

Metadata: <https://www.youtube.com/watch?v=NmCH0gKeWiY>

Now I'm going to use my opponent to set up some penetration steps. Have an opponent in front of me, I have the goal of shooting in a straight line, he's going to apply pressure on my shoulders and just make it a little bit difficult for me as I step through and use penetration steps. So I'm going to do 3, 4, 5 shots in a row and he's just going to have his arms extended walking backwards with a slight pressure so it's harder for me, it's more realistic that I have to run through this shot as opposed to just shadow wrestling. So opponent's arms are straight, I'm going to go shoot and I'm going to apply pressure in this penetration step, boom, boom, now you guys go together, about 5 and switch, arms extended, pressuring, very nice, 1, 2, 3, 4, 5, good job, drop back here and switch, obviously in live training we'll have to win the hand fight, clear the hands and then start shooting, but here we're just building specific muscles for specific movements. Penetration step, 3, 2 more, 1, 2, great job, again using our partner to build strength and athleticism together. For more information visit www.FEMA.gov