

This target is meant to help practice transitions Vertically or horizontally.

Vertical Drills: Progressing from the simple to the complex.

1. 2 bottom, 1 top.
2. 2 top, 2 bottom.
3. 2 bottom, 2 top, 2 bottom.
4. 2 bottom, 2 top, 2 bottom, 2 top.
5. 2 bottom, 2 top, 2 bottom, 2 top, 2 bottom, 2 top
6. 3 bottom, 2 top.
7. 3 top, 2 bottom.
8. 3 bottom, 2 top, 3 bottom.
9. 3 bottom, 3 top, 6 bottom.

Horizontal drills: Progressing from the simple to the complex.

1. 1 left, 1 right.
2. 1 right, 1 left.
3. 2 left, 2 right.
4. 2 right, 2 left.
5. 2 left, 2 right, 2 left
6. 2 right, 2 left, 2 right.
7. 2 left, 2 right, 2 left, 2 right.
8. 2 right, 2 left, 2 right, 2 left.
9. 2 left, 2 right, 1 left, 1 right.
10. 2 right, 2 left, 1 right, 1 left.

DYNAMIC

COMBATIVES

EFFECTIVE TRAINING FOR A DYNAMIC WORLD



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