

SPECIFIC ELEMENTS IN GENERAL PHYSICAL TRAINING IN MARTIAL ARTS PRACTITIONERS

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Summary: Today's Kumite competitor needs to understand what is practice and what is not practice. This sounds like a trivial statement but think about the culture in Martial Arts. This is a physical endeavour where simply hanging around often outweighs performance. Today's karate athletes need current information on karate training, muscle development, speed training, and principles of mental visualization to compete.

Introduction:

Today's Kumite competitor needs to understand what is practice and what is not practice. This sounds like a trivial statement but think about the culture in Martial Arts. This is a physical endeavour where simply hanging around often outweighs performance. We hear every day, “why I have trained for 10 years, 20 years, 30 years”, as though that, in and of itself, qualifies the speaker to have an opinion.

Today's karate athletes need current information on karate training, muscle development, speed training, and principles of mental visualization to compete even on a National basis. In Europe and Japan there are large company sponsored karate clubs, college scholarships and even individual sponsorships available for the outstanding athlete.

Material-method:

Right Practice is when every movement, your posture, and focus, in training occupies 100% of your attention. Right Practice is performing a known task in a known application with an understanding of the focus and goal. It is actually detrimental to repeat a technique incorrectly. My favourite analogy for correct practice, is the story of a drop of water falling on a mound of sand. At first the drop hits the mound and runs down in a random manner. After more and more drops hit they begin to carve out a ravine. Those drops that fall a little off the mark cause a new shallower ravine. Those on the mark deepen the ravine and reinforce the pattern for those following. Practice is like this.

You must see, hear, and feel each technique. Do this with volition, by choice. Then you are discovering correct practice. The mind must be the pre-eminent focus of right practice. And just as the body is trained by a system of practice, so too must the mind be trained through practice. Right practice that trains the processes of mind constitutes a discipline of mind.

Think of your mind and body as tape recorders of every single thing you do. And each deviation in training, recorded along with correct training. You need to sum all of the work you do, good and bad. So if it takes 7,000 repetitions to create neural memory; you do not want to be subtracting from this number as you go.

The training regime is the most difficult schedule to establish and keep. Remember you need to keep a schedule for at least three weeks for it to seem natural. After three weeks, even without thinking about your body will be ready.

You need to attend all of your regularly scheduled training sessions at the dojo. Then, after class, work on the specific skill drills you have identified on your goal list. The goal list will develop as you read through this material. If you do not understand something make a note to ask.

Cardio training and weight training should be accomplished on alternate days if possible. If you do your Cardio and weight training on the same day, do the Cardio first.

The first component of fitness is, and will always be endurance. As we all know, cardiovascular exercise is the "sine qua non" of fitness. But how many days per week do you really need?

Most experts say three, but since you should also be fitting two or three strength training days into your hectic schedule, and Karate class three times per week, two days per week is enough. This is providing that you also add a 10- to 20-minute warm-up before each weight lifting session and try to add one heart pumping outdoor activity on weekends. I looked at the literature for all types of sports and decided that the Ironman contests provided a good cross section of physical needs and training that should satisfy even the most fanatic training goals. The competitors must swim, bicycle and run at tremendous exertion levels. The people who compete in these contests are at the cutting edge of information technology regarding physical conditioning and training.

How long should each session take? I recommend starting at about 20 to 30 minutes, but devote one day per week to pushing your endurance envelope, gradually working up to 45 minutes after six weeks and 90 minutes after 15 weeks. This gives your body a chance to adapt to

the new levels of stress you're giving it while keeping you steadily progressing. Remember Karate is both aerobic and anaerobic. In a match you need the explosive movement that strength and anaerobic exercise develops but you need the endurance of the aerobic exercise.

How hard should I go? Actually, there are two answers to this question. The first has to do with the intensity level of your endurance sessions, while the second covers how to know whether you're gauging the first correctly. To zero in on the former, you'll need to use a formula to determine the heart rate at which you should be working. What is the best way to increase speed? This is the most important aspect of karate competition. Ask any competitor what attribute they would like more of "SPEED."

Benny "The Jet," Urquidez, said speed is the most important overall development for karate competition. For both offensive and defensive techniques you must have speed. Your reaction time must be quick in order to get in and out. Speed requires quick reaction time and strength to push and pull your body and your weapons.

