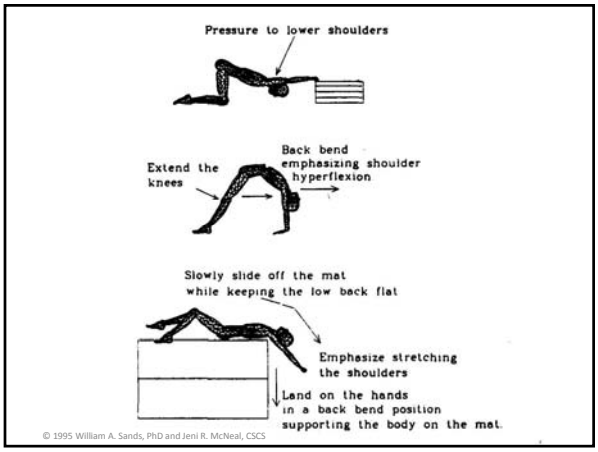
Drills for Kip Skills

Michael A. Taylor
coacht@gym.net



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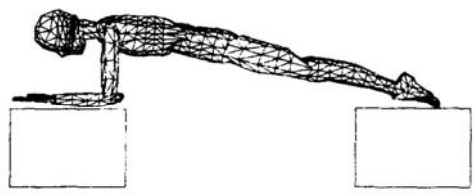

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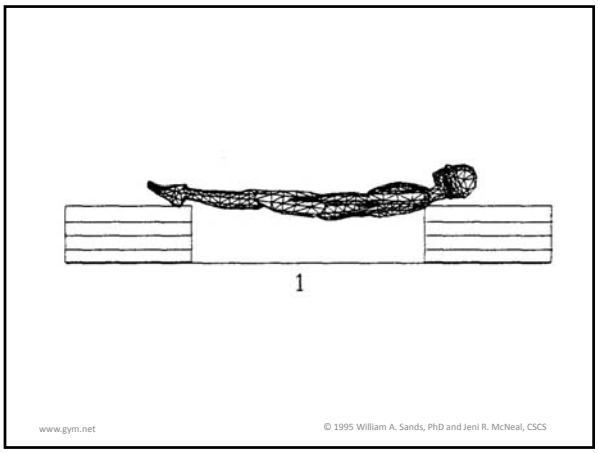
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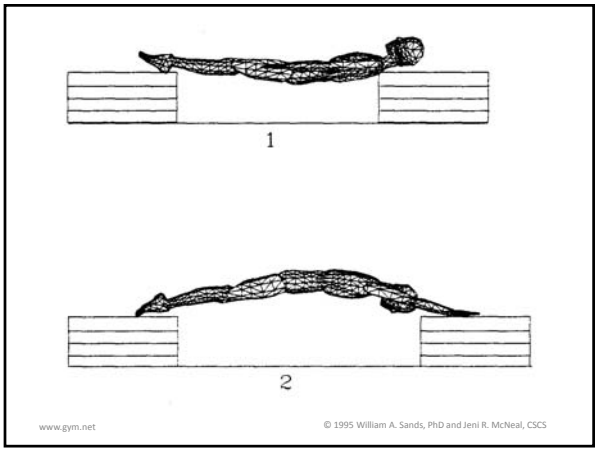
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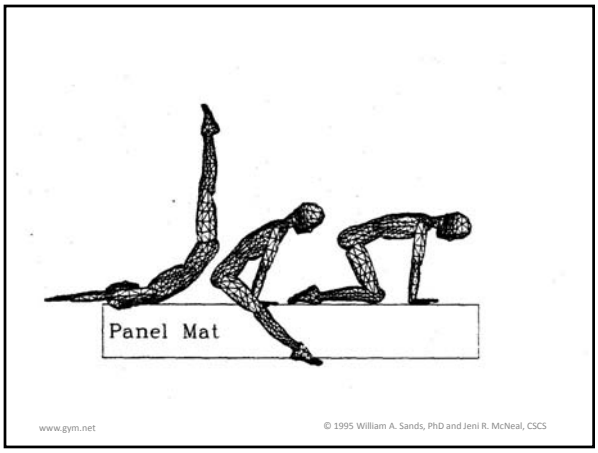
Panel Mat
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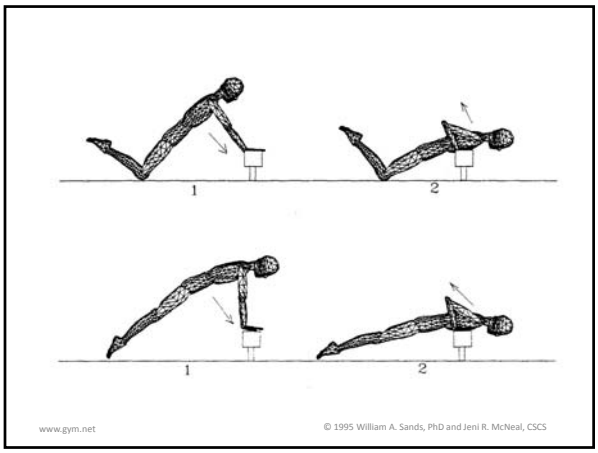
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1
