wrist
 - i. Drag to Mat
 - ii. Lift and Return
 - b. Wax Off
 - i. Run Down Double
 - c. Over Under Drag
3. Defense
 - a. Square
 - b. Re-Drag
 - c. Wrist Fight
4. Passbys
 - a. Prescott
 - b. Akin
5. FHL Defense
 - a. Sucker Drag

Session Nine:

1. Double Unders
 - a. Offense
 - i. Bear Hug
 - ii. Throw By
 - iii. FHL
 - iv. Defense
 1. Sag Head Lock
 2. Metzger
 - v. Re Throw
 2. Russian Ties
 - a. Offense
 - i. Shuck
 - ii. Snag single
 - iii. Double
 - iv. Firemans
 - i. Drag
 - b. Defense

Session Ten

1. Low Single Footwork
 - a. Low Single Finishes
 - i. Lasso
 - b. Post and Lift
 - c. Back Ankle
 - i. Back Side Defense (Spin)
 - ii. Vanish
2. Fake Hi-C => Low Single
3. Snap Off => Low Single
4. Low Hi-C
 - a. Footwork
 - b. Low Corner Cut and Run Down

Session Eleven

1. Footwork
 - a. Power Step, Drop Step & Sweep Step Review
2. Stalk to Pressure Snap
3. Stalk to Hi-C
4. Stalk to Double
5. Stalk to Single
6. Opponent Get Under Hook
 - a. Near Arm Far Leg (NAFL)
 - b. Firemans
 - c. Hi-C
 - d. Helicopter Firemans
2. Russian Pull
 - a. Double
 - b. Power Single => Knee Up
 - c. Hi-C
 - d. Sweep Single
 - e. Defense
3. Miss Single => Hi-C
4. Miss Hi-C => Low Single
5. Stalk to Under Hook

Session Twelve

Steiner Tie

1. Hi-C
2. Single
3. Double
4. Miss Single => Hi-C
5. Miss Hi-C => Single/Low Single

Drills (Done at all levels with appropriate techniques)

1. Focus on shots
2. Focus on Tie ups (Hand Fighting)
3. Focus on Finishes
4. Outside Shots
5. Control Ties
6. Front Headlock & Shot Defense
7. Down Block