

FBP - Week 8 Day 3

Let's work on some advanced ways to slam your opponent on the ground.

The first video is a quick one, but it highlights an incredibly effective Judo technique that you can add to the efficacy of your Body Lock.

[Ko Soto Gake](#)

Translated directly, it means "Small Outside Hook"... which is not a cool name in any language.

Now let's not forget that we are inherently Mixed Martial Artists, and combining styles makes *everything* more effective.

It's not often that we get to add Muay Thai's level of damage-dealing with Wrestling's level of position-improving... but that's what we're about to do!

[Kicking Into Shots](#)

...and flowing off. This is a great way to set up your takedowns, as well as some savage hooks to your opponents face.

The Workout

This is really more of a mini-workout... but as always, I encourage you to add more and **freestyle** once your warm and your official work is done.

Warm-up with 25 Roundhouses with each leg

You should be spinning in a full circle on these. Please see the basic [Roundhouse](#) video for details.

Continue to Warm-Up with 25 “Snap” Roundhouses with each leg

These kicks have far less power, but if you have no training partner, and no bag, you're going to need these for the workout.

Continue continuing to Warm Up...

By doing the following:

1. 20 Lunges on each leg
2. Shadow-boxing for One Minute
3. 20 Shots on each leg

Now you're warm... let's get to work.

As mentioned in the video, Kicking Into Shots is difficult to train because you can't **kick** your training partner hard, and you can't **shoot** on a heavy bag correctly. Even if you have a Jobo, you can't kick the legs without them flying all over the place... making shots impractical.

If you have a training partner... the following can be done very lightly.

If you have a heavy bag... HEADBUTT the bag as if you're going for a shot (be sure to sink your level)

If you have nothing... throw a "Snap" style roundhouse where you *don't* try to follow through, and move directly into your shot.

20 x Left Roundhouse into Left Leg Shot

20 x Right Roundhouse into a Right Leg Shot

20 x 1-2- Left Roundhouse – Left Leg Shot

20 x Jab – Right Roundhouse – Right Leg Shot

20 x 2-3-2 Left Roundhouse – Left Leg Shot

20 x 1-2-3 Right Roundhouse – Right Leg Shot

Next...

Either freestyle 3 x 3 minute rounds (or 4 x 2 minute rounds) of any combinations that you want, as long as they lead into a roundhouse, and then a

shot... OR you can skip ahead to the “Falling into Flows” lesson and **add** that workout onto this one... but then you won't have anything new to do 2 days from now.

Life is full of choices... some more important than others.