2
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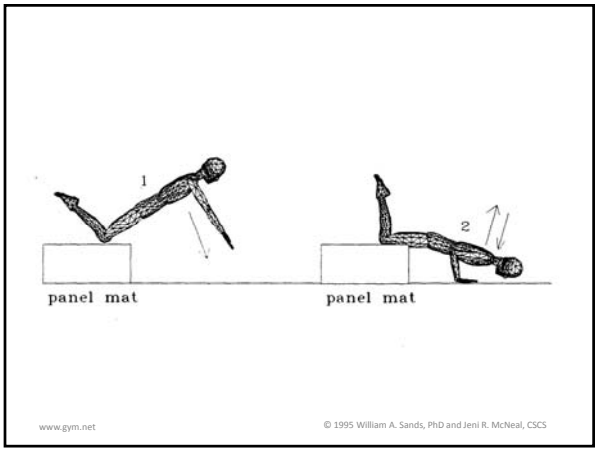
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2
panel mat
panel mat
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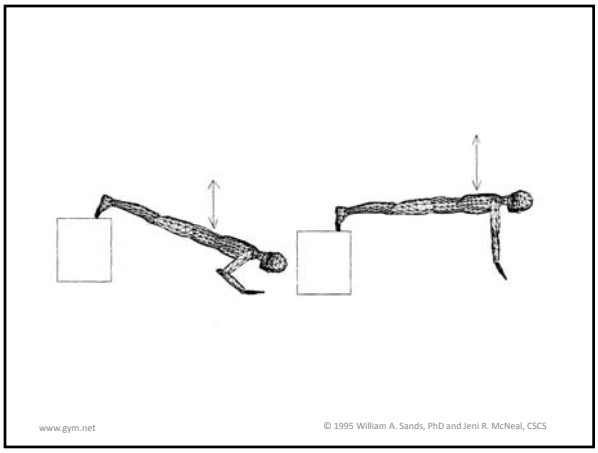
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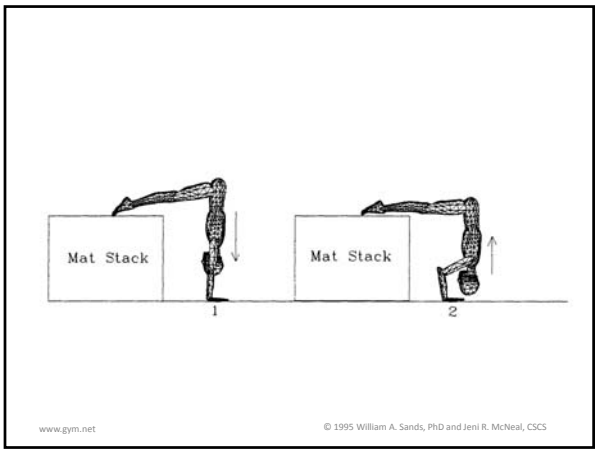
Mat Stack
Mat Stack
1
2
www.gym.net
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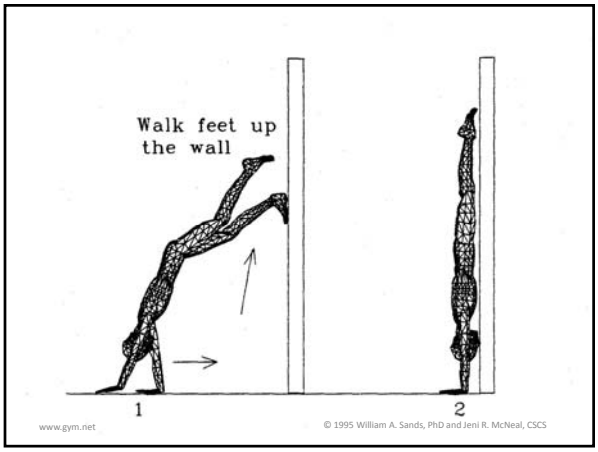
Walk feet up
the wall
1
2
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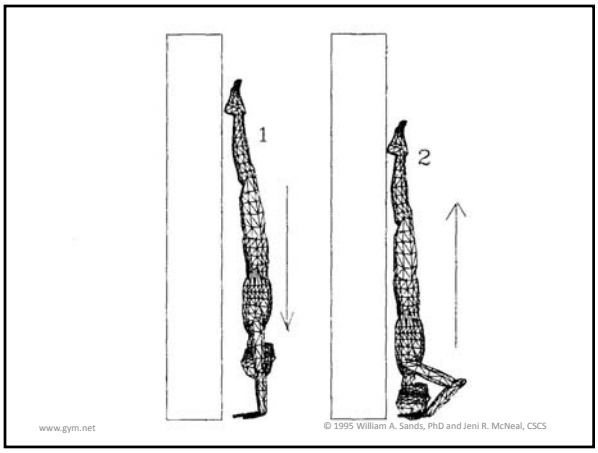
