

**6:00 New Dynamic Warm-up***Perfusion Stage*

- Free squats 20
- Alternating lunges 20
- Jumping jacks 20
- Jumper squats 10
- Scissor jumps (alternating jump lunges) 10
- Push-ups 20
- Dive bomber push-ups 20
- Mountain Climbers 20

*Dynamic Stretching Stage*

- Seated ankle rotations (foot circles) 10 e/ direction
- Seated knees laterally to floor 10 e/ side
- Guard leg circles 10 e/ direction
- Same direction knee circles 10 e/ direction
- Opposite direction knee circles 10 e/ direction
- Anterior/posterior straight leg swing 10 e/ leg
- Abduction/adduction straight leg swing 10 e/ leg
- Curve knees 10 e/ leg
- Reverse curve knees 10 e/ leg
- Anterior knee to chest 10 e/ leg
- Lateral knee to shoulder 10 e/ leg
- Hip circles 10 e/ direction
- Hip twist 20
- Anterior/posterior bends 10 e/ direction
- Side bends 10 e/ direction
- Upper body rotation 10 e/ direction
- Arm circles 10 e/ direction
- Cross body arm swing 10 e/ direction
- Rickson Gracie arm flail
- Wrist circles 10 e/ direction
- Posture setters (posterior shoulder circles) 10
- Head flexion/extension 10
- Head rotation 10
- Ear to shoulder 10

*Core Loading Stage*

- Bridges Double Leg 10
- Bridges Single Leg 10 e/ leg
- Supermans 10 e/ side
- Double Leg Supermans 10
- Supine Lying Iron Cross 10
- Kneel-Up 10 e/ side
- Frank Shamrock Stand-Up 10

**6:25 Breakfalls** (lines going the long way, make an area for new people to practice individually with supervision if necessary)

Forward rolls × 2

Backward rolls × 2

Roll to slap × 2 or × 1 with handstand to backfall

Alternating side fall × 1

Front fall × 1

Back fall × 1

**6:40 Break**

**6:45 Focus mitt rounds** (3 minute rounds)

1. Dave Roger's Boxing 9 Count

- Jab
- Cross
- Lead Hook
- Catch (Jab) Cross
- Lead Hook
- Cross
- Slip (Cross) Lead Hook
- Cross
- Lead Hook

2. Free form boxing round, stressing reaction

3. Conditioning round

- 30 seconds pitterpat
- 5 push ups hold for 10 sec × 3
- 30 seconds cross-hook-cross-sprawl, hook-cross-hook-sprawl
- 5 push ups hold for 10 sec × 3
- 30 seconds kneel up (a lá the warm-up) cross-hook-cross, kneel up hook-cross-hook
- 5 push ups hold for 10 sec × 3

**7:10 Thai pad rounds** (3 minute rounds)

1. Joker's Thai Boxing 11 Count (2 min)

- Jab
- Rear Kick
- Jab
- Cross
- Lead Kick
- Side Cover (Lead Hook)
- Cross
- Lead Hook
- Rear Kick
- High Cover (Cross)

- Lead Hook
- Cross
- Lead Kick

2. Free form thai boxing round, stressing kick reaction

3. Conditioning round

- 30 seconds distance drill
- 30 seconds 3 knees, 3 punches drill
- 30 seconds *n* lead kicks-cross-lead hook-*n* rear kicks-lead hook-cross (*n* = 1, 2, 3...increasing by one each cycle)
- 30 seconds distance drill
- 30 seconds 3 knees, 3 punches drill
- 30 seconds *n* lead kicks-cross-lead hook-*n* rear kicks-lead hook-cross (*n* = 1, 2, 3...increasing by one each cycle)

### 7:35 Self-Defense Review

Using the fundamental certification sheet have the juniors work on the basic syllabus of self-defense, if they try to get fancy tell them they are stupid and to do the drill. Advanced guys should work on the same attacks and defend, strike, throw and submit.

#### *Attacks from the Front*

- Two Handed Push
- Lapel Grab
- Bear Hug from Front
- Wrist Grabs
- Two Hand Choke
- Wrestling Shoot
- Front Wall / Corner Pin

w/ Arms Unpinned-  
Face Up  
w/ Arms Pinned-Face  
Up  
w/ Arms Unpinned-  
Face Down  
w/ Arms Pinned-Face  
Down

#### *Attacks from the Rear*

- Bear Hug from Rear
- Mugger's Attack
- Full Nelson
- Rear Wall / Corner Pin

- Side Mount
- Head Lock
- Push Down

#### *Attacks from the Side*

- Bear Hug from Side
- Side Headlock
- Arm Across Shoulders / Arm Grab

#### *Striking Attacks*

- Boxing Jab / Cross
- Street (Hooking) Punch
- Front / Side Kick
- Circular (Roundhouse) Kick
- Club Attack

#### *Attacks on the Ground*

- Pin on the Ground:

8:00 End