**High Intensity Interval Training**

Some ideas below for HIIT drills. Most done for 2 minutes, where ‘double’ is in the description both players take turns to do the technique, otherwise one player does the exercise for 2 minutes.

Take 1 minute rest after each one (you’ll need it!)

hiit drill 1 (Paul)
1. side step squats 2mins
2. tsugi-ashi 2mins
3. tsugi-ashi & tai-sabaki 2mins
4. squat - tori pulls uke to feet 2mins
5. double uchi-komi ippon seoi-nage 2mins
6. double uchi-komi o-soto-gari 2mins
7. side step squats 2mins

hiit drill 2 (Paul)
1. double uchi-komi ippon-seoi 2mins
2. double uchi-komi ko-uchi-gari 2mins
3. double uchi-komi harai-goshi 2mins
4. double uchi-komi pull round o-uchi-gari 2mins
5. double uchi-komi tai-otoshi 2mins
6. double uchi-komi drop ippon-seoi (uke will grab tori’s belt and lift him back up after drop) 2mins
7. double uchi-komi o-soto-gari 2mins

hiit drill 3 (Paul)
1. kumi-kata (grip fighting) 2mins – double obviously
2. double uchi-komi ippon-seoi 2mins
3. double uchi-komi tai-otoshi 2mins
4. juji roll1 (Yatskevich) - double
5. juji roll1 w/esc juji roll - double
6. juji roll1 - stack - juji roll to escape - double

7. kumi-kata (grip fighting) 2mins

hiit drill 4 (Paul)

1. tsugi-ashi & tai-sabaki 2mins (double)

2. uchi-komi on the move 2 mins (double)

3. squat - tori pulls uke to feet 2mins (double)
4. drop seoi-nage countered by rolling strangle
5. kumi-kata (grip fighting) 2mins

6. juji roll1 (Yatskevich), into hold, roll again 2mins (1min rest) +2mins - double

7. nage-komi crash mat 2mins (1min rest) +2mins - double

hiit drill 5 (Graham)

1. kumi-kata (grip fighting) 2mins

2. juji roll1 (Yatskevich), into hold, roll again 2mins (1min rest) +2mins - double

3. uchi-komi on the move 2 mins (double)

4. 5 turn-ins, throwing onto crash mat on 5th, tori sprints to end of mat and back, and then change over...and repeat

5. O-uchi-gari, pull round circular step, throw uke, lift uke up and alternate

6. O-kuri-ashi-barai, pull round circular step, throw uke, lift uke up and alternate

7. Every other throwing onto crash mats

hiit drill 6 (Chris C.)
1.  jog across mat and turn in for forward throw (double)

2. o-uchi-gari to tai-otoshi (double)

3. forward throw x 3 (being held up by 2 others) – power uchikomi, switch after each turn

4. newaza - shoulder roll to kesagatame; escape to kesagatame; bridge and push off to defend (double)

5. haraigoshi attack; urinage "bump" to defend (double)

6. uchi mata attack; o-goshi defence (double)

7. de ashi barai (double)

Hiit drill 7 (Julian)

(Each person performs specified technique for 2 mins, then after 1 min rest other person does it)

Osoto-gari (LH)

Uki-goshi (RH)

O-goshi (RH)

Ippon-seoi (LH)

Ko-uchi-gari (RH)

Ko-uchi-mata-makikomi (RH)

Tai-otoshi (LH)

Hiit drill 8 (Julian)

1.Shuttle run 10 pressups – 10 situps, 9, 8 etc.

2. Kumi-kata

3.Eri-seoi-nage

4. Kata-sode-tai-otoshi

5.Juji-gatame rolls

6.Juji-gatame into English holddown

7. Kumi-kata

Hiit drill 9 (Graham)

1. Solo exercise – o-kuri-ashi-barai L&R

2. Uchi-komi Seoi-nage, push yourself back, pressure down, step forward and lift

3. Solo exercise, ko-uchi-gari L&R

4. Uchi-komi Seoi-nage, left and right turns from the same grip

5. Seoi-nage, turn in and then jack partner up onto your back

6. Drop seoi-nage countered by kata-ha-jime

7. Morote-gari crash mat line up

Hiit drill 10 (Graham/Chris C./Julian/Chris K./Paul)

1. Partner on all fours, double lapel grip, stay behind belt roll uke one way, keep grip, roll back, then the other side, repeat

2. Turnover from squatting position, cross grip to Fallon turnover

3. hold down for 20 secs, trying to escape, and change over, for 2 mins

4. 10 turn ins (flat out) each, jog across mat and repeat for 2 mins

5. Kashiwazaki turn overs

6. Pyramid exercises pushups/situps/squat thrusts 10,9,8,7…

7. Juji-gatame from guard

8. uke crawls through tori’s legs, as they come through tori performs juji roll (alternate)

