



### **TECHNIQUE SEQUENCE**

PASSIVE HANDS UP, ATTACKER THROWS HAYMAKER, COVER, GRAB, KNEE, SNAP DOWN AND CIRCLE, GO TO BACK WITH HOOKS, CHOKE.

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|  |  |  |  |  |  |  |  |  |  | 10  |
|  |  |  |  |  |  |  |  |  |  | 20  |
|  |  |  |  |  |  |  |  |  |  | 30  |
|  |  |  |  |  |  |  |  |  |  | 40  |
|  |  |  |  |  |  |  |  |  |  | 50  |
|  |  |  |  |  |  |  |  |  |  | 60  |
|  |  |  |  |  |  |  |  |  |  | 70  |
|  |  |  |  |  |  |  |  |  |  | 80  |
|  |  |  |  |  |  |  |  |  |  | 90  |
|  |  |  |  |  |  |  |  |  |  | 100 |

### **FOCUS MITTS**

PERFORM 100 TWO- MINUTE ROUNDS on the focus mitts, working in all ranges.

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|  |  |  |  |  |  |  |  |  |  | 80  |
|  |  |  |  |  |  |  |  |  |  | 90  |
|  |  |  |  |  |  |  |  |  |  | 100 |

### **REQUIREMENTS:**

These are the rounds that you must complete before taking your QS Basics test. Each round should be played at moderate intensity, utilizing proper safety equipment. You should have a professional mouth guard, a groin protector, and eye protection. Always play the games in a safe manner, as injuries are detrimental to your well-being and to the process of improvement.

100 rounds- It will take about 10 minutes to do 4 two-minute rounds, including about a 30 second break between rounds. If you train twice per week, and do 4 rounds each session, that is 8 rounds per week which equals about 32 per month. You will have completed 100 rounds in about 3 months. If you do 4 rounds of each game twice per week, you will be ready to test in about 3 months. Strive to do rounds of each game in every class, but don't rush to complete the requirements. Enjoy your training and LOG YOUR ROUNDS!