

---

## Video requests

Posted by Richard - 2008/03/05 21:42

---

I have had requests for a Gi series, a striking series, and a stretching series... Is there anything in particular that you would like to see added to the list? Please let me know and if enough of you would like to see it, then I will definitely consider another video series after I finish the one that I'm currently working on (Defend, Escape, Counter-- IN THAT ORDER!)

=====

## Re:Video requests

Posted by viking9800 - 2008/03/06 15:41

---

Definitely last on the list, but maybe some conditioning videos.

=====

## Re:Video requests

Posted by Richard - 2008/03/06 16:09

---

Not a bad idea. To be completely honest, I'm not the best at cardio-- but I'll see if I can't get one of the other guys I train with (who is a doctor and used to train Olympic athletes) to put something together. He is phenomenal. Thanks for the idea.

=====

## Re:Video requests

Posted by te75uo - 2008/03/10 21:37

---

I would like a series on how to defend against larger, heavier, and stronger opponents, and what to do when they crush you. Some good sweeps for when you are in that position. I seem to always be going against people 60-90 lbs heavier than me.

=====

## Re:Video requests

Posted by Mike29 - 2008/03/20 18:17

---

I would like a serie of video on exercise that you can do at home. you know like conditioning, stretching ( get more flexible or keep your flexibility)... exercise that you can do with simple sparring gears, a chair or the floor. someone can help me?

by the way sorry for my english, i'm not really good, I speak french!

=====

## Re:Video requests

Posted by Richard - 2008/04/17 12:00

---

I keep getting requests for some half guard, x-guard, and butterfly guard stuff, so in the Technique of the Week series, we are going to do a bunch of sweeps from these positions. Furthermore, since everyone has told me that their favorite part about this system is the way that we chain everything together, we are going to show some great chaining combinations for each of these positions. I appreciate everyone's patience, and I assure you that more videos ARE COMING! I have been EXTREMELY busy with work, and the growth of the site has been hard to keep up with, but we are handling it nicely.

Furthermore, we are about to have some T-Shirts available for pre-order at a discounted price, so if you are interested, please send me an email or a private message. I'll have pictures and prices available soon.

=====

---

## Re:Video requests

Posted by The Technical - 2008/04/21 11:20

---

I'd like to see a vid specifically dealing with breaking open the closed guard.

=====

## Re:Video requests

Posted by dobber - 2008/04/21 13:25

---

I would like to see striking for a southpaw. everyone talks about how to fight a southpaw, but you never really see anything for a southpaw.

=====

## Re:Video requests

Posted by Richard - 2008/04/21 14:03

---

The Technical Wrote:

I'd like to see a vid specifically dealing with breaking open the closed guard.

Here is one method known as the "windshield wiper pass":

580702

Another method is shown below known as the "reach back pass":

580014

All of the guard passes deal with some way to get past the closed guard. Either force your opponent to open his guard by prying it open, or entice them to do so by "giving" them a submission and having your counter ready for it. If you are interested in this kind of grappling, then the Defend, Escape, Counter series might be a great option for you.

=====

## Re:Video requests

Posted by altball24 - 2008/05/13 00:53

---

If possible, I would like to see some spider guard stuff! It's my focus of study for the next two/three weeks so i'm always up for some good refresher stuff when i'm thinking about the moves in my head at home or work.

Thanks!

Great site btw

=====

## Re:Video requests

Posted by Richard - 2008/05/13 01:37

---

Thanks for your support and welcome to the site. I think that the spider guard definitely has its place in BJJ and submission grappling, but honestly it's not a position that I would want to hang out in during an MMA bout. I'll see if I can put some stuff together though.

=====

## Re:Video requests

Posted by macedo84 - 2008/09/30 17:09

---

---

i love to videos on, different strategies in stand up and how to defend against

Like your stalker, or brawler etc....

=====

### Re:Video requests

Posted by Richard - 2008/10/01 09:38

---

Excellent idea. I'll add that into the filming for MMA Striking because I definitely use that a LOT when striking.

=====

### Re:Video requests

Posted by Richard - 2008/10/29 10:06

---

I hope that everyone is enjoying the "High Percentage Grappling" series. That is essentially where the Technique of the Week comes in to play. I apologize that it is taking so long for another video series to be released in the store, but I have been INCREDIBLY busy lately. I only get a minimal time every week to film, so I have been filming a lot of the techniques that I want to put up the following week. I'm a couple of weeks ahead now, which is helpful for the weeks when I can't film.

