

Range

	Far Striking	Near Striking	Clinch	Open Guard	Close Guard	Mounts
Offense	<ul style="list-style-type: none"> • Jab (1-3) • Tiip Interception • Fake Tiip-J/OR • J-U • Fake J-H/Kick • R flying knee • J-Kick/Double Kick • 2-Kick/J-Double C-Kick • Look for dropping hands to set up head kick 	<ul style="list-style-type: none"> • Kick-C-H-C • J-C (step right)-H • C / R Kick / L Dbl Leg (Right Corkscrew) • J-Fake H (step left) • R Kick / C / R Dbl Leg (Left Corkscrew) 	<ul style="list-style-type: none"> • Body H-Head H • Lateral knee to head • Straight knee-hook knee • Deep knee-head knee • Outside leg hooks • Underhook and head control to knees 	<ul style="list-style-type: none"> • Thrust kicks up • Thai kick from ground to standing • Chop legs from standing 	<ul style="list-style-type: none"> • Wrap tightly but explosive submissions • Rubber guard to triangle choke, punch, grab head, hook under leg. • Hammer fist and drag, cut with seam • Stand-up, remain within legs, rain punches 	<ul style="list-style-type: none"> • Control position • Mount: Trap arms / hold and hit • Modified scarf to hook and hammer fist to head. • Reverse scarf to knees and hammer fist to abdomen/ribs • Rear mount: Use punches to set up RNC
Defense	<ul style="list-style-type: none"> • Tuck chin • Hands up • Use jab to never let them set • Circle away from power with J. Set for C/Shoot/R Thai/Tiip • Forearm stop neck off shoot-C-U-C • High Cover-C-H-Kick(-Kick) • Side Cover-C-H-Kick(-Kick) 	<ul style="list-style-type: none"> • Tuck chin • Hands up • Keep right hand up, do not reach for strikes • Quick sprawl-C-H-C or counter shoot • High Cover-U-C-H • Side Cover-U-H-C 	<ul style="list-style-type: none"> • Control underhooks • Punch on transition (C-H-C) • Head kick • Watch for takedown off transition • Tuck chin • Quick sprawl-C-H-C • Neck control to knees 	<ul style="list-style-type: none"> • Always scramble for position on takedown • Put knee across chest, foot in hip, control, jab to kicks • Go to hooks inside or thrust away 	<ul style="list-style-type: none"> • On bicep control, control elbows on outside, pull across on punch to arm triangle • Knee 45° across chest, range for punch, other foot in hip, kick away • Do not allow pick up, hook leg, bend him forward • Tie up, avoid long heavy shots • Good base / defense stall for stand up 	<ul style="list-style-type: none"> • Mount: Hug up around head look for benchpress escape/shrimp • Side mount: Underhook head side arm and put hand on head. Look for shrimp escape • Rear mount: Two on one bring arm over head and scramble for inside guard

Pre-Fight Phase

- **Corner:** Nelson Luyando and Jack McVicker
- **Locker Room:** Odilon Camara, Brian Calhoon, Jim Daleiden, and Tim Sielaff
- **Attire:** Cup, black spandex, orange Joker shorts, black mouthpiece. Come to ring wearing Joker T-shirt under HCK Kimono. Black running shoes w/o laces.
- **Wraps:** Nelson is lead tape man (hands). Tim is back-up tape man (feet).
- **Warm-Up:**

1. Modified Dynamic Warm-Up (8 min)

Prisoner Squats	10
Jumping Jacks	10
Seal Jumps	10
Highland Flings	10
Happy Feet	20 sec
High Pogo Jumps	20 sec
Front Lunge	5 e/ side
Side Lunge	5 e/ side
Dot Drill	5
Wide Outs	10
Gateswings	10
Scissor Jumps	5 e/ side
Dive Bombers	10
Supine Straight Leg Lift	10 e/ leg
Side Lying Leg Lifts	10 e/ leg
Inside Leg Raises	10 e/ leg
Supermans	10 e/ side
Double Leg Supermans	10
Fire Hydrants	10 e/ leg

Fire Hydrant Circles	10 e/ leg/dir
FH Straight Leg Raise	10 e/ leg
Prone Knee to Armpit	10 e/ leg
Scorpion	6 e/ leg
Supine Lying Iron Cross	6 e/ leg

2. Shadowboxing / Thai Pads / Sprawls / Pummeling / Flow Grappling (2 min each, tot. 10 min)

3. Thai Pads (all) (2 min)

- **Entrance Music:** *The Joker* by Quiet Riot

Engagement Phase

- **If** he comes out tentatively
Get to center of ring; use jab and *tiip* to set up striking combinations.
- **If** he comes out in a bullrush
Get to center of ring and quarter circle out, look to intercept with *tiip*. Use jab to keep him from setting.
- ¹**If** he goes for takedown
 1. Forearm stop to C-U-C
 2. Sprawl, clear arms from legs, spin to back, control and hook punch to head; look for rear mount
 3. Sprawl to front head lock, look for knees if **not** in three points.
 4. Sprawl and **if** he gets up:
 - C-H-C
 - R Head Kick
 - Countershoot

