

# Basic Skills & Drills

## **BSD#1**

- Scramble to stance
- Scramble to base/bridge
- Motion/fake drill
- Stalking from square stance
- Down/cross block w/partner

## **BSD#2**

- Stand-up & return
- Peek & lift
- Arm spin to shot
- Arm spin cter & go behind
- Run down legs

# Basic Skills & Drills

## **BSD#3**

- Level change (*push & drop*)
- Jolt drills
- Back door (*sgl & hi-c*)
- Knee slide from dbl
- Up & thru from knees
- Sprawl to shots

## **BSD#4**

- Wall walks
- Table drill
- Partner back arch
- Drop & back arch
- Back step & AT dive rolls