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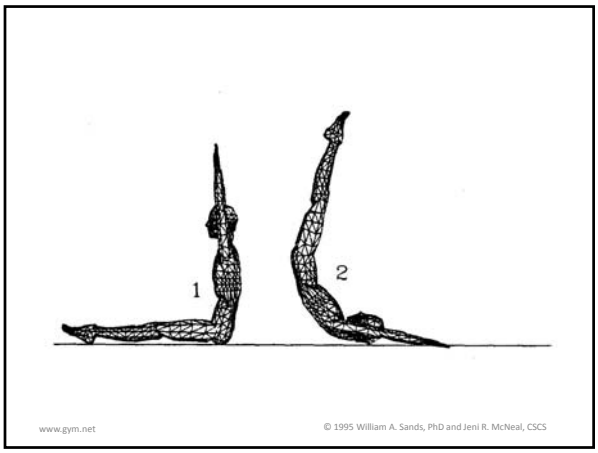
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2
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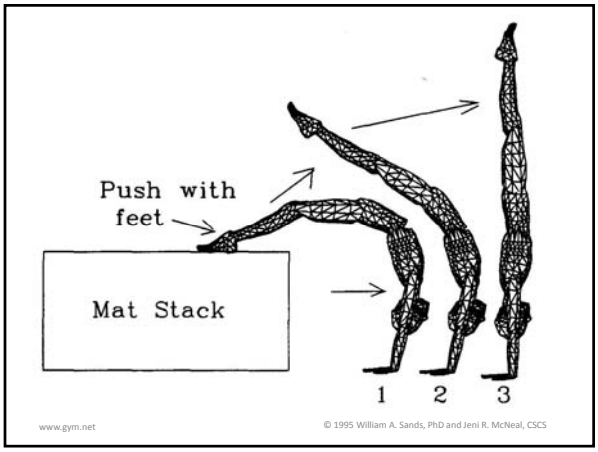
Push with
feet
Mat Stack
1 2 3
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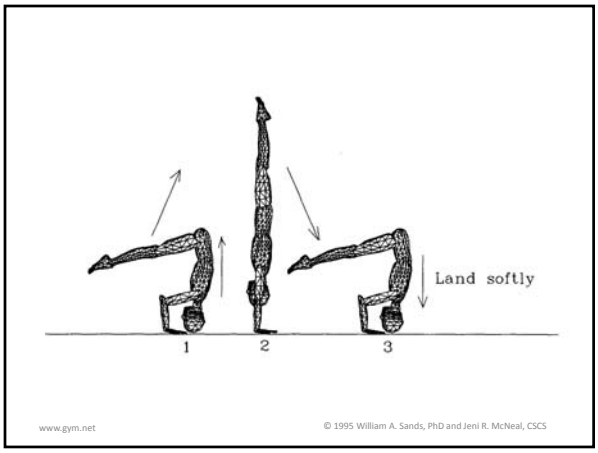
Land softly
1 2 3
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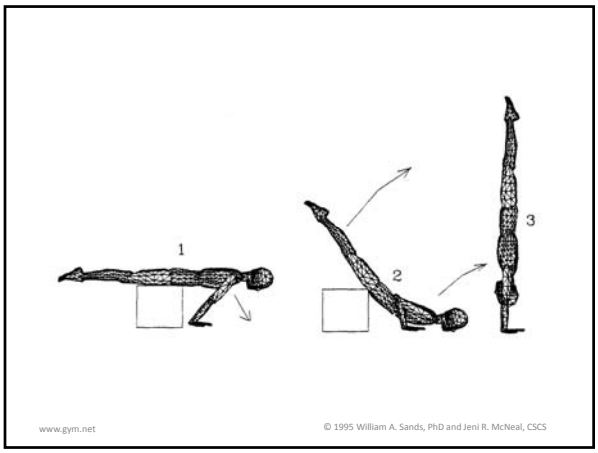
1
2
3
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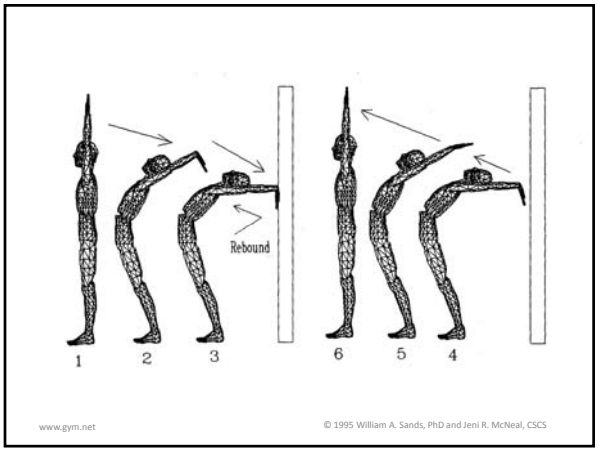
Rebound
1
2
3
6
5
4
