

THE PIT's Week

01.12.09

PIT PeeWees

Laps, Rolls, Chase Game
Animal Crawls
Lines Drill – Left hook
 Straight right
Grapple
Lateral Lines
Hanging Contest

Pit Kids

Day 1

Laps, Rolls, Chase Game
Lines Drill – Left hook
 Straight right
Teach/drill...Hawaiian Kempo (grappling)
Combo Beginner: Green Belt II combo 3
 Advance: Brown II Combo 2
Grapple
Tabata – Squats, Push ups, Sit ups
Jump rope

Day 2

Warm up
Shadow Box Dills
Teach/drill... Hawaiian Kempo (stand up)
Combo Beginner: Orange Belt combo 3
 Advance: Brown II Belt combo 1
Bloody Knuckles
Bag Stations: Hook, Straight Punches, Combos, Head Kicks, Elbows, Leg Kicks, Ground Knees,
Ground n' Pound... 15min (1 min. stations)

Adults

Day 1

Laps, Rolls, Chase Game
Partner Drill – Left hook
 Straight right

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Tabata – Squats, Push ups, twists, sprawl, bag
Jump rope

Teach/Drill....Hawaiian Kempo (1 Stand up, 1 Grappling)

Combo Beginner: Green Belt combo 3
 Advance: no combo

Day 2

Warm up

Shadow Box Dills

Bloody Knuckles

Bag Stations: Hook, Straight Punches, Combos, Head Kicks, Elbows, Leg Kicks, Ground Knees,

Ground n' Pound... 15min (1 min. stations)

5pull ups/15 push up lines

Teach/Drill....Hawaiian Kempo (1 Stand up, 1 Grappling)

Combo Beginner: Green combo 1
 Advance: Brown Belt combo 1

CrossPit

3X

200 meters

50 push ups

50 squats

20 box jumps

This week's Hawaiian Kempo techniques by level...

Level I

Stand up

Inside Leg Sweep

Front Kick

Grappling

Armbar (from the guard)

Headlock Escape (spoon & roll)

Level III

Stand up

Weave Hook

Thai Clinch

Grappling

Leg Catch (w/ trip & w/o trip)

Arm Triangle