

The Workout

Obviously, it's a good idea to do some specific reps of the stuff that you learned today.

If you have a training partner, bang out at least:

- **30 reps of the Duck Under Osoto Gari...**

you will **always** be ducking under your partners Lead Arm.

- **30 Reps of the Slip - 6 - 3**
- **30 Reps of the Slip - 6 - 3 - 2**