

## Skills - Warriors (10-13) | Beginner Level

Version 2 | Updated as of 1/22/19

	Skill	Definition	Physical Standard	Video
1	Dexterity	<p>DEXTERITY means skill and grace in physical movement.</p> <ol style="list-style-type: none"> <li>Using proper leg strength to lift and move your hips.</li> <li>Using proper core strength to lift and move your hips.</li> <li>Using your total body effectively to get up off the ground.</li> </ol>	<p style="text-align: center;"><b>Hip Escapes</b></p> <p style="text-align: center;">Vertical, Technical Stand, Horizontal 1 length of mat   Quality</p>	<a href="https://vimeo.com/306089823">https://vimeo.com/306089823</a>
2	Reaction	<p>REACTION means an action in response to some influence, sign, or signal.</p> <ul style="list-style-type: none"> <li>This is important because you can know all of the best self-defense moves, but if you cannot react quickly enough then you won't be able to defend yourself.</li> <li>Here are the three ways that we are going to improve your REACTION skills today:</li> </ul> <ol style="list-style-type: none"> <li>Reacting quickly when defending your self.</li> <li>Reacting quickly under pressure.</li> <li>Reacting quickly on decision-making skills.</li> </ol>	<p style="text-align: center;"><b>Self Defense vs. Straight + Round Punches</b></p> <p style="text-align: center;">5x</p>	<a href="https://vimeo.com/308992778">https://vimeo.com/308992778</a>
3	Versatility	<p>VERSATILITY means being capable of transitioning through various patterns of combinations.</p> <ul style="list-style-type: none"> <li>This is important because you need to be able to perform your moves more than one way to build proper muscle memory.</li> <li>Here are the three ways that we are going to improve your VERSATILITY skills today:</li> </ul> <ol style="list-style-type: none"> <li>Having VERSATILITY under pressure.</li> <li>Have the VERSATILITY to change.</li> <li>Have the ability to adapt to your environment.</li> </ol>	<p style="text-align: center;"><b>Guard Bottom</b></p> <p style="text-align: center;">Flower Sweep, Armbar, X Choke</p>	<a href="https://vimeo.com/308984148">https://vimeo.com/308984148</a>
4	Momentum	<p>MOMENTUM means maximizing force and speed in movement.</p> <ul style="list-style-type: none"> <li>This is important because you need MOMENTUM to attack your opponent's arm using your body weight to move smoothly and effectively.</li> <li>Here are the three ways that we are going to improve your MOMENTUM skills today:</li> </ul> <ol style="list-style-type: none"> <li>Using MOMENTUM while spinning around your opponent's arm.</li> <li>Using MOMENTUM while stepping over your opponent's head.</li> <li>Using MOMENTUM while sitting back into a tight, strong, effective armbar.</li> </ol>	<p style="text-align: center;"><b>Armbar from Mount</b></p> <p style="text-align: center;">8 in 60 sec</p>	<a href="https://vimeo.com/306092576">https://vimeo.com/306092576</a>
5	Precision	<p>PRECISION means to move with accuracy, purpose, and focus.</p> <ul style="list-style-type: none"> <li>This is important because you need to be able to have precision in your movements / technique in order for them to be effective.</li> <li>Here are the three ways that we are going to improve your PRECISION skills today:</li> </ul> <ol style="list-style-type: none"> <li>Applying technique with PRECISE / exact detail.</li> <li>Having consistency with your PRECISION.</li> <li>Having the ability to maintain PRECISION under pressure.</li> </ol>	<p style="text-align: center;"><b>Flower Sweep</b></p> <p style="text-align: center;">5x</p>	<a href="https://vimeo.com/312618548">https://vimeo.com/312618548</a>
6	Instinct	<p>INSTINCT means to make good judgments quickly and effectively.</p> <ul style="list-style-type: none"> <li>This is important because you need INSTINCT in order to roll well (spar) well on a consistent basis.</li> <li>Here are the three ways that we are going to improve your INSTINCT skills today:</li> </ul> <ol style="list-style-type: none"> <li>Challenge the quickness in the use of your INSTINCT.</li> <li>Apply your INSTINCT under pressure.</li> <li>Utilize your INSTINCT against the odds.</li> </ol>	<p style="text-align: center;"><b>Escape Mount Bottom</b></p> <p style="text-align: center;">Upa and Knee / Elbow Escape 3x each   Quality</p>	<a href="https://vimeo.com/312631444">https://vimeo.com/312631444</a>
7	Strength	<p>STRENGTH means the quality or state of being strong, powerful, and forceful.</p> <ul style="list-style-type: none"> <li>This is important because you need STRENGTH in order to excel in the Martial Arts.</li> <li>Here are the three ways that we are going to improve your STRENGTH skills today:</li> </ul> <ol style="list-style-type: none"> <li>Applying STRENGTH with technique.</li> <li>Having perseverance with your STRENGTH.</li> <li>Applying STRENGTH together as a team.</li> </ol>	<p style="text-align: center;"><b>Warrior Kid Body</b></p> <p style="text-align: center;">60 sec of push-ups, lizard crawls, 8 count body builders</p>	<a href="https://vimeo.com/307373165">https://vimeo.com/307373165</a>
8	Vision	<p>VISION means seeing the "big picture" in Jiu Jitsu and in life.</p> <ul style="list-style-type: none"> <li>VISION builds good character, which is an important element of being a Martial Artist.</li> <li>Here are the three ways that we are going to improve your VISION skills today:</li> </ul> <ol style="list-style-type: none"> <li>Increase your VISION of the inter-connectiveness of Jiu Jitsu.</li> <li>Increase your VISION while rolling with others (sparring) / don't grind so much.</li> <li>Increase your VISION of what character is developed best at what belt.</li> </ol>	<p style="text-align: center;"><b>Chain #1</b></p> <p style="text-align: center;">3x thru</p>	<a href="https://vimeo.com/307382953">https://vimeo.com/307382953</a>