

Control and stability + Strength Training

- Control and stability are a form of strength training
- Black Belts, should include a 45 minutes session of additional training 2 times a week. (1.5hrs/wk)
- Blue and Brown belts, should include 1 in addition to your 3 classes per week at the Dojo (45 mins/wk)
- Include
 - Core training
 - Flexibility training
 - Individual strength training sessions



Strength is Key

- Strong hips and a strong core will improve your athleticism and reduce injuries
- Better body control gives you more options and allows you to be more creative as a Martial Artist



Build a Cardio Base before AA

- It takes time to develop a base.
- Black Belts, should include 2 cardio sessions a week as part of the of the total hours devoted to physical development. 1.5hrs/wk
- Blue and Brown Belts, should include 1-2 cardio sessions a week as part of the of the total hours devoted to physical development. 1.5hrs/wk
- Base is important to get through multiple days of training Seminars and Demonstrations
 - Eg. 40 minutes @ lower heart rates 120 bpm
 - Allows you to be more effective at higher intensity repeat spurts



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Thank you

- Sleep
- Eat
- Train
- Recover
- Repeat