

Today we build versatility in your takedowns... [watch this video on flowing into your shots](#), from either leg, moving into whatever finish you want.

[This video on shot roadwork](#) will show you how to train these particular movements without even having a training partner. If you weren't sore after the first workout, this one might get to you... if it hurts to drop a deuce in the morning, [watch this video](#) on loosening up and relieving some of the soreness.

The Workout

All of the shots in this workout should be done in the midst of shadowboxing. Try to fire them unpredictably.

30 Walking Lunges

Alternate legs on each step

60 Seconds Shadow Boxing

15 Left Leg Shots

(Left palm down... shadow-boxing between shots)

15 Right Leg Shots

(Right Palm down... shadow-boxing between shots)

60 Seconds Forward Bend... Stretch your hamstrings

30 Left Leg Shots, Finish by Running the Pipe

Imagine catching each of your opponents legs, finish 15 as if you were running the pipe on his right leg, and 15 on his left leg.

30 Right Leg Shots, Finish by Running the Pipe

Imagine catching each of your opponents legs, finish 15 as if you were running the pipe on his right leg, and 15 on his left leg.

60 Seconds Rest

Again... make sure that you're shadow-boxing while randomly firing your shots.

30 Left Leg Shots, Finish by Pivoting Outside

These shots are meant to end with your opponent's leg across your body. 15 shots pivoting out to the left, and 15 pivoting out to the right.

30 Right Leg Shots, Finish by Pivoting Outside

60 Seconds Rest

40 Shots (Either Leg), Finish To Completion

On this series of shots, completely finish the takedown. Either sweep the heel, reap above the knee, or run the pipe.