

THE
KARATE TIPS
HOME
TRAINING
ROUTINE

BY

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Home Training Routine

Use the following guide for your home training routine. For each additional day you add to your training schedule, be sure to change the drills and exercises each day. This way you are more likely to stick with the program as boredom is less likely to occur.

Studies show that people who commit to a daily routine are 3 times more likely to stay on their program than those who participate 6 days per week, and a whopping 5 times more likely than people who participate 3-5 days per week.

Humans are creatures of habit and by creating a habit of daily training you will get the best results. It doesn't have to be for a long time everyday, but if you can do just something, you're more likely to stick with it and get more out of it.

With busy lifestyles and little time to train, I realize you might not be able to fit in 70 minutes each day. So I've created 2 training templates for you. The first is for a full 70 minute class while the second is for a quick 20 minute class (the 'mini session').

In each FULL session try to work on the 5 basic areas of your martial arts training. These being kata (forms), kumite (fighting), kihon (basics), impact and self defense. Choose 2 drills from each section of your drills ebook and simply plug them into the routine below.

For each MINI session, pick one of the 5 basic areas of your training and work on that alone.

FULL SESSION – 70 Minutes

0-3 minutes – Mokuso (meditation), mental preparation for training.

4-10 minutes – Warm Up.

- Running in place or skip for 2-3 minutes.
- Loosen up your body by winding arms forwards, backwards, stretching high one side & change, circle the hips, knees, head up & down, side to side, shoulder to shoulder, etc.
- You should be warm – i.e. A light sweat!
- If you like, do your warm up to music – yes I know it's not traditional training but it helps raise your energy level and gets you excited about training.

11 – 20 minutes – Basic technique (choose 2 exercises from the kihon section).

21- 29 minutes – Kata practice (choose 2 drills/exercise from the kata section).

31 – 40 minutes – Impact training (choose 2 techniques to practice).

41 – 50 minutes – Kumite (choose 2 drills from the kumite section).

51 – 60 minutes – Self defense (choose 2 drills/exercises from the self defense section).

61 – 70 minutes – Cool down and stretch.

- When your body is warm it's the best time to stretch for flexibility.
- Be sure to stretch out each muscle group. Holding each stretch for 30 seconds. For a good stretching advice and the correct order to stretch, visit:
<http://www.karatetips.com/articles/karatestretching.asp>
- Also remember that if you stretch one member of a muscle group, you should always do the other. For example, if you stretch your quads, be sure to stretch your hamstrings too.

MINI SESSION – 20 Minutes

0-5 minutes – Warm Up

- Running in place or skip for 2-3 minutes.
- Loosen up your body by winding arms forwards, backwards, stretching high one side & change, circle the hips, knees, head up & down, side to side, shoulder to shoulder, etc.
- You should be warm – i.e. A light sweat!
- If you like, do your warm up to music – yes I know it's not traditional training but it helps raise your energy level and gets you excited about training.

6-15 minutes – Choose 2 drills/exercises from ONE section of the 5 basic areas.

16-20 minutes – Cool down and stretch.

- When your body is warm it's the best time to stretch for flexibility.
- Stretch 5 different muscle groups.
- Hold each stretch for 30 seconds.

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