

Module 2:

Week 5, Day 1

Today we begin our Journey into the wild world of takedowns... and quite simply getting your body ready to execute these moves. I still have one video on neck strengthening to put up for this week, but otherwise it's all there.

We start our focus on single leg takedowns... a great option for bringing huge people to the ground.

Then, watch the video on Roadwork... my favorite form of sunny exercise, which will give you the leg power necessary to snatch people off of the ground.

After that... do the light workout. If your legs are already used to this stuff and this doesn't get you tired, hit a heavy bag for 5 x 2 minute rounds after you're done. Most of us are going to need to ease our way into the concept of shooting for takedowns.

The Workout

20 Alternating Lunges

Go nice and slow on these... take your time and get a moment of stretch on each one of them.

60 Seconds Forward Bend (stretch your hamstrings)

10 Left Leg Shots (slow)

Shadow Box between shots, focus on a slight burst from your right leg to push your forward.

60 Seconds Stretching your Right Hip in a lunge with your Left Leg forward

10 Right Leg Shots (slow)

Shadow Box between shots, focus on a slight burst from your Left leg to push your forward.

60 Seconds Stretching your Left Hip in a lunge with your Right Leg forward
60 Seconds Shadow Boxing

15 Left Leg Shots

Focus on a slight blast off your right leg to push forward, and a slight blast on your left leg to return you to standing.

15 Right Leg Shots

Focus on a slight blast off your Left leg to push forward, and a slight blast on your Right leg to return you to standing.

Shadow Box for 2 Minutes and occasionally incorporate a shot into your combinations

Rest 60 Seconds

30 Alternating Shots

... if your legs aren't tightening up. Focus on having your Left palm facing down on your left leg shots, and the Right palm on your right leg shots.

Explode into both active bursts on these shots, once you have the hand coordination settled... then you're done. Don't overdo it on your first day of takedowns.