



10 DAY DEFENSE TRACKER

Complete These First Steps Immediately

- 1.) Log in to your account: Find the email I sent to you, and make sure you can get in to view the program. If you can't find it 30 minutes after your order, email us at support@edsmembers.com
- 2.) Set start date. You will start _____
- 3.) Set up a consistent training time and place.
Training time: _____
Training location: _____
- 4.) Print out and post this Tracker some where you'll see it!
- 5.) Connect with me on my social media pages:
Private 10 Day Defense Facebook Page: <https://www.facebook.com/profile.php?id=61577421732576>
Instagram: @SifuMattDefense
- 6.) Contact me after you've completed the 10 days at support@edsmembers.com . Let's celebrate!

Training Schedule

- DAY 1:** Videos 1-5, Start the challenge, set the foundation
- DAY 2:** Videos 6-8, Insta Moves 1-3
- DAY 3:** Videos 9-11, Insta Moves 4-6
- DAY 4:** Videos 12-15, Insta Moves 7-10
- DAY 5:** Videos 16-17, Learn about solo, equipment, partner and/or moving pad training, and decide which one you will use (you can also use multiple ones, depending on equipment and partner availability). End today's workout by performing 10 reps of each move per side (right and left).
- DAY 6:** Watch Video 17 again, make sure you understand the different workouts. Complete today's workout by performing 10 rounds of 1 minute, practicing combinations (consisting of 2-4 moves, you decide your rest times).
- DAY 7:** Videos 18, Review De-Escalation and work it into your training. Just like yesterday's workout, today's workout will be 10 rounds of 1 minute, practicing combinations (consisting of 2-4 moves, try to use slightly shorter rest times than yesterday).
- DAY 8:** Video 20. Complete a Mega Set, as described in Video 17. 10 rounds of 10 reps per side of each move, but before you move onto the next move, do 15 seconds of combo work. Vary rest times as needed. Also check out <http://www.TripleThreatFighter.com>, where I'll specifically take your hand to hand skills up to the next level, while also teaching you modern day knife fighting and realistic gun disarms.
- DAY 9:** Mega Set. Same as Day 8, but try to double combo rounds time (maybe 15 seconds to 30 seconds) and decrease your rest times.
- DAY 10:** Same as Day 8, but try to double combo rounds time AGAIN (maybe 30 seconds to 60 seconds) and decrease your rest times. ONCE COMPLETED, EMAIL ME! support@edsmembers.com ! Let's celebrate!