

I feel fantastic right now. While I actually ended up moving a bunch of my mother in law's crap this weekend, it gave me a break from other stuff... now I actually feel mentally refreshed.

If you ever begin to feel burned out, **take a few days off**. There's no sense in pushing yourself beyond your ability to recover, and little sense in turning anything into a chore.

Go at your own pace... no matter what the "schedule" says.

Anyhow, you just had a few days off yourself, so let's get back to business. This week's lessons (which I'm still finishing up) start with a tricky technique (which seems like it was pulled right out of a Hockey movie). We're going to use our opponent's clothes against him with the [Shirt Grab and Hook Trick Video](#).

One of the movements that I show you in this video can be used to throw quite possibly the most powerful hook in the fight business. [Click here to check out that shizniz](#).

The Workout...

starts with a question: "What technique are you the WORST at, in this entire program?"

Take the original workout associated with that technique, and add a "Second Step Hook" (which you will learn in Today's #2. video) to the end of every combination. This will help you to build a new powerful attack while improving the technique that you might completely suck at (struggle with).

That is all! Enjoy the day

--Trav