

**2:00 Warm-up** (2 minute rounds with 10 second breaks)

- Shadowboxing
- Shoulder tag
- Shadowboxing
- Knee tag
- Shadowboxing
- Reactive alternating sprawls

**2:15 Timing** (2 × 2 minute rounds with 30 second breaks with each partner × 4 partners)

**2:45 Break**

**2:50 Sparring** (2 × 2 minute rounds with 30 second breaks with each partner × 2 partners)

**3:00 2-on-1 Knee Play** (2 × 2 minute, rotate center person each time)

**3:15 Break**

**3:20 1<sup>st</sup> Takedown** (divide by weight classes if enough people or handicap if necessary)

**3:30 Escape position**, bottom's choice (2 minutes × 3 partners, no breaks)

**3:45 Grappling** (5 minutes × 3 partners, no breaks)

**4:00 End**

- Keep one of the senior guys watching to make sure no one gets too excited
- There is a timer in the bottom locker, nearest the middle entrance
- Keep in mind that IJJ comes in at 4:00 pm