

Today, we have two more methods of finishing Single Leg Takedowns before adding a couple of ways to bust the guy's leg.

Taken from the Week 8 Page:

[“Leg Outside” Single Finishes](#)

The name says it all... though maybe Hamstring Rending or Groin Taxing Single Finishes would be a nice added touch to the title.

So far all of our Single Leg Takedown finishes have been rather brutish and harsh. We don't always have to be so rough. The following lesson on knee blocks will give you at least one finesse finishing option.

Next... watch:

[Knee Blocks](#)

Add an edge to your single leg finishes... a clever edge... edgyness that blocks knees to make the takedown really easy.

Finally...

You can potentially win the fight right away, if you move into the appropriate leg lock for your finishing position... bust up some legs after watching:

[A Couple Of Leg-Locks](#)

Then, do your damn workout... have a little fun with it. This is certainly a full day of training.

The Workout

In the most recent batch of workouts, I've been thinking for you. Everything has been a formula... Do X exercise for Y number of reps.

That is not how you're going to learn how to blast into your takedowns spontaneously.

Today, you will be thinking for yourself... or at least a whole lot more-so. This workout does not have to be done with a partner, it was written as an “on the air” workout.

- Beginners: 5 x 2 Minute Rounds
- Intermediate: 7 x 2 Minute Rounds
- Advanced: 7 x 3 Minute Rounds

Each round you will have something different to focus on. You will put your own combinations together, as long as they fall under the acceptable guidelines.

Round 1.

This round will consist of punching combinations that all end with a Left Leg Shot and “Running the Pipe” finish. Every Time you punch, you must also shoot... even if it’s just a jab. If you catch yourself *not* shooting after a punch, then you owe 10 pushups during your rest period. If you throw the same combination more that 5 times, you owe 10 pushups... add them up. At the end of each takedown, execute one of the leg-locks... either figure-4'd arms for the knee crush or rip cord your opponents heel for the heel hook.

60 Seconds Rest

Round 2.

This round will consist of punching combinations that all end with a Right Leg Shot and “Running the Pipe” finish. Make sure you’re shooting at both of your opponents legs.

At the end of each takedown, execute one of the leg-locks... either figure-4'd arms for the knee crush or rip cord your opponents heel for the heel hook.

60 Seconds Rest

Round 3.

This round will consist of punching combinations into a left leg shot. If you are shooting on your opponents left leg, it will end up on the right side of your body, or “Leg Outside”. Hike up his leg and execute BOTH of your leg sweeping finishes with the leg hiked up... sweep the back of the heel and reap the front of the knee before executing one of your leg locks.

Round 4.

Same as the last round but with right leg shots.

60 Seconds Rest

Round 5.

In this round you will throw a combination and shoot **twice**. Pretend as if you went for one of your opponents legs but he moved it away, and now you are shooting for the other leg. Your shots should come in rapid succession, as soon as you can possibly make the second shot, do it.

Try to alternate which leg you use to shoot first, finishing the ankle lock is optional in this round. I want you to be focused primarily on two very rapid and explosive shots.

60 Seconds Rest

Round 6.

In this round you will be using knee blocks with your left hand, so you will be shooting at your opponents left leg. Be sure to chop hard at the back of your opponents knee if taking him down backwards, and be sure to drive forward with choppy steps if executing the other block. In either case, flex your right bicep **as hard as you possibly can** to ensure that you have a good hold of the guys leg.

60 Seconds Rest

Round 7.

Same as the last round but with the other hand doing the knee blocking, attacking your opponents right leg.

60 Seconds Rest

Round 8.

In this round, you will be executing a rapid shot **into a combination**. Your shot is basically a feint or a fake, so SELL IT. Try to make your opponent drop his guard to defend against your takedown and then immediately rip into your combination. Moving into those “Crazy Kinda Hooks” from week three would be an *excellent* option for this.

That said, your combinations must consist of **more than one punch** and a **roundhouse** kick. If you fail to throw your kick, you owe 10 pushups during your rest period.

60 Seconds Rest

Round 9.

In this round you will be executing a combination, into two shots, into a combination, and into a **finished shot**.

I want you to start seamlessly moving from striking into takedowns and then back again. Your forward progress should be **relentless...** as should be your attacks.

This type of constant onslaught while changing levels and modes of attack will make you overwhelming, but it will also exhaust you but that’s why we do it now.

60 Seconds Rest

Round 10.

Freestyle... you've earned it. Do whatever you want just make sure it involves some shots.

60 Seconds Rest