You increase your speed by increasing strength on the contracting and relaxing the opposing muscle. This is why flexibility and stretching are so important to your weight training. Remember you need to make the muscle stronger to be faster.

To be fast, move fast. Chuck Norris advised to practice your movements 70% of time slowly enough to do perfect body mechanics, but the other 30% you must blitz with the technique.

It is extremely important that before you "Redline," you do your karate skill drills slowly, focusing on good body mechanics, straight spine, and fluidity of movement. Then increase the speed a little see if you still can do it with all the above components.

Results:

Every professional sports team, from football to basketball, has a weight-training program because they understand the value of strength. You can go out there and compete in your kilo division thinking your safe because your opponent is the same size as you. But what if your opponent is 30% to 40% stronger than you are? You are going to get your butt kicked.

The good news is, you don't have to spend your whole life in the weight room. Allen and his longtime strength coach, Diane Buchta, disagree with those who insist upon separating upper-body training from lower-body and working different muscle subgroups on alternating days. That'll keep you in the weight room three or four times a week and could

make you so frustrated that you'll just give up. Instead, they recommend doing a full circuit twice a week, starting with one set and working up to two, which ensures a full body workout that can be done in as little as 30 minutes.

Mark Allen and his strength coach have a good approach that can be used for karate also. Our goal is not to get bigger, just stronger.

Right now, your goal should be keeping your body strong and vital and not feeling pounded by life. Buchta, who has also worked extensively with eight-time Hawaii Ironman winner Paula Newby-Fraser, says that strength work is especially important after age 30, because that's when the average person starts losing half a pound of muscle mass per year. Lifting weights, she insists, actually reverses the ageing process by halting this deterioration. It also increases your bone mineral content, thus warding off osteoporosis, and helps to prevent injury.

Quickness in movement is the key factor in athletic performance. One of the best ways to improve speed is through plyometrics. These exercises are to used in conjunction with strength training. The focus of this exercise is to shorten the amount of time it takes to generate movement and to intensify the energy of the movement.

Discussions:

In most sports you receive an external stimuli indicating movement. These stimuli can yours or your opponents but the result is the same. After the stimuli the less time spent before movement is of paramount importance. Athletic trainers use a formula to assess ground reaction time. You begin jumping straight up attempting to leap as high as possible each time. The trainer measures how long you spend on the ground before you leap and how high you leap.

The efficiency is the relationship between the time spent on the ground and the vertical height achieved during jumping. The goal of plyometric training is the reduction of the amortization time phase. This phase is the amount of time between undergoing a yielding eccentric phase and initiating an overcoming concentric contraction.

I will identify a few exercises that will be helpful with this area of training. Skipping exercises or any sort. Jumping up and then down stairs are a couple of examples of rudimentary plyometric drills.

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Titre: Les éléments spécifiques dans l'entraînement physique général dans les praticiens d'arts martiaux

Mot clé: les arts martiaux, l'entraînement physique, kumite, les éléments spécifiques

Résumé: Le concurrent Kumite d'aujourd'hui doit comprendre ce qui est la pratique et ce qui n'est pas la pratique. Cela a l'air d'une déclaration banale, mais penser à la culture dans les Arts Martiaux. C'est une tentative physique où le fait d'attendre simplement emporte souvent sur la performance. Les athlètes de karaté d'aujourd'hui ont besoin des renseignements actuels sur l'entraînement de karaté, le développement de muscle, l'entraînement de vitesse et les principes de visualisation mentale pour rivaliser.

Titlu: Elemente specifice în pregătirea fizică generală a practicanților de arte marțiale

Cuvinte cheie: arte marțiale, pregătire fizică, kumite, elemente specifice

Sumar: Concurentul de kumite de azi trebuie să înțeleagă ce se practică și ceea ce nu este practica. Sună ca o declarație banală, dar este una esențială pentru cultura în arte marțiale. Acesta depune eforturi fizice care adesea depășesc nivelul de performanță. Azi karateka trebuie să fie la curent cu informații privitoare la instruire, dezvoltarea musculaturii, viteza de formare, precum și principiile de vizualizare pentru a concura mental.