

Updated Warm Ups: The Ronin's Companion

How to use this guide: On the following page is a chapter list, you can click on a specific warm ups series or a specific technique flow within a series to navigate to it.

Each warm up series or technique flow within a series will start on a new page. The first page of a technique series will show the flow in full. On the first page of a technique series the person who is drilling techniques will be written in bold black text, while the person responding will have their techniques underneath in italicized red text. For example D2 would be typed like this:

D2: Knee Pummel, M Stance, M1 Pass, Knee on Belly, 2 Belly Skips

Granby Escape from Knee on Belly

Also please note that this is still a work in progress, and that the warm ups may not necessarily be in order to begin with. I will be starting with the ones I am still working on drilling. However eventually the warm ups will be complete and in order.

I have also create a shared Google Drive folder where you can look at the gifs without this document and download them if you wish. Again this will eventually be complete:

(<https://drive.google.com/folderview?id=0B2E4P6iD5173VjJSZWJrTlhwbXc&usp=sharing>)

Also this document can be constantly updated. So if you see mistakes, techniques or part of a series you think needs a gif that doesn't have one or if you have anything to add please comment on the Nibiru thread:

([http://www.10thplanetjj.com/threads/20745-Updated-Warm-Ups-A-Ronin-s-Companion-\(gifs-and-p-Doc\)](http://www.10thplanetjj.com/threads/20745-Updated-Warm-Ups-A-Ronin-s-Companion-(gifs-and-p-Doc)))

Also if you have video of your own custom warm ups series, feel free to post a link in the thread and I can create a "Custom Warm Ups" chapter at the bottom of this document. Bear in mind i'm not overly familiar with the 10th Planet system so please note the names of the techniques you use if you do so.

You can also download a .html of this document here:

(Coming Soon)

WARM UPS SERIES E - ¼ GUARD

E1: (¼ Guard) Mini Stomp, Push, Pull, Lockdown

E2: Knee Slice Pass, Capoeira Pass, ¾ Mount

E3: (¼ Z) Push Through to Perfect Double Underhooks, Boa to Dogfight, Transition to Full Guard with Double Underhooks

E4: (Lockdown) Whip Down, Whip Up, Electric Underhooks, Electric Chair Sub, Electric Chair Sweep, Crush Control, Can Crusher Darce

WARM UPS SERIES E - ¼ GUARD

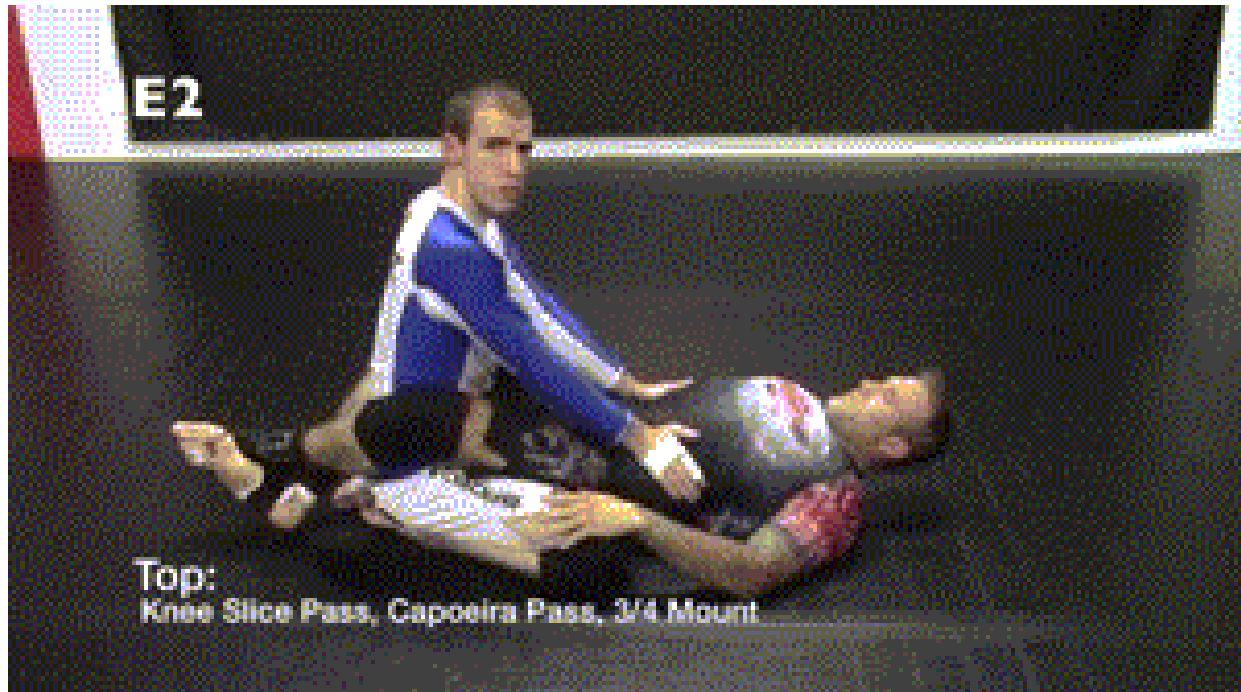


E1: (¼ Guard) Mini Stomp, Push, Pull, Lockdown



E2: Knee Slice Pass, Capoeira Pass, $\frac{3}{4}$ Mount

$\frac{1}{4}$ Shell, Force $\frac{1}{4}$ Guard, $\frac{1}{4}$ Whip, Perfect Double Unders, Boa, Dogfight, Knee Tap to Side Control



E3: (¼ Z) Push Through to Perfect Double Underhooks, Boa to Dogfight, Transition to Full Guard with Double Underhooks



E4: (Lockdown) Whip Down, Whip Up, Electric Underhooks, Electric Chair Sub, Electric Chair Sweep, Crush Control, Can Crusher Darce

