



The Institute of Human Performance

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Circuit Training for No-Gi Grappling

\$ 39.95

Intocombat SAID Training for No-Gi Grappling

No-Gi Jujitsu, Luta Livre, and folkstyle, freestyle, Greco-Roman, and submission wrestling dominate the no-gi grappling arts. These arts require strength and power endurance to dominate in the final minutes of competition. However, much controversy exists about the correct way to train for these demanding combat arts. The debate continues over use of weight training to develop combat strength and long runs to develop fighting endurance. JC and Rhadi now put an end to all of the uncertainty by providing the most comprehensive and specific training program for no-gi grapplers. Intocombat brings you the program that has helped some of the world's best grapplers achieve their goals. Look no further, as the next generation of no-gi grappling training is here: ***Intocombat SAID Training for No-Gi Grappling***.

"Gone are the days of running for miles on end, and hitting the weights for 2 hours." - Mikyo Riggs

Testimonials

"As a martial arts practitioner and competitor for 15 years, I thought I had a pretty good idea of how to train athletes. But JC and Rhadi have opened my eyes to the next level of training. Functional training is not just an idea; it's a revolution in the sports industry. Gone are the days of running for miles on end and hitting the weights for 2 hours. I learned how to create and design a training program custom made for any type of athlete. I learned exercises with bodyweights, bands, stability balls, and medicine balls that gave me more functional, or usable, strength than weights ever have. In addition, they helped me build mental skills essential to the elite athlete. They provided me with a compass and map for my training so it has direction and purpose. I now possess a complete tool box of skills to build upon my existing programs and create my own. JC and Rhadi do all this with honesty, integrity, and passion for what they do.

After integrating their training principles I watched my training go through the roof. I implemented the training into my competitive athletes' programs and watched as their conditioning and strength went to a whole new level. My fighters don't get tired, they are stronger than ever, and they are no longer overtrained and beat up. I plan on attending the mentor program and eventually visiting the IHP Training Center in Boca Raton.

What I admire about JC is that he has been in this game for as long as I have been alive and he still brings childlike enthusiasm to the sport. He is open and receptive to new ideas and training methods. He never lost the student mentality and love of learning. Therefore he keeps improving and striving to reach higher. He also understands that the lessons in training can be applied to real life. So the approach is not just a better athlete but a better person. "Swifter, higher, stronger" is the Olympic motto, and you guys embody it. Thank you!"

Mikyo Riggs

<http://www.marinmma.com/>

Owner/Head Instructor Marin MMA

Brown Belt, Ralph Gracie Jiu Jitsu Team

2004 United Gracie Jiu Jitsu Champion

[Vendor Information](#)

Customer Reviews: There are yet no reviews for this product.

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