That being said, I want everyone to remember that you can still request a video of either an individual technique or of an entire chain. Please be sure to ask any questions that you might have, and if something comes up that needs video clarification then I will try my best to film that technique and have it as the next week's Technique of the Week.

=====

### Re:Video requests

Posted by Tabwyo - 2008/10/29 12:56

---

Richard wrote:

Excellent idea. I'll add that into the filming for MMA Striking because I definitely use that a LOT when striking.

Perhaps a "Striking, Takedown & Submission" series. What I mean is how you'd set up your takedowns with striking combos to result in a specific submission or a chain of available subs.

I work this a lot with my guys here. And I find it very helpful, especially for newer fighters, to have a series in their head vs losing the initiative because they take an extra moment trying to figure out what to do next.

=====

### Re:Video requests

Posted by sfury - 2008/11/08 16:04

---

Some more clinch game would be good. Muy Thai plum, or just making openings for knees.

=====

### Re:Video requests

Posted by Richard - 2008/11/08 16:36

---

Good call sfury, I will remember that in the MMA Striking series.

=====

### Re:Video requests

---

Posted by Richard - 2008/11/09 18:42

---

For all the people who are voting "Other" in the Poll, would you please be kind of enough to mention what it is that you would like to see in the forums. I'd be more than happy to get to it, but I have to know what it is first. Thanks guys!

=====

## Re:Video requests

Posted by JRT6 - 2008/11/09 22:23

---

Keep the high submission grappling series going. That's the easiest to teach in a video format and the easiest for me to apply.

=====

## Re:Video requests

Posted by Richard - 2008/11/09 22:40

---

I'm definitely going to keep some form of a free Technique of the Week series going. I may eventually change that in the near future as I transition into either the striking game, wrestling, x-guard, gi, etc. Because a lot of it will get RANDOM, I may change the name of the series and just keep the High Percentage Grappling series separate- but I like the Technique of the Week stuff. It's keeping a lot more people interested on YouTube and therefore getting us a lot more members.

That being said, once I get moved over to my new house, I'll be able to film on a much more regular basis (hopefully). This being true, I'll be able to kick out a lot more high quality content. I have been using a lot of X-guard stuff lately, and might do a little "mini-series" on it. There's six videos coming up in a few weeks on the High Percentage Grappling series that I'm very excited about. I just posted the Elvis Armbar yesterday, and next week is a Triangle from the Mount.

However the six that are consecutive after that I am very excited about. They are:

- 1) Creating Space in Half Guard (Part 1 of 2)
- 2) Creating Space in Half Guard (Part 2 of 2)
- 3) Establishing X-Guard from Butterfly Guard
- 4) Establishing X-Guard from the Half Guard
- 5) Combining the Guards (Part 1 of 2)
- 6) Combining the Guards (Part 2 of 2)

Look forward to them guys- I think they turned out pretty well! They are slam-full of content and have a lot of material regarding the different ways that you can chain your guards together to make one complete system of guard work.

=====

## Re:Video requests

Posted by JRT6 - 2008/11/10 16:42

---

Striking is certainly also on my list. Not so much the details of throwing a technique but workouts with combos. My second degree black belt in TKD pretty much leaves me staring at the bag after a few 1-2 combos.

=====

## Re:Video requests

Posted by Tabwyo - 2008/11/10 17:41

---

I am not a huge fan of elaborate combos. In a good combination your preceding strike loads your body for the strike to follow. Long drawn out pretty 6+ shot combos look nifty on the pads and on the bag. But when you eat a shot 3 punches into your swell combo it's pretty much over. I myself prefer to land a simple 3-4 shot combo, asses my situation and continue accordingly. What I mean by asses that I can see that I have the other guy backing up and 100% defensive, stunned, hurt or that he's blocked well and my strikes did little damage. If I have the guy backing up then I'll press forward throwing right down the pipe. If I have him hurt I'll pour on the gas and go for the finish. If I haven't done any

damage I disengage, re-establish my range and continue.

My fav 5 combos are (right handed):

- 1) Jab, cross, rear leg kick & left hook
- 2) Jab, cross, left hook & left switch kick
- 3) Jab, cross, left hook & overhand right
- 4) Left hook, cross & left hook (circling left)
- 5) Jab, cross, left hook to the body & cross

With any of the kicking combos you can always switch the kick for a knee if you find yourself really in tight on a guy.

