

Burton Richardson's CLINCH FOR THE STREET LOGS

All rounds are 2 minutes.

I want to see moderate intensity, technical application with your partner resisting and countering at a moderate intensity. I'm not looking for perfection. I am looking for a solid approach to the street clinch.

Level 1

Perform 50 rounds of each of the following:

Entries

1- Entries to the clinch against light striking. Your partner throws light open hand strikes while you use various entries to the clinch. Be careful not to head butt each other.

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Biceps tie pistol

2- Start in double biceps tie position. Try to maintain the position while both partners throw safe strikes, especially knees to the groin. Several times during the round, your partner will pull a safe training pistol whenever he/she wants to. Recognize the draw and take appropriate action.

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Biceps tie knife

3- Start in the double biceps tie position. Try to maintain the position while both partners throw safe strikes, especially knees to the groin. Several times during the round, your partner will pull a safe training knife whenever he/she wants to. Recognize the draw and take appropriate action.

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**Clinch For The Street
Instructor Level**

Perform 50 rounds of each of the following:

NO HELMETS, NO GLOVES

1- Start in the clinch and go where it goes. Avoid strikes while both partners throw safe strikes, especially knees to the groin, as you look to transition to dominant positions, chokes, or safe takedowns. Several times during the round, your partner will pull a safe training pistol or knife whenever he/she wants to. Recognize the draw and take appropriate action.

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HELMETS, GLOVES, AND GROIN PROTECTION. LIGHT CONTACT SPARRING..

2- Entries to clinch against a striker. Partner throws light strikes to keep you away. After each successful entry, reset and try again.

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HELMETS, GLOVES, AND GROIN PROTECTION

3- Clinching with all strikes, transitions, and chokes included. Partner pulls a **training pistol** several times whenever he/she wants to. Recognize the draw and take appropriate action.

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HELMETS, GLOVES, AND GROIN PROTECTION

4- Clinching with all strikes, transitions, and chokes included. Partner pulls a **training knife** several times whenever he/she wants to. Recognize the draw and take appropriate action.

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