# Advanced Training Course – Week 1 (Updated)

This is the fully updated and instructor-tested plan for Week 1 of the Advanced Training Course. It includes all confirmed components: compass footwork (including 45° angles), mirrored reps, stomp-based combo, low kick integration, shoot step intro, split drop variations, and recovery drills.

## Total Duration: 60 minutes

### 0:00–0:10 – Footwork Activation & Compass

- Joint prep (shoulders, hips, knees, ankles): 2 mins  
- Compass directions: forward, back, left, right, 45° diagonal (2 reps x each direction)  
- Shuffle Compass: front/back shuffles to each compass point (2 mins)  
- Add jab on entry + stomp on return  
- 2 sets of full mirrored compass with combo insert (each side)  
- Coach cues for direction at random

### 0:10–0:25 – Primary Combo Development

- Teach updated combo:  
 • Jab → Stomp → Jab → Elbow Parry → Cross → Hook → Low Kick  
- 10x slow reps per side (mirrored)  
- 10x flow reps per side  
- 10x speed reps per side with pivot or shuffle exit  
- Add 1-min freestyle round per side using combo + recovery footwork

### 0:25–0:40 – Movement Chain Conditioning

- Chain: Jab → Stomp → Jab → Elbow Parry → Cross → Hook → Low Kick → Split Drop → Pivot  
- Use split drop as part of rhythm break or exit  
- Add shoot step under coach cue (1x per round minimum)  
- 2 sets x 2-min mirrored round using full chain  
- 1 min rest and review cues

### 0:40–0:55 – Ground Recovery Chain

- Flow: Sprawl → Base Up → L-Step → Jab → Hook → Pivot  
- Add mirrored version for both leads  
- Teach: Knee Shield → Shrimp → Post to Stand → Low Kick recovery  
- 2 rounds of 5 reps per side  
- Visualise takedown recovery and re-entry into combo

### 0:55–1:00 – Reset & Visualisation

- Diaphragmatic breathing in stance (2 mins)  
- Instructor prompts: "What angle did you control today?"  
- Visualise both mirrored flows under fatigue  
- Optional: record final 1-min round for student self-review