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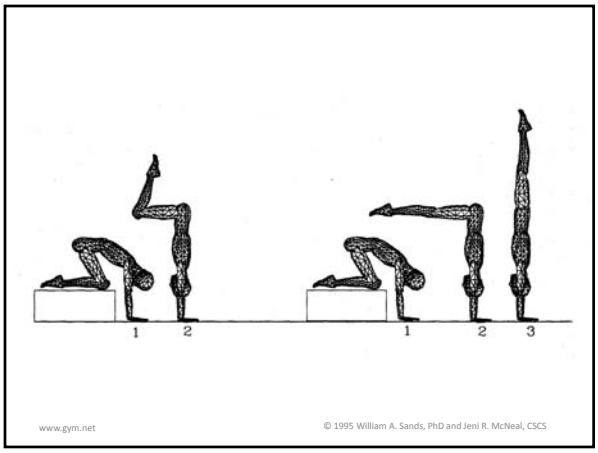
1
2
1
2
3
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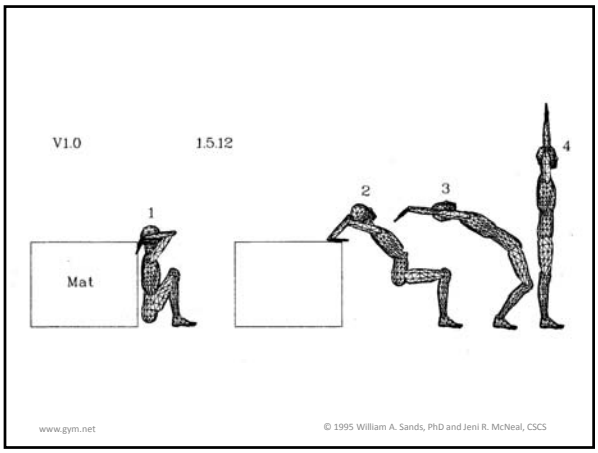
V1.0
1.5.12
1
2
3
4
Mat
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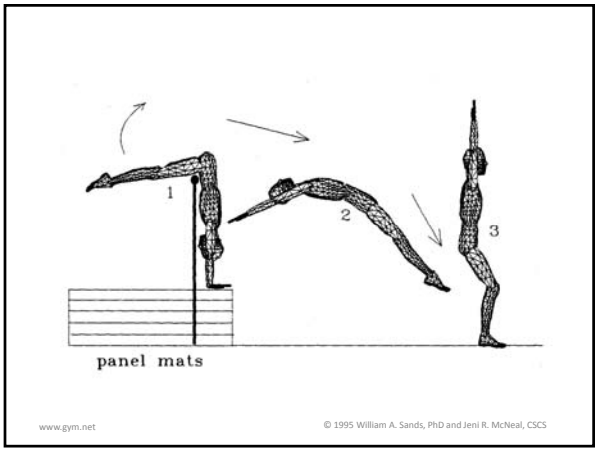
1
2
3
panel mats
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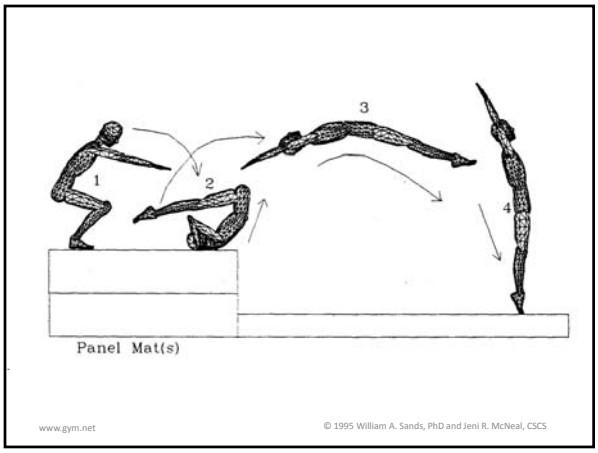
1
2
3
4
Panel Mat(s)
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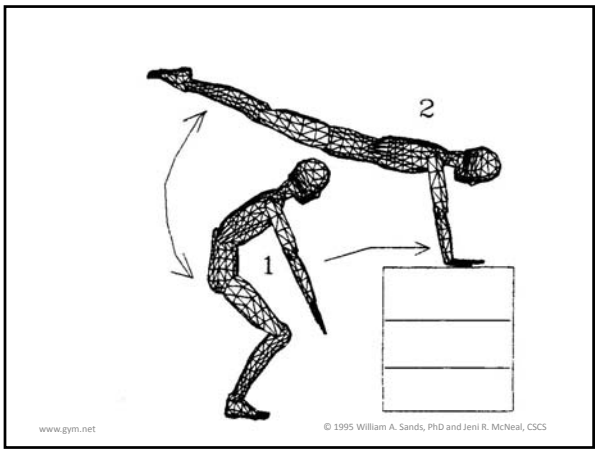
2
1
www.gym.net
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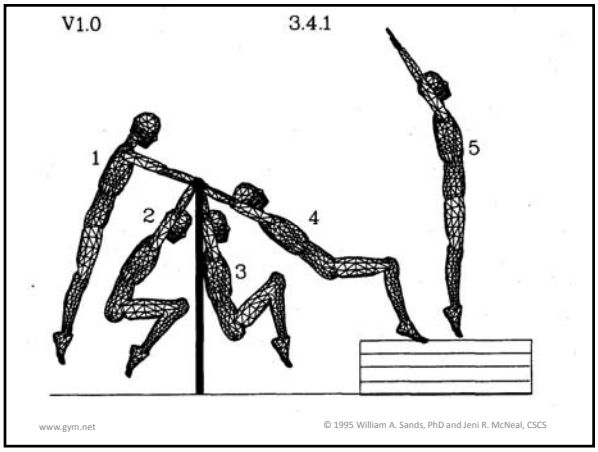