=====

## Re:Video requests

Posted by JRT6 - 2008/11/11 10:04

---

I agree that long combos in mma/MT are dangerous. I'm more interested in them just to keep the bag work interesting. My hope is to work up a nice progression that lasts about 20 minutes a workout.

=====

## Re:Video requests

Posted by Richard - 2008/11/12 10:01

---

Unfortunately, I was not able to get the filming done this week for the combinations that I thought I could get done. That being said- I did get a mini-series filmed. One of my filming partners blew his knee out and the other one (that I used) has a fight coming up on Friday night. I didn't want to risk injury with striking at all with him.

What we did instead was to get a nice "mini-series" filmed of the X-Guard. This guard is becoming more and more widely used, and is most notably made famous by Marcelo Garcia. Many people think of the X-Guard like the Rubber Guard, in that it is not necessary and just another fad in grappling. I would beg to differ. Please see THIS POST for my argument.

=====

## Re:Video requests

Posted by Tabwyo - 2008/11/19 13:43

---

JRT6 wrote:

I agree that long combos in mma/MT are dangerous. I'm more interested in them just to keep the bag work interesting. My hope is to work up a nice progression that lasts about 20 minutes a workout.

Get the Bas Rutten All Around Fighting & All Around Workout cd's. The Fighting cd track #1 is 10 two minute rounds w/ 1 min rest. Track #2 is 7 three minute rounds w/ 1 minute rest. For guys training for 5 minute rounds you can use track #1. Just do some kind of explosive exercise or grapple during the the rest interval between round 1 & 2. Then rest at the interval between 2 & 3.

The all around workout is just that. It's a descent 28 minute workout. You can bust ass or go easy. You get what you put into it.

=====

## Re:Video requests

Posted by Tabwyo - 2008/11/19 13:51

---

Hey Richard.....

How about a ground striking series. Call it Sweep and Destroy.. lol

=====

---

## Re:Video requests

Posted by Richard - 2008/11/19 15:14

---

Sweep and Destroy... HAHA-- I love it. That will get added to my "mini-series" project list.

=====

## Re:Video requests

Posted by Tabwyo - 2008/11/19 18:32

---

Sorry, I am an old skool Metallica fan. Seek and Destroy is one of my all time favorites. I just thought the play on words worked.

On a serious note though. There is jack squat out there about defending strikes in bad position. There is even less out there about how to sweep while in a striking situation. And even less on proper striking from top position. And not to sound like a caveman, who only bashes noggins, there is not alot out there on setting up submissions with strikes.

And I'd like to see a "dirty tricks" segment. I know it's considered dirty pool to drive the point of your chin into a guys shoulder. Or to slip a thumb into his glove. Or to cup his nose and mouth to restrict his wind. Or elbow striking to the inner thigh while in guard. Or heel strikes to the mid section and upper leg while in back control. But crap like that happens and isn't against the rules yet.

BTW, if you use the title... do I get a free copy...lol

=====

## Re:Video requests

Posted by sfury - 2009/01/21 18:58

---

you should post video's of yourself in competitions. Then after, add commentary to explain some of the more notable moves.

=====

## Re:Video requests

Posted by Richard - 2009/01/21 19:11

---

sfury wrote:

you should post video's of yourself in competitions. Then after, add commentary to explain some of the more notable moves.

I put some thought into this a while back and decided against it for a couple of reasons... First and foremost, I have very few videos of myself in competition. Most of my videos are with one of my instructor, whose son fought at the same tournaments (keep in mind this was quite a few years ago). His son (any my training partner) has seen passed away and the videos have been largely dispersed.

Moreover, I decided against putting myself on display too much on this site. Obviously I'm featured in the instructional videos, but I really don't want to make this site about Richard Whirley, but rather about Mixed Martial Arts and submission grappling. I built this site with the mentality that I wanted to expand these great sports, not promote myself.

Hope everyone understands my thought process there, and thanks for everyone's continued participation.

=====

## Re:Video requests

Posted by Tabwyo - 2009/01/21 19:57

---

Nothing wrong with a little self promotion brother. Nothing at all. if your were to post vids and say "all bow to me" type crap I'd be outta here. but I'd be interested in seeing some of your work. I'd even like to see a few of your losses and

---

read your comentary on what went down and why and how to not make it happen again.

=====

## Re:Video requests

Posted by sfury - 2009/01/22 02:21

---

Richard wrote:

sfury wrote:

you should post video's of yourself in competitions. Then after, add commentary to explain some of the more notable moves.

