

A Guide To Martial Arts Training

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Introduction

If you want to be your best in martial arts you must work hard and train. In this guide I will go over stretching, kicking, and other methods. It's hard to explain how important training is for martial arts. A lot of people just learn martial arts and put off the training. Sure, people think they're getting enough training when they go to their martial art sessions. Like me, I run a little here and there with my dogs, but I'm not training enough to make me feel my best. I do practice and that is the most important and hardest thing you have to learn. Practice is the key to being the best and feeling the best for yourself. I'm not saying you should kill yourself training, but you should work on it little by little and set goals for yourself. When you reach your goal, you will feel good about yourself and be ready to set more goals. That is another key which will help you excell in what you do. Enough talk, let's get to the training.

Stretching

Stretching helps improve your kicking and how your body works. When you stretch, there has to be a little pain involved. If there's no pain, you're just wasting your time. The first type of stretch I'm going to talk about is for your groin and inside thigh. First, spread your legs as much as you can and make it hurt a little. While you do this, make sure your hands are on the floor for support. Hold that for ten seconds. Next, with your left hand grab your left ankle, keeping your right hand on the floor. Hold it for ten seconds. Then go to your right and do the same thing and hold it for ten seconds. The next stretch I'm going to talk about is for your whole leg and back. First, sit down and put both of your legs straight out side by side. Next, lean forward with your finger tips together and hold for thirty seconds. Before you work on your skills, it would be important to rotate your torso, arms, wrists, and neck, that way you will be loose in those areas.

Endurance

Endurance is the most important thing you should improve during your training. Endurance means the ability to last. Endurance is kind of like that Duracell commercial. If you work on your endurance hard, you can keep on going, and going, and going. One way to improve your endurance is by jogging. You should do what I said before, by setting goals for yourself in miles. First start with one or more miles and work your way up. After that, ride a bike, stationary or regular a little while. Another exercise that is very helpful for yourself is skipping rope. If you start skipping rope it will make you lighter on your feet, give you a lot more endurance, and gives you a better sense of balance. Any rope is fine, but one of the best is made with leather and ball bearings. Physiologists have learned that skipping rope is more beneficial than jogging. Ten minutes of skipping is equivalent to 30 minutes of jogging, but both are very beneficial exercises for the cardiovascular system.

Another type of exercise which builds endurance and speed is shadow boxing. First get somewhere you can see your shadow. Second, get loose and pretend that you're

going to fight your worst enemy. Move around until your feet are lighter than a feather. Do this until your comfortable on your moves and form, than work faster and harder. It would be a good idea to start your workout shadow boxing because it will loosen your muscles.

Arobics is also an awesome endurance builder. Remember, if you do these daily it will change the way you look and help your martial arts skills. Next, I'll talk about kicking.

Kicking

Kicking, sooner or later will be useful in martial arts. I'm going to talk about the three basic kicks. The first is the front kick. The name front kick explains basically what you have to do. Just lift up your knee, which is something you have to do first, that's very important. After that, use the rest of your leg and kick straight up. Don't forget to pull back your toes or else you will break them if you hit something. When you're sparing, this is a good and effective kick when someone is a little to close to you. The second kick is the round kick. The round kick also explains itself. First, bring your knee up, then turn your hips and extend your legs, curling back your toes. Make sure your supporting foot is pointing backwards.

The last kick is the side kick. This kick is very powerful when used properly. First, bring your knee up so it almost hits your opposite shoulder, turn your supporting foot until it's pointing backwards. Drive your leg out making a knife with your foot. This is probably my most favorite kick because it's so powerful and hard to block. All of these work good for combinations and when

mastered, try a double round kick. This is a very surprising kick when sparing. Just fake a kick going down to your opponents leg, then nail him in the chest without putting your leg on the ground.

Improving Skills

The last thing I'm going to talk about is how to improve on your skills. I'm going to talk about how high or far you jump. First, if you can, dig a hole in your yard 2 feet deep and three feet wide. Once you've done that, make sure you can jump out of it. Then, get some weights and jump out 40 times. After that, dig the hole deeper and jump out another 40 times. Gradually increase the weight and deepness of the hole. After a month, imagine how far you can jump without weights or a hole to jump out of. A way to improve how far you can jog is by putting weights on your feet. This will improve your strength a whole bunch.

Another thing some people don't think about is the spear hand. This is very painful when used right. I don't suggest using this when you haven't worked on it. First, you should try to strengthen your fingertips by doing pushups on them. Then get a hard pad and put it on your wall and lightly hit it with your fingers. After it feels more comfortable, get some dried corn and pour it in a bowl and hit it going through. After that's no problem, advance to a tub of sand. Remember you should

still be practicing on the sand and the push ups. Once you are comfortable with the sand, keep on doing it and after months, or even years of strengthening your fingers you could be demonstrating the most difficult break you will probably ever do.

If you practice you are just going to improve more. I don't care how good you are at something, you can always improve. Once again, practice, practice, practice.