

Skills - Warriors (10-13) | Intermediate Level

Version 2 | Updates 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"> Using proper leg strength to lift and move your hips. Using proper core strength to lift and move your hips. Using your total body effectively to get up off the ground. 	<p>Grappling Mov't</p> <p>Whip, Jiu Jitsu lunge (linear), Jiu Jitsu lunge (arc), Bear - Ipsi - Toe Reach Flow</p> <p>1 min each Quality</p>	<p>https://vimeo.com/307388171</p>
2 Reaction	<p>REACTION means an action in response to some influence, sign, or signal.</p> <ul style="list-style-type: none"> 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. Here are the three ways that we are going to improve your REACTION skills today: <ol style="list-style-type: none"> Reacting quickly when defending your self. Reacting quickly under pressure. Reacting quickly on decision-making skills. 	<p>Self Defense vs. Straight + Round Punches</p> <p>3x each</p>	<p>https://vimeo.com/308992778</p>
3 Versatility	<p>VERSATILITY means being capable of transitioning through various patterns of combinations.</p> <ul style="list-style-type: none"> This is important because you need to be able to perform your moves more than one way to build proper muscle memory. Here are the three ways that we are going to improve your VERSATILITY skills today: <ol style="list-style-type: none"> Having VERSATILITY under pressure. Have the VERSATILITY to change. Have the ability to adapt to your environment. 	<p>Guard Bottom to Back to RNC</p> <p>5x</p>	<p>https://vimeo.com/308990551</p>
4 Momentum	<p>MOMENTUM means maximizing force and speed in movement.</p> <ul style="list-style-type: none"> This is important because you need MOMENTUM to attack your opponent's arm using your body weight to move smoothly and effectively. Here are the three ways that we are going to improve your MOMENTUM skills today: <ol style="list-style-type: none"> Using MOMENTUM while spinning around your opponent's arm. Using MOMENTUM while stepping over your opponent's head. Using MOMENTUM while sitting back into a tight, strong, effective armbar. 	<p>Armbar from Guard Bottom</p> <p>8 in 60 sec</p>	<p>https://vimeo.com/308981274</p>
5 Precision	<p>PRECISION means to move with accuracy, purpose, and focus.</p> <ul style="list-style-type: none"> This is important because you need to be able to have precision in your movements / technique in order for them to be effective. Here are the three ways that we are going to improve your PRECISION skills today: <ol style="list-style-type: none"> Applying technique with PRECISE / exact detail. Having consistency with your PRECISION. Having the ability to maintain PRECISION under pressure. 	<p>Guard Pull, X Guard, Get Up Sweep</p> <p>3x</p>	<p>https://vimeo.com/312634775</p>
6 Instinct	<p>INSTINCT means to make good judgments quickly and effectively.</p> <ul style="list-style-type: none"> This is important because you need INSTINCT in order to roll well (spar) well on a consistent basis. Here are the three ways that we are going to improve your INSTINCT skills today: <ol style="list-style-type: none"> Challenge the quickness in the use of your INSTINCT. Apply your INSTINCT under pressure. Utilize your INSTINCT against the odds. 	<p>Escaping Back with Hooks</p> <p>5x</p>	<p>https://vimeo.com/312639155</p>
7 Strength	<p>STRENGTH means the quality or state of being strong, powerful, and forceful.</p> <ul style="list-style-type: none"> This is important because you need STRENGTH in order to excel in the Martial Arts. Here are the three ways that we are going to improve your STRENGTH skills today: <ol style="list-style-type: none"> Applying STRENGTH with technique. Having perseverance with your STRENGTH. Applying STRENGTH together as a team. 	<p>Warrior Kid Body</p> <p>90 sec of push-ups, lizard crawls, 8 count body builders</p>	<p>https://vimeo.com/307373165</p>
8 Vision	<p>VISION means seeing the "big picture" in Jiu Jitsu and in life.</p> <ul style="list-style-type: none"> VISION builds good character, which is an important element of being a Martial Artist. Here are the three ways that we are going to improve your VISION skills today: <ol style="list-style-type: none"> Increase your VISION of the inter-connectiveness of Jiu Jitsu. Increase your VISION while rolling with others (sparring) / don't grind so much. Increase your VISION of what character is developed best at what belt. 	<p>Guard Bottom</p> <p>Flower Sweep, Armbar, X Choke</p>	<p>https://vimeo.com/308984148</p>