5. And gets it scramble for superior position
6. **If** I lose the scramble go to guard

Standing Phase

- Start with low chop kicks to legs and ribs, save head kicks until he settles a little
- **If** he wants to box
 - Use effective jab and *tiip* to fake jab and *tiip*
 - Offensively play simple:
 - Double-J
 - Triple-J
 - J-C (with step)-H-C
 - J-Kick
 - J-C-Kick
 - Kick-C
 - J-Fake H-Kick
 - If effective, added “trick plays”:
 - 4 Angles (J-O-U-C)
 - Double-J Kick
 - J-Double-C-Kick
 - Fake L Kick-C-H-Kick
 - J-Fake H-Cross
- **If** I’m defending big shots
 - Long range: High/Side Cover C-H-Kick
 - Close range: High/Side Cover U-C/H-H/C
 - Kicks: Leg evasion-Kick-C
 - Too much punishment: Clinch, then **consider** corkscrew shots
- **If** his hands are dropping
 - J-Head Kick or J-C-Head Kick

- **If** he is breathing hard/tired
 - Offense: J-C-R Knee, R Knee-C-H-C, J-Kick-Kick or J-C-Kick-Kick
 - Defense (long range): High/Side Cover C-H-Kick-Kick
 - Consider** corkscrew shots
- ¹**If** he goes for takedown (see 1 above)

Clinch Phase

- ¹**If** he goes for takedown (see 1 above)
- **If** we are in a pummeling position
 - Body H-Head Hook
 - Explosive lateral knee to head
 - Curve knee-straight knee
 - Pull him to side thai clinch, knees to head
 - Outside leg hook and turn
 - Look for double underhooks
- **If** I get double underhooks
 - Lock low at hips, and drive head into chest for take down.
- **If** he gets double underhooks
 - Hug his arms tight, look for break and try to get back to over-under position
- **If** I get param
 - Deep knee-head knee
 - Curve knee-straight knee
 - 3 Knees 3 punches
 - 3 Knees Throw to Head Kick
- **If** I want to break
 - Shoulder bump to C-H-C / Head Kick

Knee in stomach push to C-H-C / Head
Kick
Param clinch to head knee

Ground Phase

- **If** I knee mount him
J-C-H
Be ready to side-mount or mount
Look for hand on knee for *kimura*
 - **If** I side-mount him
Control position, look for *americana*
Modified scarf: H to head, hammerfist with drag
across face
Reverse scarf: Knee to floating ribs,
hammerfist to stomach, H to thigh
Move up toward head in semi-69, push near
arm over and establish Triple Threat, slide
knee over and look to punch or look to take
back
1. **If** I mount him
Get his hands up with J-C. Slide forward and
push his arms up. Cross them and control
with one hand. Throw strikes with the other.
Or look for *kimura*.
 2. **If** I rear-mount him
Control hands, look for triangle rear mount.
Use hooks to head to set up choke, try to get a
triple threat set up if possible
 3. **If** we end up in his guard
Push his face side ways, stand up in double
shoulder width and rain down the punches.

Body H-Body H-Head H/Hammerfist
Look for simple pass, step over leg to half-
mount and then to side mount all with good
base.

4. **If** he's on the ground and I'm standing
Look to kick legs, grab ankles and enter, look
to drop heavy right.
If he's too feisty let him back up
5. **If** I'm on the ground and he is standing
Use thrust kicks to create space, hit head if
possible, stand up.
Use thai kick from ground to stand up.
6. **If** we end up in my guard, control his hands and
wrap him up
If he is very tight, look for rubber guard
Hug his head and move hip out to side,
remember to keep his arm trapped tightly
between my arm and leg, and sink rubber
guard hand deep into armpit, look for
triangle (and be prepared to hook leg if
necessary).
If he gets biceps control
Get outside elbow control, look to throw
arm past and set up arm triangle, or take
back
If he wants to strike or I want to get back to
feet
Hands in neck, push, put knee diagonally
across chest, put other foot in hip, push
way to kicks and stand up.
If not stalling out and need to create opening

Go to underhooks and hooks inside, sweep and attack.

7. **If** I end up being side-mounted
Underhook both arms. Arm near head controls arm, open palm on my head. Arm near legs has hand control of triceps. Look for knees to floating ribs be prepared to shrimp to side and got to guard.
8. **If** I end up being mounted
Reach up and hug at base of neck. Eyes open, pull forward and look for benchpress escape or shrimp escape.
9. **If** I end up being rear-mounted
2-on-1 on wrist and move over head, look to turn over into his guard.

Five things to remember

1. Get underhooks
2. Keep hands up
3. Tuck chin
4. Control the RAT (Range Angles Timing)
5. This is a reward for my hard training, go out and relish the opportunity to test myself and showcase my abilities. Focus on the technique the winning/KO whatever will take care of itself.