

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. juji 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.

HIIT Drill 19

1. Uke on all fours, turn to newaza osaekomi/shimewaza/kansetsu waza
2. Uke on all fours, turn to newaza osaekomi/shimewaza/kansetsu waza
3. Newaza randori
4. Newaza randori
5. Kumi-kata
6. Kumi-kata
7. Tsugi-ashi & tai-sabaki
8. Tsugi-ashi & tai-sabaki
9. Nage-komi
10. Nage-komi
11. Randori
12. Randori
13. Randori

HIIT Drill 20

1. Uke in turtle, legs + arm in & half nelson turn
2. Uke in turtle, legs + arm in & half nelson turn
3. Uke in turtle, legs + arm in, uke pulls arm in, arm lever turn to kami-shiho
4. Uke in turtle, legs + arm in, uke pulls arm in, arm lever turn to kami-shiho
5. Uke in turtle, legs + arm in, as above but uke comes up – san-gaku-jime
6. Uke in turtle, legs + arm in, as above but uke comes up – san-gaku-jime
7. Uchi-komi on the move (alternate)
8. Uchi-komi on the move (alternate)
9. Nage-komi
10. Nage-komi
11. Randori
12. Randori
13. Randori

HIIT Drill 21

1. Okuri ashi barai, alternate attacks, both same side
2. Repeat, opposite sides

3. Alternate O ouchi gari, pull round, controlled throw, pick up
4. Repeat opposite sides
5. Double attack hip throw, O goshi, followed by Uke goshi, alternate
6. Repeat Opposite sides
7. Solo Laats kata guruma, Nash variation, grip bottom of opened jacket, across front of ukes leg
8. Partners turn - Solo Laats kata guruma, Nash variation, grip bottom of opened jacket, across front of ukes leg
9. Fallon turnover
10. Repeat other partner - Fallon turnover
11. Juji gatame rolls
12. Repeat other partner - Juji gatame rolls
13. Gyaku jui jime (fingers in) uke on back, tori applies straddling roles underneath to apply, rolls back up together; left then right sides.
14. Repeat other partner - Gyaku jui jime (fingers in) uke on back, tori applies straddling roles underneath to apply, rolls back up together; left then right sides.

HIIT Drill 22

1. Juji-gatame rolls
2. Juji-gatame rolls
3. Sasae-tsuri-komi-ashi (feint o-soto)
4. Sasae-tsuri-komi-ashi (feint o-soto)
5. Tomoe-nage, support partner's weight – leg press
6. Tomoe-nage, support partner's weight – leg press
7. Seoi-nage flip overs (uke leans forward, tori turns in low for seoi-nage) – alternate
8. Nage-komi w/crash mat – Harai-goshi
9. Nage-komi w/crash mat – Harai-goshi
10. Nage-komi w/crash mat – Uchi-mata
11. Nage-komi w/crash mat – Uchi-mata
12. Randori
13. Randori etc.

HIIT Drill 23

1. Adams turn to osaekomi (squeeze w/legs, over grab belt, kick off w/leg)
2. Adams turn to osaekomi (squeeze w/legs, over grab belt, kick off w/leg)
3. Adams turn, switch to Juji-gatame
4. Adams turn, switch to Juji-gatame
5. Juji rolls – let uke up and repeat
6. Juji rolls – let uke up and repeat
7. Push-Pull Ippon Seoi-nage
8. Push-Pull Ippon Seoi-nage
9. Push-Pull Tai-otoshi (uke grips lapel, tori uses inside grip on lapel)
10. Push-Pull Tai-otoshi (uke grips lapel, tori uses inside grip on lapel)
11. Nage-komi w/crash mats
12. Nage-komi w/crash mats
13. Randori
14. Randori

HIIT Drill 24

1. Newaza escape sequence – kesa – esc – ushiro kesa – esc – yoko shiho – esc – kami shiho
2. Newaza escape sequence – kesa – esc – ushiro kesa – esc – yoko shiho – esc – kami shiho
3. Juji roll – let uke up (release head) – roll again
4. Juji roll – let uke up (release head) – roll again
5. Tsugi-ashi
6. Tsugi-ashi
7. O-uchi-gari w/crash mat
8. O-uchi-gari w/crash mat
9. Nage-komi
10. Nage-komi

