

User:  KOLAT  
  
Preparation for competition. Practice should be brief and intense - under 1 hour. Weight cutting should be done a few hours after practice so you can relax and recover.  
   
**Warm-Up 20 minutes**

* Jog
* Butt kicks
* High knees
* Skip
* Shuffle inside
* Shuffle outside
* Jog backwards
* Penetration step
* Fundamental takedowns drill
* **Live Wrestling 18 minutes**

Live Wrestling:

* 3-3-3 periods 2 bouts 18min

**Conditioning 5 minutes:**

* Hand fighting

**Warm-down: 5 minutes**

* Shadow wrestling

**Total Practice Time 48 minutes**  
  
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**Total Practice Time Approx. 90 Minutes**

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