I put some thought into this a while back and decided against it for a couple of reasons... First and foremost, I have very few videos of myself in competition. Most of my videos are with one of my instructor, whose son fought at the same tournaments (keep in mind this was quite a few years ago). His son (any my training partner) has seen passed away and the videos have been largely dispersed.

Moreover, I decided against putting myself on display too much on this site. Obviously I'm featured in the instructional videos, but I really don't want to make this site about Richard Whirley, but rather about Mixed Martial Arts and submission grappling. I built this site with the mentality that I wanted to expand these great sports, not promote myself.

Hope everyone understands my thought process there, and thanks for everyone's continued participation.

thats fine. But I think watching actual fights is beneficiary. If you refuse to post them of yourself, how about friends, or really, anybody? You would just add in commentary and critique their performance.

=====

## Re:Video requests

Posted by Richard - 2009/01/22 10:04

---

Fair enough... I might actually even open up a new section of the forum for Fight Analysis where people can discuss what went wrong/right in the fights. Interesting ideas, gentlemen!

=====

## Re:Video requests

Posted by Jeffasaurus - 2009/01/22 13:18

---

I think having a video analysis forum would be awesome. Once I start competing again after my knee heals up I'll post them here. As of now you can see my awesome jiu jitsu on display in the D'Arce choke series...I am the guy that got choked for about 3 hours!

=====

## Re:Video requests

Posted by iamcarpetpython - 2009/05/31 00:53

---

I've watched a lot of fighttrainwin vids on youtube, and most of them were no-gi techniques. There are plenty of vids out there on exercises, and gi stuff, and not enough legitimate, and well made vids no-gi techs. Fighttrainwin in my opinion has the best tech vids for no-gi grappling, and I would like to see the emphasis kept, and time of the moderators here to continue to making these vids, and complete the legacy.

=====

## Re:Video requests

Posted by Richard - 2009/06/01 10:35

---

2 things:

---

1) Not that it matters that much to me, but it's TrainFightWin, not FightTrainWin-- just wanted to point that out so when you tell your friends they are googling the correct term

2) Are you requesting Gi videos? Is that what I'm gathering here?

=====

## Re:Video requests

Posted by Louhmaylin - 2009/06/01 16:49

---

i think fight analysis would be amazing! would get to hear from all different peoples perspective on what could have been done or what was done correctly

=====

## Re:Video requests

Posted by iamcarpetpython - 2009/06/04 12:58

---

I was replying to the original thread post about suggestions on requesting a gi, strike, or stretching series. I was just rambling on about how I wouldn't want to see time go into a gi series.

A couple of posts requested stretching, and exercise stuff. I would not like to see a focus shift toward that either, but your suggestion to have a colleague do it might be cool. I'd still watch it. I am an amateur mma fighter that trains about 15 hours a week for competition, and I have to say from my personal experience that if someone trains right, they don't need any fancy exercises. Aside from all the grappling, bag/mitt work, and exercise that already comes from technical fight training, we do basic calisthenics in class. The 3 days a week, on days we don't have class, I go to the gym and lift weights with a combination of calisthenics as well. I also run a min. or 12 miles a week(which is most important for me), plus sprints. After the essentials, there isn't much time and energy left for other stuff.

As far as the gi is concerned, I don't believe there is a need for mma fighters to practice the gi unless gi-bjj was the martial art they came from before they came into mma, and they had been doing it a long time. I spent my high-school years in TKD, then started mma at a no-gi school in college, and at my age would make no sense to start over learning a new sport that I wouldn't master, and transcend to my mma game until I was too old to fight anymore.

Some of the striking, and guard stuff that people have been requesting sound like good ideas. I really like the idea of commentating, and analyzing competitions to see what went right, and wrong. I also have rambled about the arm-triangle from the top position of the half-guard with pass.

Sorry about the name mix up.

=====

## Re:Video requests

Posted by AnyMeanz - 2009/06/19 20:43

---

I think more Chains and Grappling Match analysis videos would be good.

=====

## Re:Video requests

Posted by Richard - 2009/06/20 21:40

---

I'm currently putting together a video set for some realistic self-defense tactics. I'd love to do another set for law enforcement as well. Thoughts?

=====

## Re:Video requests

Posted by AnyMeanz - 2009/06/20 22:49

---

That sounds pretty cool & helpful. \

---