

Standing over your opponent offers the ability to rip various strikes... amongst them some wicked roundhouses to the leg. But be careful... leave your face in the wrong spot and you might get it booted.

By the way... I forgot to introduce you to my buddy Damon.

Now if you haven't managed to pull off any of the leg locks we've covered so far (admittedly, the one's I've shown you are low percentage moves), you still need to **finish this fight**.

The most graceful way to do this is simply to continue moving to a dominant position and reap all of the openings it offers you.

**Here's a pass for 2 out of 3 of our potential landing positions.**

I'll save one for next week, just because

### [Passing With Your Opponent's Leg Across](#)

As we dive deeper into Module 2, you're going to find that the position where your opponent lands will determine the "Pass" or "Position Change" that you go to next. You will find this to be true, because I will tell you about 40 times.

### [Passing With A Leg "In Between"](#)

If you grab a single leg takedown and finish it with the guy's leg between your legs, where do you think it might be when you land? (The title of this video gives it away)...

Today's workout is going to focus on kicking your opponent... we will train passes more heavily next week.

## The Workout

Today's workout will require a towel that you can wrap around a full length thai bag, or if you don't have a full length bag, you will need to take your bag off the rails and grab the chains as I did in the Dealing out Downkicks video.

## 3 Minute Round of Jump Rope

### **60 Seconds Rest**

Either wrap a towel around your bag and grab it as if it's your opponent's pant leg or take your mid sized bag down and grab it by the chains.

## Grabbing with your Right Hand, 50 Right Roundhouses

In this set, you're leaving your right leg in **Front** (it's going to be a *very* short kick)

Make sure you're swinging your arm back to add power to your kick.

### **3 Minutes of Jumprope for your rest**

## Grabbing with your Left Hand, 50 Left Roundhouses

Leave your left leg in Front (again, a short kick)

### **3 Minutes Jump Rope to Rest**

## Grabbing with your Right Hand, 50 Right Roundhouses

This time, you're going to have your right leg in the rear... you will have much more power in your kick.

### **3 Minutes Jump Rope to Rest**

## Grabbing with your Left Hand, 50 Left Roundhouses

This time, you're going to have your Left leg in the **Rear**... you will have much more power in your kick.

### **3 Minutes Jump Rope to Rest**

2 x 2 Minute Rounds of Heavy bag work WITH SHOTS. Make sure you make forehead impact with the bag.