



The Institute of Human Performance

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Circuit Training for Gi Grappling

\$ 39.95

"Rhadi Ferguson and JC Santana prove that they are the pioneers in the industry by bringing applicable grappling techniques together with proven functional strength training methods"

In the S.A.I.D. training DVD, Rhadi Ferguson and JC Santana prove that they are the pioneers in the industry by bringing applicable grappling techniques together with proven functional strength training methods. Their scientific and professional approach provides a comprehensive strength and conditioning program that is sure to improve every grapplers fitness, no matter their level. Watching the S.A.I..D. training DVD reconfirmed to me that you are never too old to learn something new. I plan to incorporate some of the techniques and methodology into my students programs at Pedro's Judo Center in Wakefield, MA. **I would recommend this DVD to all coaches, grapplers, and parents looking to gain a competitive advantage.**

Jimmy Pedro

1999 World Judo Champion

4-Time Olympian

2-Time Olympic Bronze Medalist (1996, 2004)

"I Did The Workout for One Week. I Could Immediately See A Change In My Cardio and Movements."

This is what Joey Dillon said after discovering the power of the *Circuit Training for Gi Grappling* DVD. His testimonial is below....

"I am a firm believer in giving credit where it is due. I am "average Joe" who is 36 years old and gets to train 3 or 4 times a week in grappling. I have a small son and have to stay home to watch him the other times. I was looking for a home workout that would complement my grappling workout and keep my grappling workout up to speed. I was hesitant in ordering any type of DVD workout with what it might require. **I actually emailed Rhadi and he called me back within 10 minutes. I asked him if the *Circuit Training for Gi Grappling* could be done alone and at home. He informed me that if I purchased the DVD and a JC exercise band that any exercise I could not do, to call him personally and he would give me an alternative one.**

THIS SOLD ME IMMEDIATELY!

I did the workout for 1 week. I could immediately see a change in my cardio and movements. This DVD is the absolute truth! The workout I did at home took about 12 to 20 minutes and I was exhausted.

I would highly recommend this program for anyone who is looking to step up his game and seems to get tired during his matches and seems to lose on being tired and not on technique. I am just someone who got tired of being tired and found something that could change that and was specific toward my goals. I would tell anyone who wants specific exercises for grappling and wants to increase longevity for matches to buy this product. The days of long-distance running and 30 minutes on the StairMaster are over. Rhadi and JC have totally changed my thinking on workouts and have made me a believer in their products and knowledge.

Joey Dillon

BJJ/Submission Grappling Student

"The production of this DVD is fantastic from packaging to content production, especially compared to other material that is out there. Also, the customer service end of this company is amazing so don't worry about waiting forever to get your materials or never hearing from them - they quickly answer every email sent to them.

This material consists of the following sections:

- Ground/Newaza Circuit
- Standing/Tachiwaza Circuit
- Metabolic Circuit
- Fit Moves Style Circuit
- Bonus exercises
- Conclusion

I really like this DVD and find the various circuits to be very good in relation to training jacket wrestling of any type. I won't go into the details of each of the exercises or the methods and designs of the programs as I feel you should purchase the DVD to find that out. This is top-notch strength and conditioning for jacket wrestling at its finest! I will be putting this material to use for both myself and students. **I also like that both Rhadi and Juan Carlos go through the circuits "live" to show us that they not only can teach this material but can perform it as well. Great DVD and I will be ordering more from them for sure!**

Bill Cogswell

The Specific Adaptations for Imposed Demands Gi Training DVD is the only one of its kind. It covers conditioning on and off the mat and includes drills and training regimens for the ground and for stand-up gi grappling covering both Judo and Brazilian Jujitsu.

Rhadi and JC have changed the fabric of the grappling community with this genuine and authentic piece of work.

As Rhadi's coach at the Olympic Training Center, I can tell you that he is without a doubt one of the most studious, intelligent, and toughest athletes that I've ever coached.

Eddie Liddie

Head Coach, U.S. Olympic Training Center Judo Team

1984 Olympic Games Bronze Medalist

1990 U.S. Senior National Championships Gold Medalist

1989 National Championships Gold Medalist

1989 U.S. Olympic Festival Gold Medalist

1989 U.S. International Championships Gold Medalist

1990 U.S. Olympic Festival Gold Medalist

Ed Liddie has placed in a record 10 consecutive U.S. Olympic Festivals since 1978.

If I had to choose one word to describe Rhadi it would be excellence. I have known Rhadi for about 3 years now and I admire his approach of always striving for absolute excellence. Whether he is teaching, training, or competing, Rhadi always works with the intention of doing his best. He is a very genuine human being who wants the best not only for himself but also for his students, friends, and family. This has always been a priority of his. Furthermore, he creates an outstanding atmosphere for learning, which can be attributed to his exceptional character and positive attitude.

Renato Tavares

BJJ 3 years Brazilian BJJ Champion

Pan American BJJ Champion

International BJJ Champion

Multiple-time Grapplers Quest Champion

Multiple-time North American Grappling Association (NAGA) Champion

As a weight-cutting athlete, I know that water maintenance and the correct method of cutting weight are always tough to keep. Six weeks before the World Championships in 2005, I was plagued with extreme full-body cramping attacks and weight maintenance problems. I thought I was in shape, but I couldn't figure out the cause of these painfully crippling episodes, and meanwhile they were ruining my training. My first trip down to Florida to meet with JC and Rhadi was an eye-opening experience. They gave me the tools along with the support to curb my cramping completely, and they built my training program to bring my body to levels I didn't know I could take. It took some convincing, but after only 6 weeks of working with Intocombat, I was in the best shape of my life for the World Championships. I had the best cut down to 60 kg I had ever had, along with the quickest recovery. I ended up finishing in ninth place going two and two, but with my performance came hope and potential for the future. The scary part is, I constantly see improvements in my strength and conditioning. **By 2008, with Intocombat on my team, an Olympic medal will be within my grasp.**

Taraje Williams-Murray

2005 World Team Member

2004 Olympian

3-time National Champion

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