V1.0
3.4.1
1
2
3
4
5
www.gym.net
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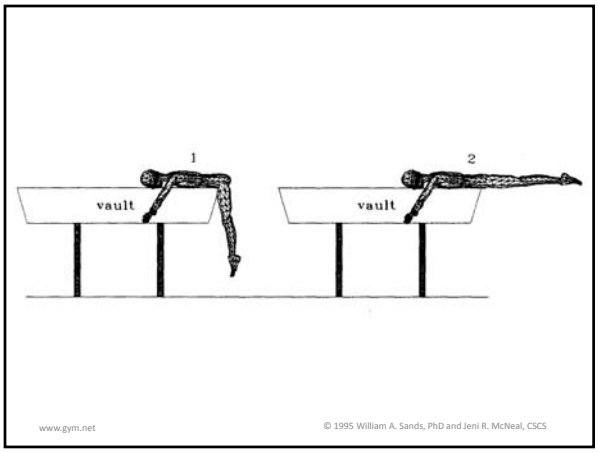
1
2
vault
vault
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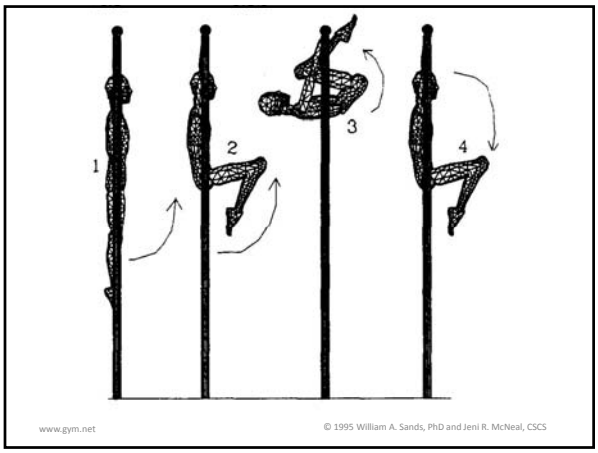
1
2
3
4
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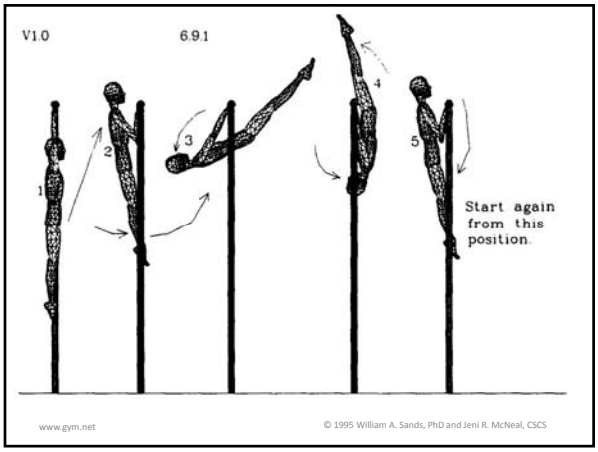
V1.0
6.9.1
1
2
3
4
5
Start again from this position.
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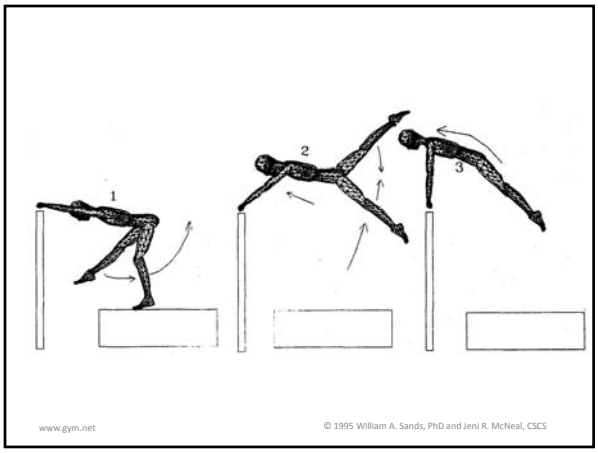
1
2
3
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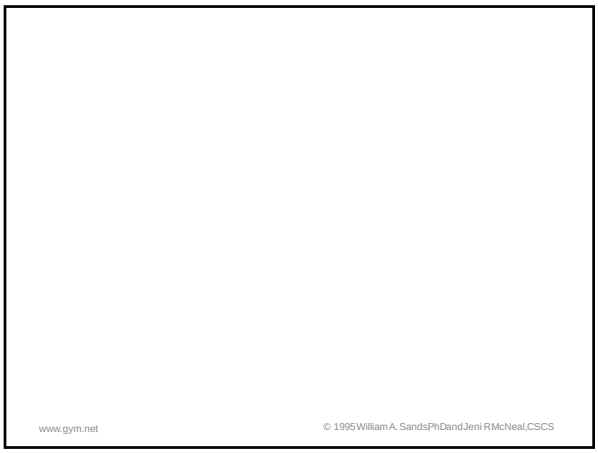
