

5 Mistakes People Make When Doing Solo Combative Drills

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1. Not setting time, space and technique restraints

You might not expect this but the first thing I do when doing Combative Solo Drills or any kind of training by myself is I SET LIMITS. In terms of what techniques I will work, the exact ranges, the time and the space I will use.

You might think this would be limiting but trust me it's THE MOST LIBERATING thing you can do.

I was trying to find a quote by Stephen King who said something about constraints being a good way to fire creativity in the writing process, I couldn't find the quote but put the words constraint and creativity into google and just have a quick scan of the first page and my point is made!

As I say on Solo Drills DVD one, you can have all the interesting diversions from the path you want but you must have a SOLID PATH to divert from FIRST. Otherwise your energy and your focus will dissipate.

Start the drills with a pen and a pad and countdown timer (most mobile phones have this function).

Write down what you will do, mark out on the floor where you will begin and end, decide how many reps of each set you want to do and how long each one should take and get to work.

You've done 20 reps of a 10 second "burst" set or whatever you designed for yourself stop and move on.

Keep your objectives conservative and SPECIFIC.

And remember: CREATIVITY LOVES CONSTRAINTS.

2. Making it too “sportive”

Whatever you do, do NOT shadow box in your combative solo drill sessions. If your training to box then train to box, if your training to neutralise a threat in an SP scenario then your drill MUST reflect that.

Sportive shadow boxing has no real clear beginning, middle and end. You can warm up as you go, starting with smaller softer movements to warm the muscles and working up to larger more aggressive movements over a 3 minute period.

Think of Combative Solo Drills as more like “sprint training” than “shadow boxing”

It’s about explosivity, a burst of INTENSE energy, you must WARM UP and prepare your muscles and ligaments FIRST (all explained in SOLO DRILLS DVD one).

Also, like sprint training, it’s about getting from point A to point B both literally, you should have a start point and end point in the training area.

Your drill is modelling driving an opponent back following a preemptive strike and heaping combative pressure on them using your “Core Game Plan” (see the Beta-8 Syllabus for the “Core Game Plan”), AND FIGURATIVELY, you are applying YOUR script to them, sportive boxing is an exchange, the application of your Combative Game Plan is **not** an exchange, it’s a dictation.

3. “Threat Greed” – the curse of the overambitious training session

Focus on getting really, really good at just a FEW things- this is the key to excellence in ANY field. Combatively speaking, unless you live the life of an international spy, the notion of being a jack of all trades is really going to leave you the MASTER OF NONE.

My advice at least to begin with (unless you have specific parameters or objectives) is to use the training paradigm from the Beta-8 Syllabus: one opponent, from a preemptive strike, no weapons, no huge disparity in size or weight.

Keep it simple

Keep it tight

Keep it specific

Go into a passive but disciplined mental state where you are prepared to accept some boredom and repetition (in between the application of the drills where you should be ramping your state into aggression).

Submit to the process.

But remember to ENJOY the process!

It shouldn't be ultra stimulating and it will require discipline but it should also be satisfying in the way that hard work on skill development often is.

The same way a tennis player would preparing to serve a hundred balls, the same way a soldier would prepare to endlessly drill etc etc

There is one way and one way only to develop high levels of skill: repetition.

You will get better results and you will feel your confidence grow faster doing it this way than if you try and drill to fight 10 ninjas armed with the set props from an 80's action film.

4. Not focussing enough on the emotional and psychological elements

The Combative Solo Drills are an excellent way of conditioning your emotional and psychological attributes too. Specific details of how to do this are given in DVD 2.

The drills will allow to practise accessing and utilising your combative states, think of them as aggression drills. Get into State on each repetition.

Remember ***state first, state second, state last.***

Miss this element and you are not only missing a MAJOR benefit of the drill you risk not having the techniques and skills come out of you when placed under pressure.

For more information or if you struggle to access states of aggression I recommend the "Psychology of Violence" course available from the website www.streetfightsecrets.com

5. Not making the most of the advantages of Combative Solo Drill Training:

- a. *saves money*- no gym or class fees, turn up in your garage and your ready to go
- b. *saves time*- no driving to and from the gym, train when you want
- c. *allows you to work diligently at your convenience*- no excuses, to BLAST your way through a confidence plateau try these drills twice a day, 15 minutes a session for 10 days. Your confidence will probably double at least!!
- d. *develops functional strength/fitness* and other combative attributes- you get what you train for and whatever you do a lot of you get good at, condition your mind and your body to deliver a maelstrom of violence within a small time window, explosively and with a load of Violent Intent.

What the Combative Solo Drills Course teaches you:

- ✓ How to have a completely satisfying training session even on “off” days
- ✓ How to work on specific weakness to strengthen your whole game plan
- ✓ How to design a Combative Solo Drill SPECIFIC to your objectives
- ✓ Making the most of training at home with little or no equipment
- ✓ How to add fitness, strength elements without compromising the drill
- ✓ An interesting and enjoyable way of getting fitter and stronger whilst working your combatively relevant skillsets

To get the Combative Solo Drills course on Special Offer just click here now

<http://www.streetfightsecrets.com/solodrills.html>