HIIT Drill 25

1. Spinning Juji
2. Spinning Juji
3. Juji roll – let uke up (release head) – roll again
4. Juji roll – let uke up (release head) – roll again
5. Tai-otoshi (uke walking backwards) – develops explosive entry + pull
6. Tai-otoshi (uke walking backwards) – develops explosive entry + pull
7. One handed tai-otoshi (same side stance)
8. One handed tai-otoshi (same side stance)
9. Nage-komi
10. Nage-komi

HIIT Drill 26

1. Crocodile roll
2. Rolling o-kuri-eri-jime/face down
3. Juji-roll to mount, roll again as uke tries to escape
4. Juji-roll to mount, roll again as uke tries to escape
5. Kumi-kata
6. Kumi-kata
7. Moving uchi-komi plus nage-komi
8. Moving uchi-komi plus nage-komi
9. Nage-komi w/crash mats
10. Nage-komi w/crash mats

HIIT Drill 27

1. Akimoto roll (alternate)
2. Akimoto roll to the side (alternate)
3. Iaskevitch roll, release & spinning entry (Adams)
4. Iaskevitch roll, release & spinning entry (Adams)
5. Kumi-kata
6. Kumi-kata
7. Moving uchi-komi plus nage-komi
8. Moving uchi-komi plus nage-komi
9. Nage-komi w/crash mats
10. Nage-komi w/crash mats

HIIT Drill 28

1. Juji-gatame rolling entry
2. Juji-gatame rolling entry
3. Kumi-kata
4. Kumi-kata
5. O-uchi-gari
6. O-uchi-gari
7. O-soto-gari
8. O-soto-gari
9. O-uchi to O-soto combination
10. O-uchi to O-soto combination
11. Nage-komi w/crash mats

HIIT Drill 29

1. Juji-gatame entries – continuous e.g. yaskevitch, let uke up, spinning entry, uke defends, pull hold down, uke escapes, yaskevitch, switch to mount, uke escapes, yaskevitch roll/sit back entry
2. Juji-gatame entries – continuous
3. Bischof roll
4. Bischof roll
5. Ippon-seoinage uchikomi on the move
6. Ippon-seoinage uchikomi on the move
7. Uchi-komi on the move – any technique
8. Uchi-komi on the move – any technique
9. Nage-komi w/ crash mats
10. Nage-komi w/ crash mats

HIIT Drill 30

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

HIIT Drill 31

1. Bischoff Roll - alternate
2. Juji-gatame roll (yaskevitch)– alternate
3. Adams roll to Traineau – alternate
4. Adams entry to juji-gatame - alternate
5. Kumi-kata
6. Kumi-kata
7. Uchi-komi on the move – any technique
8. Uchi-komi on the move – any technique
9. Nage-komi w/ crash mats
10. Nage-komi w/ crash mats

HIIT Drill 32

1. Bischoff Roll – alternate
2. Juji-gatame roll (yaskevitch) – alternate
3. Spinning juji
4. Spinning juji
5. Ashi-waza – okuri-ashi-harai/de-ashi-harai
6. Ashi-waza – okuri-ashi-harai/de-ashi-harai
7. Uchi-komi on the move – any technique
8. Uchi-komi on the move – any technique
9. Nage-komi w/ crash mats
10. Nage-komi w/ crash mats

HIIT Drill 33 – warm up include juji and grip break

1. Juji-gatame (trautmann) – lift make space, insert leg, can sangaku leg to help control
2. Juji-gatame (trautmann) – contd – use leg on back of neck (scissors action)
3. Juji-gatame (trautmann), uke flattens to resist roll, tori uses leg and hooked foot to bring him close and turn in circle whilst grabbing legs
4. Juji-gatame (trautmann), uke flattens to resist roll, tori uses leg and hooked foot to bring him close and turn in circle whilst grabbing legs
5. Juji-gatame (trautmann), uke defends so no space, use knee open gap, insert hand to knee and use other hand to get arm in deep
6. Juji-gatame (trautmann), uke defends so no space, use knee open gap, insert hand to knee and use other hand to get arm in deep
7. Uchi-komi on the move – any technique
8. Uchi-komi on the move – any technique
9. Nage-komi w/ crash mats
10. Nage-komi w/ crash mats

