

The Workout

Today's workout should be relatively quick... so I'll have you do some good old fashioned strength training at the end of it.

Starting with some Partner or Bubba Training

The way that Jiu Jitsu moves are typically practiced is with two partners going back and forth executing the move for a certain number of repetitions. Now it doesn't make sense to switch each time one person does a repetition of the move, the best way is to do a set and *then* switch. For example, Partner A does 5 Reps of the full move, then Partner B does 5 Reps of the full move. You go back and forth until the move is flawless, or until you're bored.

If you have a Bubba 2 Dummy, then you never have to be the other guy's practice dummy.

Execute 30 Total Reps of the Americana on each of your partner's arms

Make a mental checklist of all of the important details of the move, and make sure you execute all of them on each rep.

Execute 30 Total Reps of the Punching Into An Americana on each arm

If you have a Bubba, position it so that its arms are blocking its face. Punch it in the head **Twice** and grab the Americana on the third rep.

If you have a partner, don't punch him in the head. Just fake your punch, he should bring his hands up to defend himself, and then you can catch the Americana on your third punch.

Execute 30 Total Reps of the Grusomicana

Your partner should keep his hands in tight to simulate an opponent defending your Americana, remove your weight from his body, roll him to the side, and execute the Grusomicana.

Optional: Execute 30 Total Reps of Punching Into The Grusomicana

In this scenario, you are giving your opponent credit for being skilled, so you are moving from your set up **directly into** your counter to his most logical defense. This pattern of moves is now becoming *slightly* advanced ground fighting.

Training Some Sneaky Ground n' Pound

The more you punch your opponent on the ground, the more he will look to find an excuse to **quit**.

Execute 30 Reps of your “Guard n’ Pound Tactics”

Use your **Right** hand to strike

Grab your partner’s arm, drag it across, and punch behind it... try to hit some vulnerable organs.

Execute 30 Reps of a Guard n’ Pound Combo

Pull your partner’s arm across across and using your **Right** arm, hook to the body **AND** hammerfist to the head.

Make both strikes FAST and POWERFUL. Use this opportunity to try to finish the fight.

Execute 30 Reps of your “Guard n’ Pound Tactics”

Use your **Left** hand to strike

Grab your partner’s arm, drag it across, and punch behind it... try to hit some vulnerable organs.

Execute 30 Reps of a Guard n’ Pound Combo

Pull your partner’s arm across across and using your **Left** arm, hook to the body **AND** hammerfist to the head.

Make both strikes FAST and POWERFUL. Use this opportunity to try to finish the fight.

2 Sets of Push-Ups to FAILURE

That means you do push-ups until you *can't possibly execute another repetition*. This will build your chest, shoulders, arms, and all of the muscles that help you to **pin** your opponent down using your upper body.

Shadow Box between sets of pushups

Grapple with your partner or train moves on a Bubba until you are finished exhausting yourself.

Enjoy your new finely tuned ground fighting skills.