

Metadata: <https://www.youtube.com/watch?v=jURV0NkWOQE>

Our next training method focuses on precision every rep. This training method forces the student to pay attention to detail every rep and eventually you want to go below that and go deeper into it. Precision every movement, not every rep. So let me show you what this looks like. So I pull that forearm onto my chest, I grab, put the back of his hand on my chest, I trap that arm, I trap the foot and fully trap the leg, bridge and roll, put him on his back and I finish with some kind of positioning and then I go to the second positioning, I go to the third and then finally I will pass. So making sure that you are precise every repetition is important for skill development. Now I want to show you a way that I see some students practice. So that is okay, maybe your first class, your second class, but eventually you got to get rid of all of those elongated movements, excuse me, that are unnecessary because if you try and spar like that you're not going to be successful. So it's important that you try and put precision first into precision and details into every repetition and then eventually into every movement.