

GRAPPLERS CONDITIONING DRILLS

Rope Pulls - Pop-Over - Gi Pull-ups- Duck Walks - Frog Leaps - Cartwheels

1. Neck Bridges
2. Hip Escapes
3. Pass the Guard
4. Hooking from Open Position
5. Air Plane Body Lifts
6. Head Walk-Around
7. Pummeling Arm Weave
8. Tie Ups and Trips
9. Neck Tie Lead Around
10. Hip Throws
11. Shoot and Sprawls
12. Resistance Shoots
13. Mountain Climbers
14. Bends and Thrusts
15. Duck Under
16. Standing Guard Walk-Around
17. Over/Under Leap Frog
18. Squats with Partner
19. Pullover Leg Lifts/Reverse Crunch
20. Four Point Stance Circles

Free Sparring 5 To 7 Minute Rounds

Rolls (Forward-Backward-Driving-Hand Springs)

Pushups (Jiu-Jitsu/Diamond/Wide/Hopping)

Abdominal (Standing Guard/Four Point Arch Over)

3 Person Teams (Sub/Lift-Roll/Cartwheel/Sub/Lift)

Rope or Belt (Duck Under/Side to Side Jump/Jump Over-Roll-Jump Over)

Situational Escapes/Defenses & Attacks/Controls From Various Positions)

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Revised: May 04, 2005 .