

A Ground Fighting Workout

Part of this workout is meant to build your Ground n' Pound skills, and part is intended to build your Submissions and Passes. You can do ALL of this with a Bubba 2, otherwise you will need a partner for the Jiu Jitsu stuff, and a heavy bag (or ground n pound bag) for the striking stuff.

I will refer to your “**Opponent**” regardless of who/what you’re training with.

Starting in your Opponent’s Guard:

1. 30 Hammerfists to the body with your **Left** Hand
2. 30 Hammerfists to the body with your **Right** Hand
3. 30 Hooks to the body with your **Left** Hand
4. 30 Hooks to the body with your **Right** Hand
5. 50 Straight Punches to the face **Alternating Hands**

60 Seconds Rest (catch your breath in “Childs Pose”... a Yoga posture that you can Google)

Passing Your Opponents Guard

15 Reps Executing the [Back-Side Knee Pass](#), pass over your opponent’s Right Leg, ending in “Kick-Through Side Mount” (aka Alternate Side Mount). Be sure to violently drag your opponent’s **Right arm** with your **Left hand** as you kick through.

15 Reps Executing the same [Back-Side Knee Pass](#), pass over your opponent’s Right Leg, this time dropping a huge Left Hook to your opponent’s face after you drag his arm and kick through.

Remaining In Kick Through Side Mount

Alternate between Left Hammer-fists and Left “Pec-Fly” Hooks to your opponent’s head for 50 total Strikes

Moving To All 4's Side Mount

Go back and forth between Kick Through Side Mount and All 4's Side Mount 20 Times. **Drag your opponent's Right arm violently** on either position change.

End in All 4's Side Mount

1. 30 Left Hammerfists to your opponent's head
2. 30 Right Hammerfists to your opponent's body
3. 30 Left Hooks to your opponent's head
4. 30 Right Knees to your opponent's body

60 Seconds Rest

You're half way done...

Starting in your Opponent's Guard:

1. 30 Hammerfists to the body with your **Left** Hand
2. 30 Hammerfists to the body with your **Right** Hand
3. 30 Hooks to the body with your **Left** Hand
4. 30 Hooks to the body with your **Right** Hand
5. 50 Straight Punches to the face **Alternating Hands**
- 6.

60 Seconds Rest (catch your breath in "Childs Pose"... a Yoga posture that you can Google again if need be.)

Passing Your Opponents Guard

15 Reps Executing the [Back-Side Knee Pass](#), pass over your opponent's **Left** Leg, ending in "Kick-Through Side Mount" (aka Alternate Side Mount). Be sure to violently drag your opponent's Left arm with your right hand as you kick through.

15 Reps Executing the same [Back-Side Knee Pass](#), pass over your opponent's **Left Leg**, this time dropping a huge **Right Hook** to your opponent's face after you drag his arm and kick through.

Remaining In Kick Through Side Mount

Alternate between Right Hammer-fists and Right "Pec-Fly" Hooks to your opponent's head for 50 total Strikes

Moving To All 4's Side Mount

Go back and forth between Kick Through Side Mount and All 4's Side Mount 20 Times. **Drag your opponent's Left arm violently** with your right hand on either position change.

End in All 4's Side Mount

1. 30 Right Hammerfists to your opponent's head
2. 30 Left Hammerfists to your opponent's body
3. 30 Right Hooks to your opponent's head
4. 30 Left Knees to your opponent's body

If you have a parnter, do live Jiu Jitsu for 20 minutes (or until you're exhausted).

One person should be Passing to Dominant Positions and the other person should be trying to STAND BACK UP.

If you're in the Dominant Position role, DO NOT let your opponent back on his feet.