

Week 7 Day 3

Today is going to be a mental day... unless you feel like ordering a Jobo Takedown system or having someone Body Lock you so that you can work on your defenses.

Here's what's on your viewing schedule today:

[The Jobo Takeown System](#)

You see that apparatus on my wall? Here's what it is, and where it comes from.

Moving on:

So far our takedown strategy has been purely *Offensive*...

But not everything can be about executing our offensive plan (unfortunately). If we could simply grab legs and slam people to the ground without resistance, *everyone* would be doing it... in an uncivilized world anyhow... where everyone is inexplicably angry.

Your ease of execution will remain unaffected if you're prepared for your opponent's counter attacks.

[Defenses To His Defenses](#)

There's a few things that your opponent might do if you snatch a single-leg in order to defend himself. If you're prepared to counter his defenses, your takedowns will can be completed with even less effort than they normally might take.

There's no workout for today... just appreciate your new knowledge and go play some disk golf or something.