

To Train The Grim Reap'er

Let's start by warming up your legs for an explosive reap.

In a nice open space, take a step forward with your left foot and very slowly raise your right leg **behind** you as if you were reaping your opponents standing leg. *See if you can balance there for a second, and lift your right leg an inch or two higher.*

Then, take a step forward with your **right** leg as you raise your left this time. Continue walking like this, alternating legs, and each rep challenge your flexibility, and your ability to raise your "Reaping Leg" a little more. I call this "Walking Reaps".

Do 60 seconds straight of nice, gentle, Walking Reaps.

Now continue to walk forward and reap but now add more of a **forward bend** to each reap, reaching toward the toes on your Standing Leg. You will find that you challenge your hamstring flexibility on your Standing Leg while you do this.

Do 60 More Seconds of Walking Reaps, Focusing on Stretching your Hamstrings

Rest By Shadow Boxing for 3 FULL MINUTES

Don't be afraid to get a little out of breath.

From this point, you will be executing **Non-Stop** Grim Reapers on the air, for multiple minute rounds. Focus on your form, and on your **balance**. Remember, you need to visualize and execute the FINISH of this move as well.

2 Minutes of Grim Reapers on your Opponents Left Leg

- 60 Seconds Shooting with your Left Leg Reaping with your Left Leg
- 60 Seconds Shooting with your Right Leg and Reaping with your Right Leg Leg

60 Seconds Rest

2 Minutes of Grim Reapers on your Opponents Right Leg

- 60 Seconds Shooting with your Left Leg Reaping with your Left Leg
- 60 Seconds Shooting with your Right Leg and Reaping with your Right Leg Leg

60 Seconds Rest

2 Minutes of Grim Reapers on your Opponents Left Leg

- 60 Seconds Shooting with your Left Leg Reaping with your Right Leg
- 60 Seconds Shooting with your Right Leg and Reaping with your Left Leg Leg

60 Seconds Rest

2 Minutes of Grim Reapers on your Opponents Right Leg

- 60 Seconds Shooting with your Left Leg Reaping with your Right Leg
- 60 Seconds Shooting with your Right Leg and Reaping with your Left Leg Leg

Now go do some ground fighting work in case the guy doesn't give up after you destroy his foot ligaments.