

User:  KOLAT  
  
 **Training Session:  Bottom Basic Drill Session**  
  
Warm-up is going to be low impact on our feet with focus on getting them loose and moving feet.  We are looking to get that touch and go set-up in place saving the grind for the mat.  Bottom technique will be a working drill in the fundamental areas.  Want to drive home continual motion until you are out during this section of the workout.  
  
**Warm-Up 30 minutes**

* Jog, tumble, etc stretch as we go
* Quick corner motion shots with touch and go shots

**Technique 30 Minutes**  
  
Bottom:

* Heist and heist with resistance from top man
* Stand and stand with resistance from the top man
* Seal off and find one hand to the pocket
* Using elbows, hands, feet to keep legs out then up

**Conditioning 15 minutes**

* 4x ¼ mile spring

**Copyright © 2015 Kolat.com**  
   
**Total Practice Time Approx. 90 Minutes**