

# **Knee Clinching Workshop**

**“To introduce you to the complexities off grappling, and to unravel the mysteries off knee clinching...”**

## **Areas covered:**

**Advantage Holds, Knee Techniques, Legal Throws & Basic Footwork.**

## **Whole Body Warm Up**

**- Basic Footwork**

**- Advantage Holds**

**- Knee Techniques**

**- Legal Throws**

**- Freestyle Grappling, 5 \* 3 Min Rounds**

## **Cool Down**

**2 Hours £5.00 – All levels welcome!**

**Certificate of excellence will be awarded to all attendees**

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