

FBP Week 8 Day 5

Today is the final stash of lessons on shots and takedowns. I feel like we've been on this module for a year and a half, so let's bang this out and move on to more destructive things.

First, let's really polish up your shot and fix some of the crap that you might be doing wrong.

Fixing Common Shot Errors

I didn't realize how ugly my shots were until I started watching them on video... by coaching *myself* through this, hopefully I can help coach you through the same... if you're experiencing them. Either way, this is a helpful training lesson.

Then, watch this one:

Falling into Flows

The title makes sense when you watch the video.

The Workout

This workout will make sense if you think of our movements in terms of the "Cardinal Directions"... (North, South, East and West). You will always start facing **North**, and I will tell you which direction I expect you to be facing by the end of the technique.

If you're continuing from the last workout and doing a Double Session, then you're already warm. If you need a warm up, do the following.

1. 3 Minutes Shadow Boxing (focus on incorporating **angle changes** into the round)
2. 20 Lunges on each leg
3. 20 Shots on each leg

Next, facing North, take a penetration step with your **Left** foot and pivot immediately on that foot to face **East**. Repeat the same movement three more times and you should be back to where you started.

Facing North, take a penetration step with your **Right** foot and pivot immediately to face **West**. This is the same exact movement but on the other leg. Repeat three times to come back to where you started.

Alternating legs, you are going to execute this movement 60 times.

For example:

1. Left Penetration Step, pivot to face **East**
2. Right Penetration Step, pivot *back* to facing **North**
3. Left Penetration Step, pivot to face **East**
4. Right Penetration Step, pivot *back* to facing **North**
5. Continued for 60 repetitions....

Next...

Facing North, take a penetration step with your **Left** foot and pivot immediately to face **West**. Repeat until you've returned to North, or as many times as you need to feel comfortable with this movement.

Hopefully you can feel the difference between this movement and the first movement.

Facing North, take a penetration step with your **Right** foot and pivot immediately to face **East**. Repeat until you've returned to North, or as many times as you need to feel comfortable with this movement.

Alternating legs, you are going to execute this movement 60 times.

For example:

1. Left Penetration Step, pivot to face **West**
2. Right Penetration Step, pivot *back* to facing **North**
3. Left Penetration Step, pivot to face **West**
4. Right Penetration Step, pivot *back* to facing **North**
5. Continued for 60 repetitions....

These should not be completely unfamiliar movements, but if nothing else, I wanted to work on the language of it all.

Round 1.

2 Minutes alternating between the following:

- **Left** Penetration step at your opponent's **Right** Leg, Pivot to face **East**, Double Jab moving to your Left (North)
- **Left** Penetration step at your opponent's **Left** Leg, Pivot to face **West** with a Left Hook, Right Straight
On the first combination, you're trying to use your Double Jab to improve your angle. On the second combination, the hook is a "Second Step Hook", and you should remember from Week 3... or 4... or whenever the "Shirt Grab" trick was covered.

Round 2.

2 Minutes alternating between the following:

- **Right** Penetration step at your opponent's **Right** Leg, Pivot to face **West**, Double Jab moving to your Right (North)

- **Right** Penetration step at your opponent's **Left** Leg, Pivot to face **East** with a Right Hook, Left Straight

While it's simply the same combination reversed, you will end up in a different stance during your punch combinations. If you're not used to fighting Southpaw (or Orthodox) this will improve your stand up fighting skill, while obviously building your shots.

Round 3

2 Minutes alternating between the following:

- **Left** Penetration step at your opponent's **Right** Leg, Pivot to face **East**, Double Jab moving to your Left and adding a **Right Roundhouse** to the punching combination.
- **Left** Penetration step at your opponent's **Left** Leg, Pivot to face **West** with a Left Hook, Right Straight and a **Switch Kick**.

Round 4.

2 Minutes alternating between the following:

- **Right** Penetration step at your opponent's **Right** Leg, Pivot to face **West**, Double Jab moving to your Right (North
- **Right** Penetration step at your opponent's **Left** Leg, Pivot to face **East** with a Right Hook, Left Straight

Now...

Keep in mind all of the details that you know about GOOD shots and go for **THREE x 3 Minute Rounds** throwing combinations into flawless shots, *kicking* into shots, and moving **from** flawless shots into other stuff... and then potentially **back** into shots.

I hope you can see that I will continue to *force* you to think for yourself and freestyle while building your technique.

Have a little fun with it.