

Now the whole point of passing the guys legs is to be able to mercilessly hold **Dominant Positions...**

The first highly important element of ground fighting is to simply know **where** you're going. There are 4 main positions that we will cover, and each will enable you to do *outrageous* damage, simply because of body positioning.

Each of these positions has its strengths and certain focal points which will unlock it's full potential. Additionally, it helps to know how to *get into these positions consistently...* all details covered in the next video... except for mount, which I don't cover until week 12.

Note From Trav this video is a bit of a mess... you might need to watch it more than once to take it all in, but you don't really *need* to take it all in. Don't worry about remembering each movement we cover, they are going to be drilled into you during the workouts this week... and if I **can't describe** what I'm asking for, I'll pull a clip from this video to show you what I want.

THE WORKOUT FOR THIS WEEK MIGHT BE THE MOST IMPORTANT IN THE WHOLE PROGRAM

Especially since it's going to sort out the pile of info in the following video, in such a way that it will actually make sense.

Dominant Positions

This video covers the glories of our most useful and devastating top positions... and how to switch between them for maximum amazingness.

As your game progresses, it might become important for you to put focus on specific positions. If your Knee-On-Belly is terrible, you might consider

trying to get into this position as much as possible, and then try to **hold** the position as long as possible.

Now in today's workout, I reference certain movements that aren't even in the Dominant Positions video, so you should probably watch this one as well:

Core Work For Ground Fighting

Here's a couple ground fighting drills to help your skills get sharper, and as a pleasant bi-product... make your abs look slightly better on the beach... or in a desert.... or wherever you happen to be shirtless.

Now go ahead and do this workout:

The Workout

This is going to structure and train the information that you just watched in a way that will force it to make sense.

Currently, you know 3 Passes:

1. [Passing With Your Opponent's Leg Across](#)
2. [Passing With A Leg "In Between"](#)
3. [Passing From A Leg "Outside"](#)

These three passes of course give us an optional pass from any single leg landing position. Now Two of those passes lead us into Knee on Belly, and One of those passes leads us directly into Side Mount. Let's start with Knee on Belly.

As mentioned, Knee on Belly (aka **KOB**) is a **stepping stone** to any other position. Let's build the movements that will take us from knee on belly into *each* position. For your reference, the following list of movements shows the time code for each Knee-on-Belly (KOB) movement that your about to execute from

1. KOB into Mount (0:46 of the [Dominant Positions](#) video.) and (0:55 of the [Dominant Positions](#) video.)
2. KOB into Side Mount (0:45 of the [Core Work](#) video)
3. KOB into the Kick-Through Side Mount (2:40 of the [Dominant Positions](#) video.)
4. KOB to opposite KOB (2:00 of the [Core Work](#) video)

Starting with your Right Knee on Belly...

(use a heavy bag or thin couch cushion for this)

25 Reps moving from KOB into Full Mount and back to KOB (#1. from our list)

25 Reps Moving From KOB into Full Mount with a Left- Right Punch combo, each time moving back to KOB with a Left – Right Punch as well (for a total of 50 x 1-2 punches... 25 in each position)

50 Reps going from Right KOB to Left KOB... all the way across to the other side.

End in a Left KOB, and rest 60 Seconds

Starting with your Left Knee on Belly...

25 Reps moving from KOB into Full Mount and back to Left KOB (#1. from our list)

25 Reps Moving From KOB into Full Mount with a **Right - Left** Punch combo, each time moving back to Left KOB with a **Right - Left** as well (for a total of 50 x 2-1 punches... 25 in each position)

50 Reps going from Left KOB to Right KOB... all the way across to the other side.

End in a Left KOB, and rest 60 Seconds

Starting with your Right Knee on Belly...

25 Reps Kicking through to “Kick Through Side Mount”, returning all the way to Knee on Belly (Movement #3 on our list)

25 Reps Kicking through to “Kick Through Side Mount” with a big **Left Hook**, returning all the way to Knee on Belly with a **Left – Right** punch. Windshield wiper to Mount and throw 100 punches.

Rest 60 Seconds

Starting with your Left Knee on Belly...

25 Reps Kicking through to “Kick Through Side Mount”, returning all the way to Knee on Belly (Movement #3 on our list)

25 Reps Kicking through to “Kick Through Side Mount” with a big **Right Hook**, returning all the way to Knee on Belly with a **Right- Left** punch. Windshield wiper to Mount and throw 100 punches.

Rest 60 Seconds

With your Right Knee on Belly...

25 Reps moving From KOB into All 4's Side Mount (Movement #2 on our List) and Back to KOB

25 Reps moving From KOB into All 4's Side Mount with a **Left Hammerfist** (Movement #2 on our List) and Back to KOB with a **Left – Right** punch.

Move to Kick Through Side Mount and throw **50 Left Hooks**

60 Seconds Rest

With your Left Knee on Belly...

25 Reps moving From KOB into All 4's Side Mount (Movement #2 on our List) and Back to KOB

25 Reps moving From KOB into All 4's Side Mount with a **Right Hammerfist** (Movement #2 on our List) and Back to KOB with a **Right – Left** punch.

Move to Kick Through Side Mount and throw **50 Right Hooks**

60 Seconds Rest

Starting with your Right KOB

Move to Kick Through side mount, and then to All 4's Side Mount. and then move back and forth between Kick through and All 4's 100 times. (as seen @ 1:23 of the Core Work video)

Starting with your Left KOB

Move to Kick Through side mount, and then to All 4's Side Mount. and then move back and forth between Kick through and All 4's 100 times

Freestyle Position Changes for 2 Minutes

Just do whatever feels right... try to be creative and move all over the place. Throw strikes from every conceivable position.