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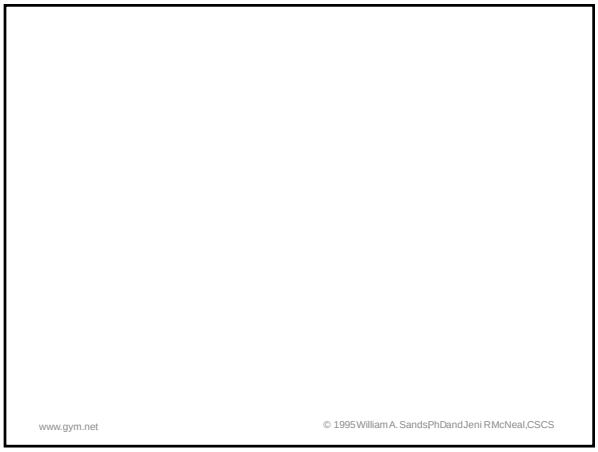
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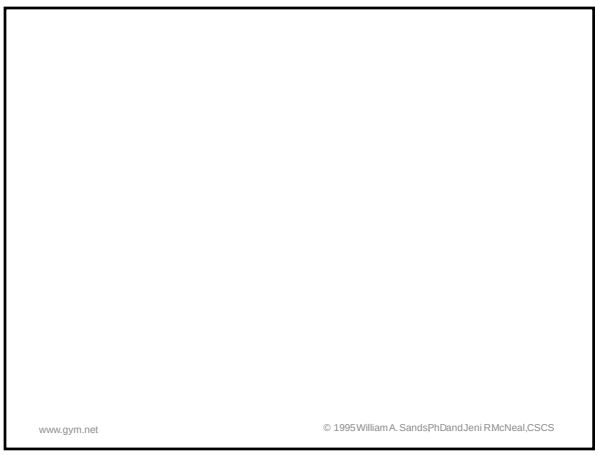
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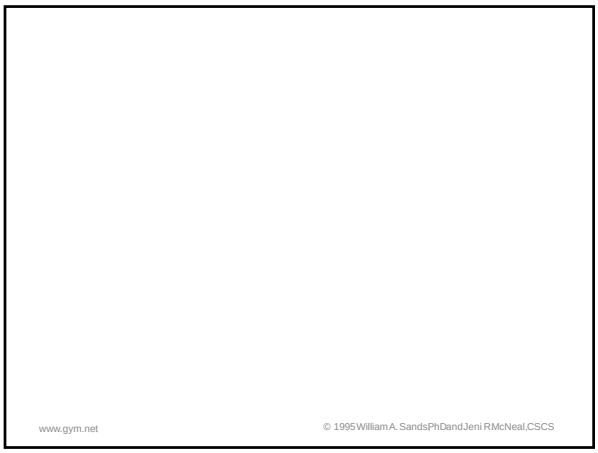
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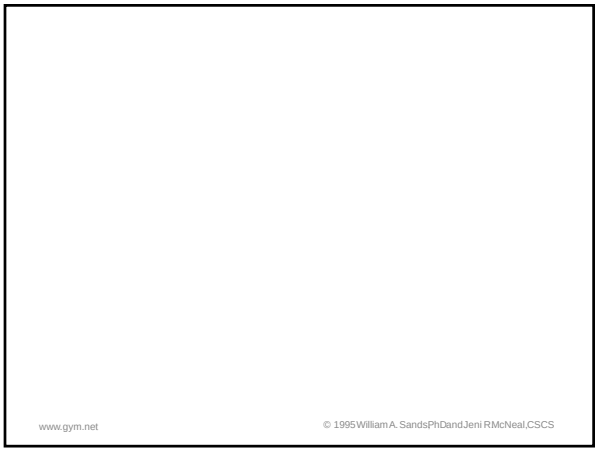
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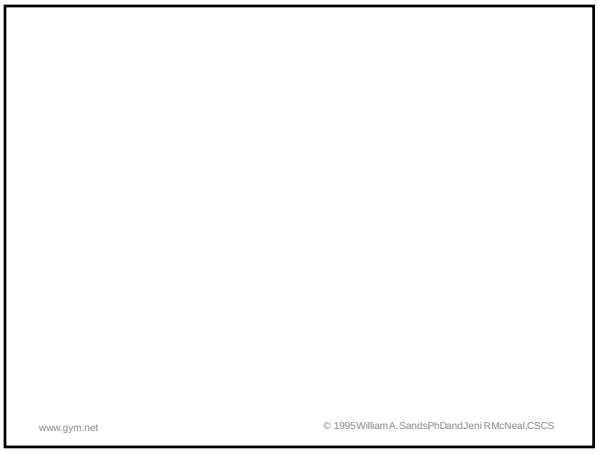
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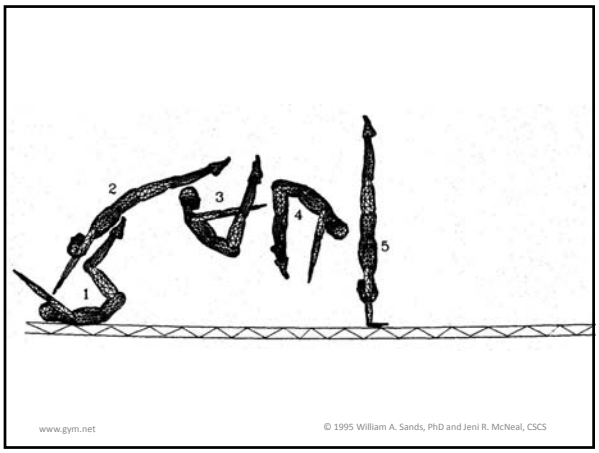
1
2
3
4
5
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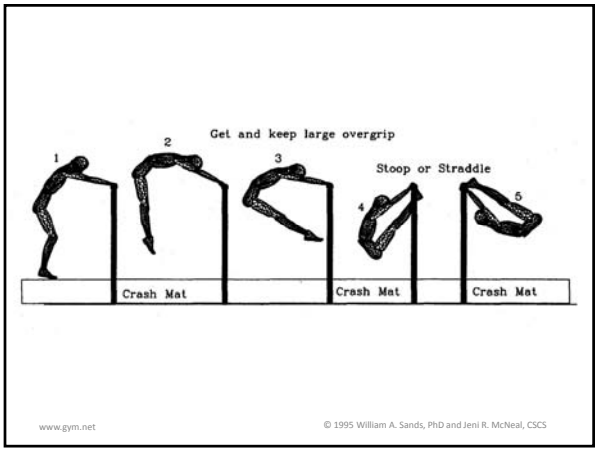
