



My Fit to Fight course was designed with you in mind. Whether you're a champion or a beginner, my methods will help you learn martial arts while getting in shape fast. You will learn technique while molding your physique as well as methods I use that help me stay ready for ANY physical and/or mental battle.

It sucks being out of shape. It sucks being weak. It sucks being defenseless when you need to protect yourself or your family. It sucks being outperformed because you don't know the secrets to have a competitive advantage in and out of the octagon.

In this course you will Learn actual life skills and valuable martial arts techniques that have taken me decades to learn and master. Let's get started on your fitness and martial arts journey and help you continue towards reaching your upper-level mastery. Don't let yourself get caught off guard IT'S TIMEEEEEEE to get Fit to Fight!

TJ Dillashaw



COURSE OUTLINE

WARM UP FOR MMA

[Link to Instructional Videos Below](#)

Dynamic Warm Up	Walking Series Straight Legged Series Quadro Ped Series (Landow Performance Warm Up)
Walking Series	Knee Hug Quad Pull Leg Cradle Supermans Walking Lunge Toe Touch Straight Legged March Inch Warm C-Skip
Straight Legged Series	Refer to Course
Quadruped Series	Refer to Course

BOXING/STRIKING FOR MMA

[Link to Instructional Videos Below](#)

Striking Warm Up	Footwork, footwork with striking, stance transition warmup
Technique	Jab Cross Hook
Drills	Tyson Drill Forward Tyson Drill Backward Hands & Footwork Forward Hands & Footwork Backward Hands & Footwork Lead Hands & Footwork Rear Hands & Footwork Flow Hands & Footwork Switch Stance Flow Slips & Punches 2 Roll 3 Roll Roll Flow Series
Advanced Technique Drills	Advanced Line Drill Advanced Rolling Switch Stance Advanced Switch Cross Advanced Switch 2 Variations Footwork for Striking
Exercises	Rotational Band Work pt. 1 Rotational Band Work pt. 2 Rotational Walking Lunge Elbow High Med Ball Throw Rotational Med Ball Throw Med Ball Slam Chest Pass Ladder Workout Lateral Lunge Shoulder Injury Prevention (Striking)
Advanced Tips	Med Ball Throws Shadow Boxing



MUAY THAI / KICKBOXING FOR MMA

[Link to Instructional Videos Below](#)

<p>Kickboxing Warm Up</p>	<p>Footwork, Footwork with Striking, Stance Transition Warm Up</p>
<p>Bang Muay Thai / Kickboxing Drills</p>	<p>Proper Technique On Leg Kick Proper Technique Inside Leg Kick Proper Technique On Body Kick Proper Technique On Head Kick Pendulum Kick Exercise Hook Leg Kick Cross to Lead Body Kick Cross Hook low/leg Kick Hook Cross Lead Head Kick BMT Dutch flow Series BMT Holland Drill DEFENSE / Countering Punches Strikes to Countering the Counter DEFENSE / Countering Round Kick</p>
<p>Exercises</p>	<p>Bosu Ball Squats Jump Press Weighted Leg Raises Tic Tocs Hanging Tic Tocs Side Shuffle Box Jump Variations Adv. Single Leg Box Jump Variations Reaction Time Exercise</p>

WRESTLING FOR MMA

[Link to Instructional Videos Below](#)

Warm Up & Introduction	Zomby Shots Down Blocks to Shot Sprawl Monkey Twist Gorilla Walk Spinners Spiderman Shadow Wrestle Throwing Drills
Takedowns	Lead Hand Hook to Double / Penetration Lead hand Double Leg FinishDA Adv. Lead Hand Double Leg Cross to High Crotch Cross to High Crotch Double Leg Finish Cross to High Crotch Dump Snatch Single to Body Lock Body Lock Finish Scissor Trip Defend Lead Hip Shot Defend Lead Hip Shot to Front Head Lock Defend Lead Hip Shot-Grounded Defend Rear Hip Shot to Clinch Double Leg from Under Over Clinch
Exercises	Overhead Ball Toss Isometric Push Up & Plyo Push Up Single Arm Rows, Isometric Rows, & Pull Ups Adv. Plyo Pull Ups Weight Snap Downs Adv. Battle Ropes Sprawl Med Ball Chest Pass to Burpee



JIU JITSU FOR MMA

[Link to Instructional Videos Below](#)

Jits Warm Up	Flow Series “Gymnastic Natural”
Drills	Control Opponent from Guard Basic Sweep from Guard (Fan Sweep) Fan Sweep to Kimura from Guard Escape from Guard Armbar from Guard Kimura Grip from Half Guard Kimura Frip from Half Guard to Take Back Grip From Back Ctrl. to Choke/Arm Bar Kimura Grip from Turtle Position Darse from Front Head Lock Darse rom Half Guard Top Control Darse from Side Control Bottom
Exercises	Leg Extension to Failure Toe Touch to Failure Side Bend for 1 Minute Pendulum Armbars Walking Bottoms Up Landow Towel Grip Workout Turkish Get Up Pull-Up Bar Hang

STRENGTH/CONDITIONING/RECOVERY

[Link to Instructional Videos Below](#)

Drills	Road Work/Running Jump Rope Grid Ladder Drills with Hands Pool Work/Sled/Medball RECOVERY / Static Stretching
Supplementation	Cold Press Juice Post-Workout Musclepharm Protein Low Carb High Protein Diet BCAA Formula Blend from Treigning Lab 1 Tablespoon of MCT Oil Per Day Whey Protein Mix Electrolyte Blend 1/3 of The Water You Drink Avoid Gluten
Exercises	Leg Extension to Failure Toe Touch to Failure Side Bend for 1 Minute Pendulum Armbars Walking Bottoms Up Landow Towel Grip Workout Turkish Get Up Pull-Up Bar Hang
Cool Down & Recovery	Stretches Mobility & Durability Swimming Biking Stretching Pilates Yoga Hike Avoid Gluten