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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Perform 50 rounds of each of the following:

Neck clinch

1- Start in the neck clinch 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 or knife whenever he/she wants to. Recognize the draw and take appropriate action.

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Hair grab

2- Start in a simulated hair grab position. (Doing actual hair grabs is too painful.) Try to maintain the position while both partners throw safe strikes.

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Body lock

3- Start in the front body lock position. Try to maintain the position while throwing safe strikes. 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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Under hook

4- Start in the under hook position. Try to maintain the position while throwing safe strikes. 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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Perform 50 rounds of each of the following:

Defend under hook

1- Your partner starts with a solid under hook position. Try to escape 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 or knife whenever he/she wants to. Recognize the draw and take appropriate action.

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Over hook

2- Start in the over hook 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 or knife whenever he/she wants to. Recognize the draw and take appropriate action.

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Rear body lock

3- Start with the rear body lock position. Try to maintain the position while looking for 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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Front headlock

4- Start holding the front headlock position. Try to maintain the position while throwing safe strikes and transitions (to the ground or chokes.) 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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Perform 50 rounds of the following:

NO HELMETS OR GLOVES

VT Clinch pistol

1- Start in the Vale Tudo clinch position 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. 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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NO HELMETS OR GLOVES

VT clinch knife

2- Start in the Vale Tudo clinch position 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. 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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HELMETS, GLOVES, AND GROIN PROTECTION

VT clinch pistol

3- Start in the Vale Tudo clinch position 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. 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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HELMETS, GLOVES, AND GROIN PROTECTION

VT clinch knife

4- Start in the Vale Tudo clinch position 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. 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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