

Training Regimen

READ THESE ONCE. REVIEW IF YOU FORGET

don't have to read them all at once, maybe one per session, or whenever you feel like it.

Sirlin's Playing to Win: <http://www.sirlin.net/ptw>

Maj's footsies handbook: http://sonichurricane.com/?page_id=1702

SF glossary: <http://www.option-select.com/strategy/article/?a=12>

<http://shoryuken.com/2011/11/29/six-psychological-tips-to-help-you-level-up-your-game-faster-part-1/>

<http://shoryuken.com/2011/12/22/six-psychological-tips-to-help-you-level-up-your-game-faster-part-2/>

<http://shoryuken.com/2012/01/16/six-psychological-tips-to-help-you-level-up-your-game-faster-part-3/>

Here's my final word on comprehension; it doesn't matter how tight your execution is. It doesn't matter if you can land one frame links or standing 720s. It doesn't matter if you can pull off the flashiest combos in the world. If you don't know why and how to use the techniques you have mastered, you might as well be mashing. So always ask "why". Why did I do that combo? Why did I get punished for that move? Why did I lose that match? By answering these questions you will simply become a better competitor.

Justin Wong's three short articles on stepping your game up:

<http://www.eventhubs.com/columns/2011/sep/08/step-your-game-chapter-1-training-room/>

<http://www.eventhubs.com/columns/2011/oct/02/step-your-game-chapter-2-hitting-your-targets/>

<http://www.eventhubs.com/columns/2011/nov/20/step-your-game-chapter-3-exposure-pressure/>

<http://www.watchdamatch.com/Articles/SSF4/Strategie-Generale/TRAINING-METHODOLOGY-AND-TOURNAMENT-PREPARATION.html>

http://wiki.shoryuken.com/Super_Street_Fighter_IV_AE/Ryu ← you must know what are your punishable moves, the start up of all of most of your moves (roughly), and what your top 5 most active frame normals are.

DAILY TRAINING

COMBO REPS:

Do each of these 5 times each side without messing up. If you mess up, start that rep over. If a combo is labeled "confirm" and you do more than 2 hits of it, you must start the rep over. Moves that are in italics you must plink. If you mess up the plink, start the rep over. Dummy settings: random block, crouching

walk forward, cr.MK, hadouken || your basic footsie tool

st.hp xx hp shoryuken || your most basic punish

cr.lk cr.lp cr.HP xx HK tatsu || your corner carry bnb confirm.

HP, LP shoryuken, super || your basic super punish

f.HP, LP shoryuken FADC U1 || your focus punish (as a read) or max damage confirm.

cr.lk cr.lp cr.hk, cross up LK tatsu || your okizeme confirm.

cr.lk, cr.lp, cr.mp, EX hadouken FADC U1 || your confirm into ultra 1

SETUPS:

Set the dummy to Fei long and record him standing still for 2 seconds, then mashing ex dragon kick for 2s.. Set it to replay

Do each of these 5 times on each side without getting hit. If you get hit, start that rep over
If your jump in hits, do a confirm. Switch up your confirm as you see fit.

f.Throw, walk back, wait, jump forward MK

b.Throw, walk forward, jump forward MK

sweep, jf HK

sweep, jf HK, option select HK tatsu || set the dummy to backdash mash for 2s, stand 2s

hk air tatsu || set dummy to neutral, go to full screen. do f.HP, then jump forward tatsu

DUMMY PLAY:

vs viper, turn off all meter and ultra gain, set to hardest difficulty

Hold down back, practice auto correct shoryuken.

1. If she jumps at you, you must antiair. Fail and you restart.
2. You can ignore burnkicks, just block them
3. If you antiair high enough to combo into ultra 1 or ex hadouken, do it
4. If you get hit, start the rep over.
5. 10 antiairs and move on.

vs bison, turn off all meter and ultra gain, set to hardest difficulty

Hold down back, practice punishing what he does.

1. If he does a move that is punishable, punish it with the most damage that is possible
2. Otherwise, block
3. Antiair headstomps and jump ins
4. 30 punishes and move on (you can get hit, just get 30ish)

You're done!