



1st Month - Countr-side kicks System

Rocket/Focus Training:

Armada - 10 reps each, Groups of 3 (Rest, Kick, Hold), 3 Minutes

HandStand to HeadStand - 3 Minutes, 4 Reps, Pairs

Meia Lua de Compasso from side to side - 10 reps each, Groups of 3 (Rest, Kick, Hold), 3 Minutes

Au Queda De rins - 4 Reps, 3 Variations, Pairs 3 minutes **(checkout video number 1)**

Armada Meia Lua to the same side - 6 reps each, Groups of 3 (Rest, Kick, Hold), 3 Minutes

Carnerio 3 Types of exits - Pairs, 3 Minutes , 3 reps (one for each type) **(checkout video number 2)**

Counter side Meia lua - Groups of 3, 6 Reps, 3 Minutes **(checkout video number 3)**

Resteira, Macaco to Quada de rins Negativa S-dobrado, Pairs, 3 Minutes,2 reps **(checkout video number 4)**

Aramda Counter Meia lua - Groups of 3, 6 Reps, 3 Minutes **(checkout video number 5)**

Meialua QDR Helicopter Bridge - Pairs, 4 Reps, 3 Minutes, **(checkout video number 6)**

Armada Counter Prafuso - Groups of 3, 6 Reps, 3 Minutes **(checkout video number 7)**

Macaquinho 10 each side **(checkout video number 8)**

Groups of 4 - Specific/limited game training

40 Sec Game, 5 sec compra

The player inside kicks round and straight kicks, the player who bought the game uses only Counter side Meia-lua de Compasso and Parafuso - total workout time 12 Minutes (16 rounds of 40 sec playing + 5 sec for changing)

10 Minutes Limited Games - Using only Round and straight kicks + Au, Negativa, Role (in every variation)

- Focus mainly on the kicks, attacks and counter attacks
- Make sure you keep limited and simple use of the floreios move
- Try to say the last word of every situation, meaning to give a counter attack on top of your partner's attack (Make sure it comes from a technical place that you can explain your attack and not from craziness or lack of restraint)