

Before we get deeper into punching heads, let's complete our collection of passes to ensure that you can achieve a dominant position no matter how you land.

Passing From A Leg “Outside”

The final position where your opponent might land prompts the final “Open Guard” pass that I’m going to teach you.

Now you have a Pass from every feasible “Open Guard” position.

If the guy manages to lock his legs around you... it’s a whole different story, so don’t let that happen. Maintaining your posture and *not* following your opponent to the ground is the simplest way to make that possible.

Now if you **DO** have a training partner, you can just work the moves together by running through today's workout (on the bottom of the next video.) Be sure to keep each other honest, help each other figure out the adjustments that make these techniques more effective, and coach each other.

If you DON’T have a training partner, you’re going to need to be a little more creative to get your reps. In any case, the next video is important.

Training Passes Into Ground n’ Pound

This video highlights some training methods you can use, details about form/adjustments in your passes, and simply building good mechanics.

Now, you can go ahead and do The Workout for today:

The Workout

Either work with a training partner or place a heavy bag on the ground (any object that you can painlessly drop your knee upon from a standing position will do.)

Training partners on the ground can benefit from a chest protector... though it's a less realistic feel.

Based on “Passing With A Leg Across”

Drive your opponent's **Left** leg into him, then snap it down and C-Step **20 Times** with your **Left Leg**. Progressively add more and more weight to your knee/shin as you step, and focus on your placement.

Drive your opponent's **Right** leg into him, then snap it down and C-Step **20 Times** with your **Right Leg**.

Bounce around for 30 Seconds to rest or switch positions if you have a partner.

Next, add to your focus...

Execute the same movement but add your knee drop and leg post (kickstand).

20 Repetitions - Drive in to your opponent's **Left Leg**, then snap it down, C-Stepping with your **Left Leg**, dropping your **Left Knee** hard, and kicking your **Right Leg** out for support.

20 Repetitions - Drive in to your opponent's **Right Leg**, then snap it down, C-Stepping with your **Right Leg**, dropping your **Right Knee** hard, and kicking your **Left Leg** out for support.

Bounce around for 30 seconds or switch partners

Finalize The Technique...

This time when you pass, you're going to focus on your shoulder rotation, and make sure you're loading up a big 1-2 as you move to a dominant position.

20 Repetitions - Drive in to your opponent's **Left Leg**, then snap it down, C-Stepping with your **Left Leg**. While you drop your **Left Knee**, think about snapping your opponents leg *hard* to pull your **Left** shoulder back... thus loading up a **Left – Right** punch from knee on belly.

20 Repetitions - Drive in to your opponent's **Right Leg**, then snap it down, C-Stepping with your **Right Leg**. Next, while you drop your **Right Knee**, think about snapping your opponents leg *hard* to pull your right shoulder back... thus loading up a **Right – Left** punch from knee on belly.

I hope that wasn't confusing...

Next, let's work on the Ball Smasher Pass

Execute 60 Reps, alternating sides back and forth, where you stuff a leg through, windshield wiper your foot, and post your other leg out as a kickstand.

(For reference, you will be stuffing your opponents **Left Leg**, windshield wiper your **Left Leg**, and posting out with your **Right Leg**.... on the other side you will be stuffing your opponents **Right Leg**, windshield wiper your **Right Leg**, and posting out with your **Left Leg**.)

Go back and forth to each side, standing up out of knee on belly and moving light-footedly back to your starting position.

Rest a full 60 Seconds or switch partners.

Then add your punches...

Do the same exact thing but add your 1-2 Punch. A **Left Knee-on-Belly** will lead to a **Left – Right Punch** to your opponent and a **Right Knee-on-Belly** will lead to a **Right – Left Punch** to your opponent.

That's another 60 alternating Ball Smasher Passes with 1-2 Punch

Rest till full recovery or switch partners.

Finally, we're going to drill "Passing with a Leg Outside".

For solo training, set up a Kettle Bell between 20 and 50 pounds right around where your opponents wrist or arm would be on the right side of his body. For partner training, drag your partners arm and have him give progressively more resistance (but making sure you are able to finish the entire movement.)

Execute 2 Sets of 20 Reps Each:

Drive your partners **Right Leg** down with your **Left Hand**, place your **Right Hand** on the ground shooting your **Right Knee** across your opponent's **Right Leg**. Use your **Left Arm** to drag and your **Right Leg** to Kick through.

On the other side, Drive your partners **Left Leg** down with your **Right Hand**, place your **Left Hand** on the ground shooting your **Left Knee** across your opponent's **Left Leg**. Use your **Right Arm** to drag and your **Left Leg** to Kick through.

Again, execute 2 sets of 20 reps... 30 if you can make it. Then you are done for a day!