HIIT Drill 34

1. Squat, push – uke goes on front and tori attacks Bischoff/Sangaku etc.
2. Squat, push – uke goes on front and tori attacks Bischoff/Sangaku etc.
3. Juji-gatame (trautmann), uke defends so no space, use knee open gap, insert hand to knee and use other hand to get arm in deep
4. Juji-gatame (trautmann), uke defends so no space, use knee open gap, insert hand to knee and use other hand to get arm in deep
5. Ne-waza randori – one attacks/one defends 50%
6. Ne-waza randori – one attacks/one defends 50%
7. Uchikomi on the move – 5x entries then change
8. Uchikomi on the move – 5x entries then change
9. Nage-komi w/ crash mats
10. Nage-komi w/ crash mats

HIIT Drill 35

1. Juji to hold to juji
2. Juji to hold to juji
3. 80% uchikomi O-Soto
4. 80% uchikomi O-Soto
5. 80% uchikomi Seoi-nage
6. 80% uchikomi Seoi-nage
7. 80% uchikomi Harai-goshi

8. 80% uchikomi Harai-goshi
9. Nage-komi
10. Nage-komi

HIIT Drill 36

1. Juji to hold
2. Juji to hold
3. Bischoff roll
4. Bischoff roll
5. 80% uchikomi Harai-goshi
6. 80% uchikomi Harai-goshi
7. Uchikomi on the move – 5x entries then change
8. Uchikomi on the move – 5x entries then change
9. Nage-komi
10. Nage-komi

HIIT Drill 37

1. Double uchi-komi – Ippon seoinage (L & R)
2. Bischoff Roll - alternate
3. 10 turn ins (flat out) each, jog across mat and repeat for 2 mins
4. Spinning Juji
5. Spinning Juji
6. 10 turn ins (flat out) each, jog across mat and repeat for 2 mins
7. San-gaku arm lever roll - alternate
8. Juji-gatame (trautmann), uke defends so no space, use knee open gap, insert hand to knee and use other hand to get arm in deep
9. Juji-gatame (trautmann), uke defends so no space, use knee open gap, insert hand to knee and use other hand to get arm in deep
10. 10 turn ins (flat out) each, jog across mat and repeat for 2 mins
11. One attack, one defends 40% effort
12. One attack, one defends 40% effort

HIIT Drill 38

1. Newaza – attack & defend 40%
2. Newaza – attack & defend 40%
3. Juji rolls
4. Juji rolls
5. 80% seoi-nage
6. 80% seoi-nage
7. 80% harai
8. 80% harai-goshi
9. 80% Osoto-gari
10. 80% Osoto-gari

HIIT Drill 39

1. Kumi-kata
2. Kumi-kata
3. Seoi-nage
4. Seoi-nage
5. Tai-otoshi
6. Tai-otoshi
7. Adams' turns => juji/shimewaza/osaekomi-waza
8. Adams' turns => juji/shimewaza/osaekomi-waza
9. Nage-komi
10. Nage-komi

HIIT Drill 40

1. Tsugi-ashi
2. Tsugi-ashi
3. Ko-uchi-gari uchikomi
4. Ko-uchi-gari uchikomi
5. Ko-uchi-gari nage-komi
6. Ko-uchi-gari nage-komi
7. O-uchi-gari uchikomi
8. O-uchi-gari uchikomi
9. O-uchi-gari nage-komi
10. O-uchi-gari nage-komi

HIIT Drill 41

1. Ne-waza turn overs (alternate)
2. Ne-waza turn overs (alternate)
3. Osaekomi-waza
4. Osaekomi-waza
5. Juji-gatame rolls
6. Juji-gatame rolls
7. Uchikomi tachi-waza
8. Uchikomi tachi-waza
9. Nage-komi
10. Nage-komi