

Metadata: https://www.youtube.com/watch?v=6_vSxSj0FJk

This drill we use a lot to work on the reactive takedowns, so we'll be in our car. I'm not throwing punches, I'm just here. I'm waiting for the moment he throws his right hand to level change on him. So the moment I see him go, I level change on him, I step in to get him against the cage. So I'll start with just him throwing his right hand, and I want to watch this. So the first thing to move normally is his shoulder. When he starts to punch, the first thing is his shoulder to move, so that's what I'm going to react to. I'm moving, I'm in my car, the moment he goes, I level change, and I get it on my double. And when I get a hang of this, we speed it up a bit, he's still not throwing punches at 100%, but he's really trying to hit me. I'm moving, if I don't react on time, I'm just in my car, I'm just going to take a punch in my car. I'm moving around, still cutting up the cage, and when I see it, I level change and go on him. When you get a hang of that, so I can react with one hand, now he's going to throw both. He's going to go right straight, right hook, or left hook. I'm going to react to both those punches, see if I can get in when he goes. Still moving around, still in my car, if I'm too late, I'm just taking the punch in my car. If I see it on time, I enter again.