

## The final week of module 2...

This week we add some interesting twists to the takedown game. For starters, we're going to continue putting our opponent in a position to be taken down... this time by ramming him into a wall.

### [Run Blocking People Into A Wall](#)

Well it's pretty easy to understand why takedowns are easiest against the wall where our opponent can't escape... but what's the easiest way put the guy there?

### [Training This Technique](#)

There's good stuff on this page... including good ways to incorporate this unorthodox method into your style.

For those of you who want to see a **master** of being small but tossing people around, you will like this guy... a tiny Czech warrior taking over Sumo.

### [Takanoyama Shuntaro](#)

This dude is quite simply a master of using his weight to push people around, or sometimes more simply to NOT be pushed around.

## The Workout

Warm up with a light couple minutes of shadow boxing... try to get out in the sun, enjoy life.

### 60 Seconds of Penguin Slips Moving Forward

Your abs should burn... shadow box until they do not. **This footwork** is going to feel similar to the Duck Walk.

### 60 Seconds of Constant Jabs

Your left foot steps with every jab. Watch [The Jab](#) video if you are confused.

## 60 Seconds of Penguin Slips Moving Forward

**Shadow box until your abs stop burning.**

## 60 Seconds of Constant Crosses

Your Right foot steps with every cross. Watch [The Cross](#) video if you are confused.

**Rest 30 Seconds, Shadow Box 30 Seconds...** recover while active.

## 10 x 10 Second Duck Walk Sprints

Shadow box to recover between sets. This is to get you used to DYNAMICALLY moving your feet forward in a balanced, strong, position. When you *almost* have your breath back, do another 10 second sprint. You should never “fully” recover.

## While Shadow Boxing for THREE minutes...

You are going to start exploding into a full run block, driving your hips, arms, and everything... starting with a **Left Leg Penetration Step**. While you move around throwing combinations, when you are ready to fire, step your **LEFT** foot forward sinking your level, and pulling your hands back. Then, your right foot comes forward with a stomp, you blast your hips forward, and try to jam your hands through your opponents imaginary chest. **DUCK WALK FOR 5 SECONDS ON EACH EXPLOSION...** this makes sure you follow through and jam your opponent into the wall.

**Be sure to alternate feet on your first step!**

**Rest for 60 Seconds**

## While on a Heavy Bag for THREE MINUTES...

(Or shadow boxing if you don't have one) You are going to do the same thing... three minute round, throwing whatever you want to throw, and occasionally you are going to blast the hell out of your heavy bag and drive it forward until you simply have to get out of the way.

**Rest 60 Seconds**

## One More Three Minute Round!!!

This time, 75% of the time that the heavy bag swings back at you, I want you to Run Block the hell out of it. You probably won't have the cardio to follow through with a full duck walk, but at the very least, sink and give the bag a two handed blast. If you are an animal, drive through with the duck walk for the full 3 minutes.

**Rest Until Full Recover**

## Now Finish Strong...

Do the following 40 Combinations and you are done... see the "[Punch Numbering](#)" video if you are confused.

- **10 X:** 1-2 and **Left** Step Run-Block (should be Left – Right – Left Step on the combo)
- **10 X:** 2-1 and a **Right** Step Run-Block (Should be a Right – Left – Right Step on the combo)
- **10 X:** 1-2-3 and a **Left** Step Run-Block (Should be a Left step (1) – Right step (2) – Left pivot (3) – Left step into the Run Block)
- **10 X:** 2-3-2 and a **Right** Step Run-Block (Should be a Right step (2) – Left pivot (3) – **Right** step (2) – **Right** step into the Run Block)
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## If you are not tired...

Do one or two more 3 minute rounds where you SHOOT out of your run block. This would emulate you driving the guy into the wall and then

shooting in for a single, or shooting in for a double under-hook so you can finish your Body-Lock.

You might be tired, but warriors can push through anything... work hard!