

# Transfer / Drop on leg throws with block

The purpose of this drill is to stay low and slow out of the back...think about transferring your weight out of the back dropping into the middle in order to establish a forceful block.

Never....never lead with the chest...wait for the right leg to come wide around the left before dropping or sprinting into the middle. Keep your body upright.

If this is done correctly it should feel effortless and the drop into the middle and block will become a result of this action. Again...if done correctly you will be amazed how easy it was to get to the power position.

Sequence should be: pivot around left...sprint or drop into middle once right passes left....hit low in the middle pivoting on right...block with left.....drive out into throw....reverse staying in the circle.