Get and keep large overgrip
Stoop or Straddle
1
2
3
4
5
Crash Mat
Crash Mat
Crash Mat
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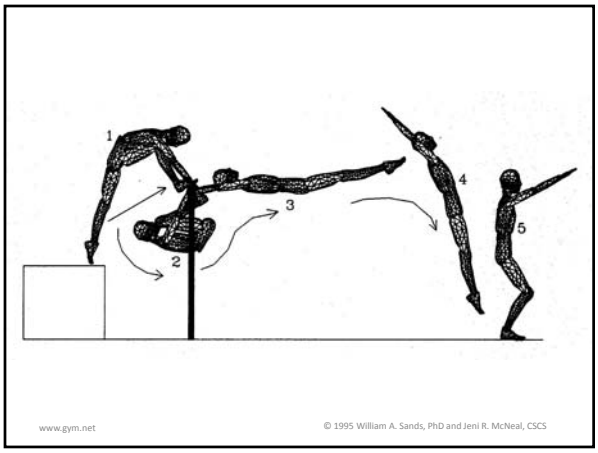
1
2
3
4
5
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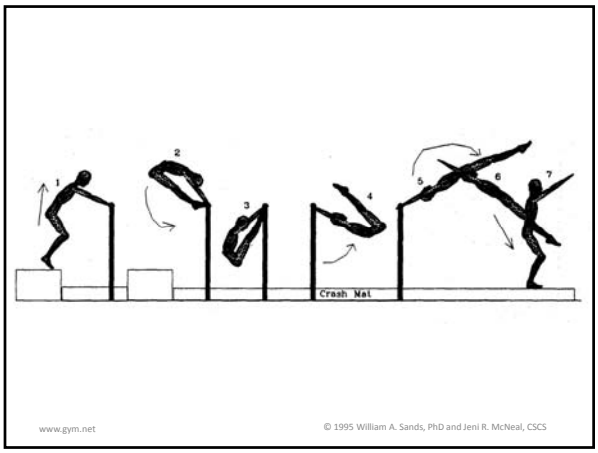
1
2
3
4
5
6
7
Crash Mat
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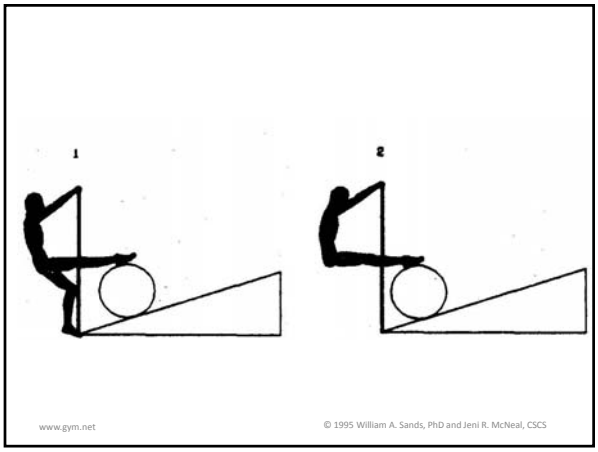
1
2
www.gym.net
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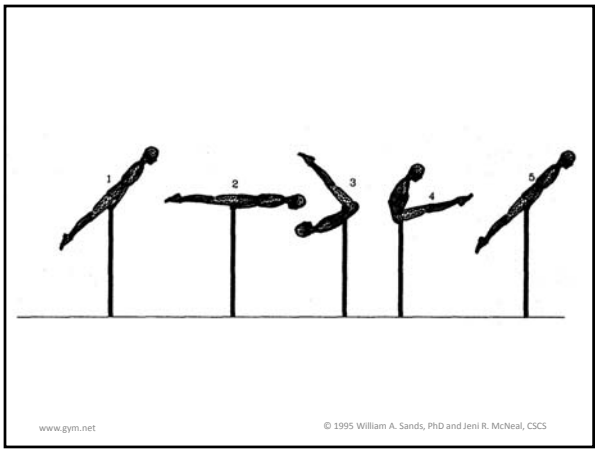
1
2
3
4
5
www.gym.net
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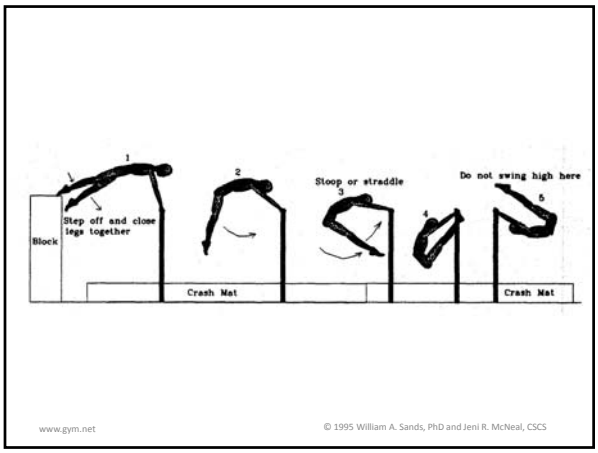