HIIT Drill 11 (Paul)

1. Uke flip overs (Ippon-seoi) – uke falls forward, tori turns in low so uke goes over the top –repeat one person for 1 minute then change
2. Combination – ko-uchi-gari to Ippon-seoi-nage
3. Combination – O-uchi-gari to O-soto-gari
4. Combination – Ippon-seoi-nage to Ko-uchi-mata-makikomi
5. Nage-komi crash mat – double
6. Uke on their back, flip to side & follow up San-gaku roll - double
7. Uke on their back, flip to side & follow up Juji-gatame roll – double
8. Kumi-kata (grip fighting)

HIIT Drill 12 (Chris K.)

1. Uchikomi – 10 reps, build up speed and power – double
2. O goshi – o-goshi hip counters
3. One attacks, one defends **X2**
4. Kumi-kata, take turns to do turn in
5. Tori on all fours, uke reaches over, tori spins through to osaekomi **X2**
6. Osaekomi switching holds, uke 50% resistance **X2**
7. Osaekomi – uke escapes Double
8. 4 reps + throw – crash mat

HIIT Drill 13 (Graham)

1. Double uchikomi, seoinage, tori attacks, uke blocks, steps over and become tori. X1

2. Single uchikomi, O Soto Gari, extra detail, uke to begin to resist to make tori work progressively harder. X2

3. Kumikata X1

4. Crash mat Nagekomi, tori attacks with Taiotoshi, uke counters with Ko Soto Gake. X2

5. Double Kuzure Kesa Gatame, hold, escape, no resistance to progressively increase X1

6. Fallon turnover from Squat position, single X2

7. Double turnovers scissor leg sweep, alternate X1

Total 10 plus Winston

HIIT Drill 14 (Paul)

1. Tsugi-ashi – hands up and out **X2**
2. Double Tai-otoshi – hands, turn w/leg contact **X1**
3. Double Nage-komi – tai-otoshi w/crash mat **X2**
4. Double Uchi-komi – tai-otoshi – moving back/right/left & throw **X1**
5. Uchi-komi – O-soto-gari – moving backwards, moving forwards **X2**
6. Uchi-komi – O-uchi-gari – moving backwards, moving forwards circle left & circle right **X2**
7. Spinning juji-gatame **X2**
8. Winstons x 10

HIIT Drill 15 (Chris C.)

1.  footsweep (de-ashi-bari to side) - alternate x 2;

2.  harai goshi from same entry as above - alternate x 2;

3. alternate footsweep and harai from same entry (faking the footsweep for the harai) with throwing - alternate x 2;

4.  harai to crashmats -alternate x 2;

5. jugi rolls - alternate x 2

6. urinage counter to harai - on crashmats naturally... x2;

7. O-soto-gari attack, uke blocks, tori then switches to harai-maki-komi - on crash mats ..x2

8. winstons.

HIIT Drill 16

1 2mins each Osoto Guruma

1. 2 2 mins each LH uchi mata
2. 3 2 mins tori goes for ogoshi gets countered by ogoshi
3. 4 2 mins Okuri ashi Barai up and down mat
4. 5 Crash mat ken ken osoto gari 2mins
5. 6 crash mat ko uchi into tai otoshi 2min
6. 7 2mins  Kata guruma carries one carries down other carries back
7. 8 2mins  fallon turnovers
8. 9 2 mins of high intensity kumi kata
9. 10 finish with 3 Man Uchi komi Ko Uchi Gari 2 mins each.

HIIT Drill 17

Newaza drills –

1. turn over/strangle/armlock /leg trap, lift partner off + arm strangle/free leg same side(knee to floor)
2. Juji roll/leg trapped to traneaux entry for juji/strangle/leg trap lift partner off + switch to opp side and free leg
3. Drop seoi – avoid and attack sangaku-gatame
4. Drop seoi – avoid & attack juji-gatame
5. Newaza randori
6. Newaza randori
7. Kumi=-kata
8. Nage-komi
9. Nage-komi
10. Randori
11. Randori
12. Randori etc.

HIIT Drill 18

1. Turn over to Shime-waza
2. Kansetsu-waza – spinning attack,uke defends, spin thru to roll
3. Kansetsu-waza – spinning attack,uke defends, spin thru to roll
4. Uchi-komi on the move
5. Uchi-komi on the move
6. Newaza randori
7. Newaza randori
8. Kumi-kata
9. Nage-komi
10. Nage-komi
11. Randori
12. Randori
13. Randori etc.