

When we're dealing with Jiu Jitsu, there is no more doing a move "**on air**" any longer. We can't just strike a bag and pretend it's a face. There are complicated moving levers involved and you pretty much have 2 options.

1. Do these moves with a **training partner**
2. Do these moves on a **Bubba Dummy**

I *might* be able to come up with full "workouts" for these techniques, but I would be bullshitting you if I was to claim that this would give you an **accurate** feel for the move. In these last couple weeks, it's virtually impossible to come up with a replacement for real one-on-one training... or one-on-dummy training.

As such, for the remainder of the course, for your "Workouts" you will do a minimum of **100 Repetitions** of each move.... **AND** I will provide you with a few "Supplementary Exercises" that you can do to make your moves stronger.

This will make sense at the end of today's stuff... so let's get after it.

Since you're developing skill in moving to Dominant Positions...

It makes perfect logical sense to build a series of High Percentage, and Ruinous attacks from this position. Heres one you've most likely never seen before.

Leg Submissions in Dominant Positions

A little bit of awareness can lead you to to a very quick fight finish from your nice snug dominant position.

If you're Submissions aren't working right off the bat,

Just bust the guy up a little bit; or a lot, if you're not careful. The following is a truly messy attack.

The Facepost Elbow (and a busted leg)

The ugliest side of ground and pound can be truly horrific. I know I use crazy terms like "diabolical" or "face-altering" or "nose-shattering" but in some cases those terms are literally accurate.

For your supplementary exercises for today, there are a few things to consider.

1. The facepost elbow is like doing a 1 Armed pushup on your opponents head.. so we should do some pushups... and specifically medicine ball pushups to replicate the head.

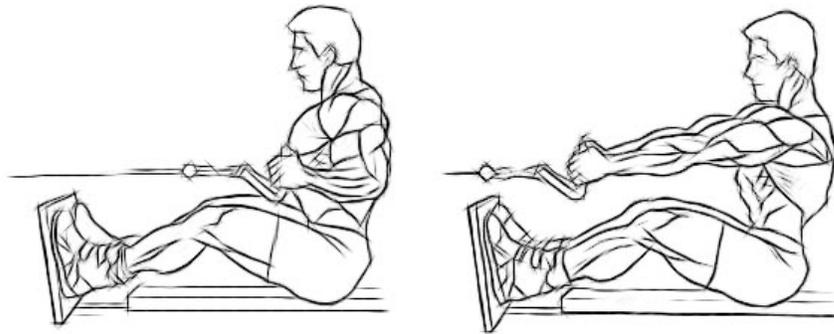
If you have NO medicine ball, use a basketball or soccer ball. If you have no ball whatsoever, just do 3 sets of pushups to complete failure. Otherwise, I want your pushups to look like this:



Do 3 total sets to failure... one with the ball under your left arm, one with the ball under your right arm, and one where you roll the ball to the other hand *every single rep* (so you end up alternating arms each pushup).

Today, you can also drop 100 Facepost elbows on each arm using a ground and pound bag. If you start to skin up your elbow, **stop**.

The other move you need to build today is the Toe Hold from Side Mount. That movement is basically like a close grip row... so I would recommend doing three sets to failure on a seated cable row (pictured below). To further replicate the move, you could put both of your hands on the same handle, as if both of your hands were grabbing the same foot.



These exercises should help you to build the muscles involved in the moves that you're going to execute, so get to work!