



QUALIFICATIONS

INSPIRED BY MMA
FOCUSED ON FITNESS

your pad programs with MMA Fitness®

Session Notes | Filex 2016

Dee and James McNeill

We are dedicated to providing innovative qualifications inspired by MMA but focused on Fitness.

Always remember your **Duty of Care** when training others -

1. Have the correct qualification in place from an accredited education provider that is recognized by your insurer
2. Screen your participants & ensure they always wear adequate wrist support for punching
3. Teach to who is in front of you, offering intensity options through intelligent coaching

NOTE:

- All class formats are malleable on the basis of class up-take of technique. You may see some drills below that are not completed for this reason.
- If you feel fatigued aim to SLOW DOWN your execution for active rest. It is **not** compulsory to complete every round, stop if you need to.

WARM-UP shadow boxing		Teaching Tip
2 mins	2 x (Jab + Cross) + Double Leg Switch	Drop your body height first prior to shooting for the Double Leg
2 min	2 x (Jab + Cross) + Double Leg + Sprawl + Monkey Walk Back	Brace the abs when Sprawling back
1 min	Hip Escape Drill	Lift your outside hip before pushing away to the side
2 min	Standup Repeater	Option to keep 2 hands down will help turn your hips out
2 min	Lunge Push Kicks	Keep your guard up into the lunge

COMBINATION ROUNDS		Teaching Tips
2 or 3 min	<ul style="list-style-type: none"> 3 x (Jab + Cross) + Double Leg + 4 x Open Guard Ground and Pound 	Keep a flat back when throwing your Open Guard Ground and Pound. Feet are shoulder width apart
2 or 3 min	<ul style="list-style-type: none"> 3 x (Jab + Cross) + Double Leg to Single Leg + 4 Knee Ride Ground and Pound 	Option to either place knee on the ground knext to the pad holders hip or lightly on their stomach
2 or 3 mins	<ul style="list-style-type: none"> Jab + Cross + Lead Hook + Cross + Breakfall + 4 x Hard Cover + Head Control + Grab Heels Sweep 	When grabbing the head you will need to crunch up. The other hand controls the opposite elbow
2 or 3 mins	<ul style="list-style-type: none"> Jab + Cross + Jab +Rear Crossing Elbow + Double Leg +Sprawl Whizzer + 2 Knees 	Focus on completing the Sprawl Whizzer technique correctly. The knee is executed at 60% effort, make sure you hit the pad and not the pad holder
2 or 3 mins	<ul style="list-style-type: none"> Jab + Cross + Jab + Cross + Rear Leg Kick + Jab + Cross + Jab + Superman Punch 	
2 or 3 mins	<ul style="list-style-type: none"> 5 x (Jab + Cross) + Breakfall + Side Control Hip Escape 	Bridge the hips up before escaping out. You backside pushes away from the shield
2 or 3 mins	<ul style="list-style-type: none"> 2 x (Jab + Jab + Cross) + Double Leg + Headlock Escape + Knee Ride (optional) 	Make sure you step behind the pad holders near leg before grabbing their knees. Gently lower them to the floor
COOL DOWN		