

FBP Week 8 Day 7

Today is the final day of Module 2... which feels like it lasted an absurdly long time. In any event, today we will bring the strategy up to date, and add a quick way to deal out a Jaw Rattling uppercut.

Start by watching this one:

[Ol' Dirty Tricks](#)

This is actually a new trick, but I wanted the title to be reflective of my intro's audio sample.

And as we bring this module to a close, it's important to remember that a takedown really doesn't mean anything, unless you capitalize on the opportunity... and beyond that, your takedowns are made easier by the techniques you use to set them up. This is why you have to step back occasionally and remind yourself to **tie it all together**.

[Tying It All Together](#)

It's important to occasionally review, but more important to remind you to think in ENTIRE SEQUENCES OF MOVES, from our starting point to the finish.

Then, go ahead and do today's workout to build this stuff.

Key for Today's Workout

Ps=Penguin Slip

Ts=Tyson Slip

Us=U-Slip

H=Hook

Uj=Up-Jab

St=Straight Punch

PsR=Penguin Slip Right

TsR=Tyson Slip Right

UsR=U-Slip Right
RH=Right Hook
UjR=Up-Jab Right
StR=Straight Right
PsL=Penguin Slip Left
TsL=Tyson Slip Left
UsL=U-Slip Left
LH=Left Hook
UjL=Up-Jab Left
StL=Straight Left

The Workout

Do some lunges and light shots to warm up your legs. At this point, you should absolutely know what your upper thighs need in order to be warm.

(You might have to walk through these combinations once or twice before going full speed)

Round 1.

60 Seconds of Each... shooting at your opponents left leg

- PsR – PsL – PsR – Left Leg Shot – Run the Pipe
- PsL – PsR – PsL – Right Leg Shot – Run the Pipe

The first shot should flow more naturally, but you should be able to make both work.

60 Seconds Rest

Round 2.

60 Seconds of Each (shooting at your opponent's left leg)

- PsL – PsR – PsL - Right Leg Shot – Rotate Outside and Reap the Front of the guy's leg.

- PsR – PsL – PsR - Left Leg Shot – Rotate Outside and Reap the Front of the guy’s leg.

The first shot should flow more naturally, but you should be able to make both work.

60 Seconds Rest

Round 3.

60 Seconds of Each (Shooting at your opponent’s left leg.)

- PsR – PsL – (PsR & LSt) – Left Leg Shot – Run the Pipe
- PsL – PsR – (PsL & RSt) – Right Leg Shot – Rotate Outside Reap The Front of the guy’s thigh.

Alternating between these two finishes will make you more versatile.

60 Seconds Rest

Round 4. (taking the opposite angle)

60 Seconds of Each

- PsL – PsR – (PsL & RSt) - Right Leg Shot – Rotate Outside and Sweep the Heel
- PsR – PsL – (PsR & LSt)- Left Leg Shot – Run the Pipe 180 Degrees Across Your Opponent

60 Seconds Rest

Round 5.

60 Seconds of Each

- PsL – PsR – PsL – (PsR + StL) - Left Left Shot – Rotate Outside – Sweep the Heel

- PsR – PsL – PsR – (PsL + StR) – Right Leg Shot – Rotate Outside – Sweep the Heel
Watch the U-Slip Video if you need to... this will clarify your steps

60 Seconds Rest

Round 6.

60 Seconds of Each

- Left Leg Shot to grab his Left Leg - **Abandon the Shot** with a Left Uppercut
- Right Leg Shot to grab his Right leg - **Abandon the Shot** with a Right Uppercut

60 Seconds Rest

Round 7

60 Seconds of each

- Left Leg Shot to grab his **Left Leg** - **Abandon the Shot** with a Left Uppercut – Right Straight – Left Hook
- Right Leg Shot to grab his **Right leg** - **Abandon the Shot** with a Right Uppercut – Left Hook – Right Straight

60 Seconds Rest

Round 8 (taking the opposite angle)

60 Seconds of each

- PsR – PsL – PsR – Left Leg Shot to grab his **Left Leg** - **Abandon the Shot** with a Left Uppercut – Right Straight – Left Hook
- PsL – PsR – PsL – Right Leg Shot to grab his **Left leg** - **Abandon the Shot** with a Left Uppercut – and **Shoot Again** with your Left Leg
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Round 9

Freestyle this round for 2 minutes... you understand the concept. Close distance, do some damage, go for your **SHOT** and then finish the damn thing.

60 Seconds Rest

Round 10

Do whatever you want... You are a martial artist. Express your creativity.

That concludes the workout, and Module 2.

The next module is going to fill your head with some of the most effective Jiu Jitsu and Submission Fighting technique that you have ever seen. **Get fired up.**