

DAY 3:

Watch the [Elusive Tactics video](#)... enjoy the attempt at comedy in the midst of an otherwise potentially dull video.

Watch the video on the [Elusive Tactics Workout](#)

Go ahead and do the Elusive Tactics workout.

Try to move without a particular pattern or CADENCE in your movement. Don't do everything on a specific timing or rhythm.

Try to SURPRISE YOURSELF with the moments you decide to "duck and run" or whatever else you do...

To be unpredictable is of paradigm shifting importance, in ALL of your movements... offensive, defensive, and otherwise.

ELUSIVE TACTICS WORKOUT

Round 1:

60 Seconds slide back Righty Stance (If you're in shape, do 90 seconds.)

60 Seconds slide back Lefty Stance (If you're in shape, do 90 seconds.)

5 x Ten Yard Sprints (Starting from a duck and run) Rest

Rest

30 seconds Forward Bend

30 Seconds Working Into Hero's Pose

Round 2:

60 Seconds Skip Back Righty

60 Seconds Skip Back Lefty

5 x Ten Yard Sprints (Starting from a duck and run)

Rest

30 seconds Forward Bend

30 Seconds Working Into Hero's Pose

Round 3:

60 Seconds Slide Backs (Righty Stance) Mixing Duck-&-Runs every 5-10 seconds (90 seconds if you're in great shape)

60 Seconds Slide Backs (Lefty Stance) Mixing Duck-&-Runs every 5-10 seconds (90 seconds if you're in great shape)

10 Righty "Tyson Squats"

Rest

60 seconds Splits

Round 4:

60 Seconds Skip Backs (Righty Stance) Mixing Duck-&-Runs every 5-10 seconds (90 seconds if you're in great shape)

60 Seconds Skip Backs (Lefty Stance) Mixing Duck-&-Runs every 5-10 seconds (90 seconds if you're in great shape)

20 Righty "Tyson Squats"

Rest

60 seconds Splits

Round 5:

Option #1. 2 Minutes of Freestyling Elusive Tacktics

Option #2. 2 Minutes of keeping distance from an opponent