Week 7 Day 5

Today is actually a bit of a break from the wrestling side of things (though you will be doing some shots in today's workout).

We will be focused predominantly on **cutting off your opponents ANGLE** so that we can *make your shots easier.* All of this stuff will be explained in today's videos!

Cutting Off Angles

Taking your opponent down will be made a lot easier by putting him in a position where he can't move away… like a wall or corner.

After watching this bit about angles, it can't hurt to use them to build our previous weapons, like the roundhouse. Based on the videos that I'm seeing from folks in the Google Plus group, everyone needs the SAME ROUNDHOUSE adjustment to make this thing **More Powerful** and **More Effective.**

Big Power Roundhouse Adjustments

It's about time that you all develop the ability to shatter people's ribs during a kick. This video will give you the adjustments that you need, AND aid in the angle taking process.

I think that the following video title provides the necessary introduction:

The Drilling of the Cutting of Angles

This video has some helpful pointers… drilling this will make you a FAR better fighter.

The Workout

Cutting Off Angles is based on LATERAL MOVEMENT, as such, we will be doing a lot of that today… creating angles for massive roundhouses is also fun, so we will be working on those as well.

Warm Up

In a stance, Shuffle Step to the Left for 2 minutes NON-STOP. When moving to the left, the outside of your left leg should begin to burn.

60 Seconds Forward Bend (Hamstring Stretch)
In a stance, Shuffle Step to the Right for 2 minutes NON-STOP. Your right leg should burn this time.

60 Seconds Hero's Pose (Quad Stretch) (see elusive tactics workout in Week 1 for details… or Google it)

2 Minutes Direction Changes

Start by taking 4 Shuffle Steps to the left, then PLANT your **Left** foot to drive back to the **Right.** Take 3 or 4 Shuffle Steps to the right, then plant your **Right** leg and move BACK to the left.

This should also fatigue the outsides of your legs, but get your body used to shifting direction on a dime.

2 Minutes Standing Split

Look, most of us can't do splits, but we can work our way into them. This split should gently stretch the insides of your legs.

2 Minutes Direction Changes with a SHOT

This time when moving to the left, instead of changing directions, you will blast off of your **Left** foot and explode into a**Right** Leg Shot. Imagine your opponent attacking you as you cut off his angle, but you **sink your level** and blast him with a Body Lock. Of course, when moving to the right, you will drive off your **Right** leg into a shot with a **Left** penetration step.

Cut off an angle, and be prepared to attack.

2 Minutes Standing Split

The first 60 seconds of this standing split is REST. The second 60 seconds, I want you to PINCH THE GROUND between your feet for 5 seconds, and then rest for 10 seconds. This will **Strengthen** the insides of your legs, instead of just stretching them (though stretching technically *does* make you stronger, this will speed the process).

2 Minutes Direction Changes with a Roundhouse

If you're moving to the LEFT of your opponent, you will be creating space for a big **Left** Roundhouse. Now, you just have to get used to throwing one after moving to the left. Plant your left foot hard and allow that force to **blast** you directly into your roundhouse. You will need to be on the ball of your **Right** foot to allow your body to easily rotate… pulling on the ground with your Right foot will also help to throw this kick. Be sure to complete a 360 degree turn on your Roundhouse (as demonstrated in the "About Roundhouses" video in Week 4.) Of course, you will be switching directions back and forth on this.

2 Minutes Standing Split With Floor Pinches

Same as the last split.

Now your lateral movement is done… that's more than enough to build a lot of strength in your legs. **But…**

Let's throw some roundhouses…

Focus on all of the details in the "Big Roundhouse Power" video.

In an Orthodox Stance (Left foot in front):

50 Full Power Right Roundhouses (keeping your leg PINNED to the bag for as long as possible)

30 Seconds Rest

50 Full Power Left Roundhouses (keeping your leg PINNED to the bag for as long as possible)

30 Seconds Rest

In an Southpaw Stance (Right foot in front):

50 Full Power Left Roundhouses (keeping your leg PINNED to the bag for as long as possible)

30 Seconds Rest

50 Full Power Right Roundhouses (keeping your leg PINNED to the bag for as long as possible)

30 Seconds Rest

Shadow Box For 3 Minutes to cool down

Try to incorporate every technique from today's workout at least one time.