1
2
Stoop or straddle
3
4
Do not swing high here
5
Step off and close legs together
Block
Crash Mat
Crash Mat
www.gym.net
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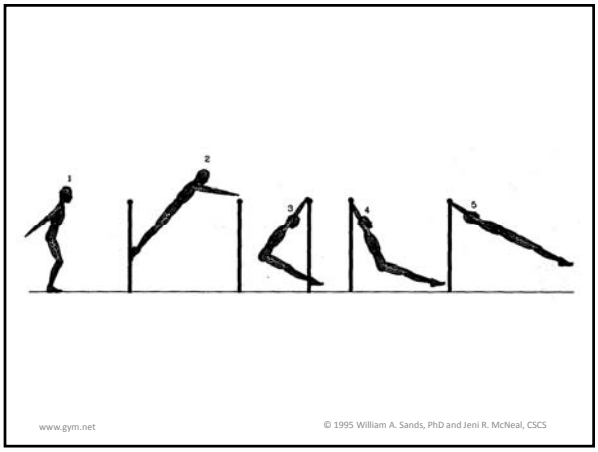
1
2
3
4
5
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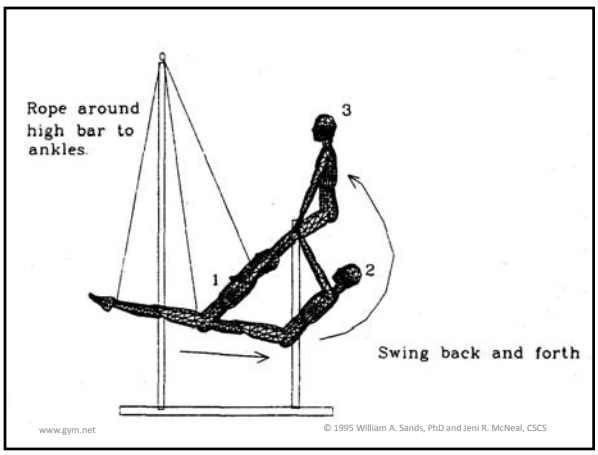
Rope around high bar to ankles.
3
1
2
Swing back and forth
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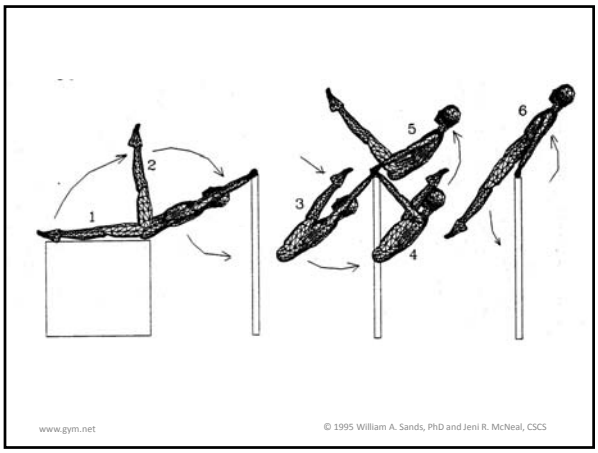

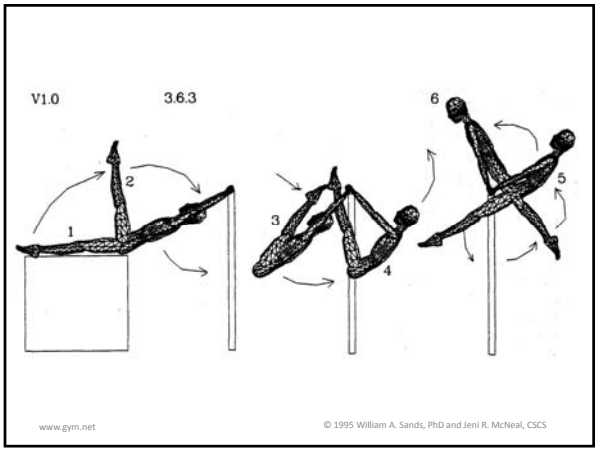

THANK YOU !!!

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