



Body Weight Strength and Conditioning Exercises

The following exercises are general strength and conditioning exercises used in martial arts training. The number of repetitions an individual can perform will depend entirely on their level of fitness. More experienced students should expect to be able to perform a minimum of 25 repetitions of each exercise.

Burpees

Start in a standing position with feet close together. Now, squat down and put the palms of your hands outside and slightly forward of your feet. With your weight supported by your hands, thrust your feet backward so that you are in the traditional "up position" for a standard pushup. Do a pushup and return to the up position. Immediately after the pushup, pull your feet up to your hands in one movement, and stand back up to the original position.

V-Sits

Lie flat on your back with legs straight and arms extended above your head. Now, "jack knife" your body by raising your legs straight up, and crunching your stomach until your toes and fingers meet straight above your body. Legs and arms are straight throughout the movement.

Neck nods

Lie flat on your back with legs straight, and hands at your side. Now "nod" your head until your chin touches your upper chest. Return your head to the mat, and repeat continuously. Try to do 50 of these and see how you feel. For a harder challenge, nod for 50 reps, and then hold your head in the "up position" and begin turning your head from left to right at a slow but steady rate.

Lunges

Stand with feet close together. Now step forward with one leg into a deep lunge, and keep the other leg straight. Push yourself back up and repeat with the other leg. Be careful not to let your knee go farther than your toes on the leg that lunges forward.

Bootstrappers

Get yourself in a standard pushup position. Now walk your hands back until they are about 2 and a half feet in front of your toes (adjust accordingly for your body size). You are now in a "jack knife" position with legs straight. Now bend your knees until your butt touches your heels, arms are still straight. Straighten your legs and repeat continuously. This is another good warm-up exercise for the legs, but also really helps strengthen the knees.

Exploding Star Jumps

Don't do these until your muscles and joints are well warmed up. Slowly lower yourself into a full squatting position. Now explode upward and forward as high, hard and fast as you can. As your body reaches its apex; extend your arms and legs into a "star" shape. Cushion your landing by flexing your knees. Jumping and extending not only develops power, but also challenges your coordination and body control.

The exercises outlined in this document are for reference only and should only be done under the supervision of a qualified instructor. Anyone practicing the techniques outlined in this document does so at his or her own risk. The authors assume no responsibility for the use or misuse of the information contained in this document or for any injuries that may occur as a result of practicing the techniques contained herein. Additionally, one should consult a physician before embarking on any demanding physical activity.



Knee Raises

Stand with your legs together, and bring your knee as high as possible. Make sure you stand completely straight - the goal is to raise your knee and touch your chest. Alternate legs, repeatedly. Raise your leg with control, don't jerk it up and try your best to touch your chest at the top. Then clasp your hands above your head and raise your knee straight up to the side with the goal of touching your knee to the underside of the arm. Keep your body completely erect, and don't jerk the leg.

Dive Bombers

Start in the regular pushup position with your hands directly under your shoulders. To get into the Dive Bomber position, spread your feet shoulder width apart and, keeping your legs as straight as you can, push your backside into the air and your sternum down towards the ground. Try to keep your back as straight as you can while leaning back and stretching the hamstrings before beginning the movement. For the next movement in the series, flare your elbows outward and lower your nose toward an imaginary spot between your hands. Then, as if you were trying to slide under a bar, flatten yourself out so that your torso is parallel to the ground. This is the halfway point of the entire exercise. Keeping your hips close to the ground and your hands directly beneath your shoulders, drive your head up towards the sky. From this position reverse the movements and return to the start of the exercise.

Straight Leg Flutterers

Start laying flat on your back with you hands underneath your buttocks. Keeping you head on the floor lift your legs six inches off the ground. Neither of your feet should drop below this position for the entire exercise. Raise one foot up another twelve inches (ensuring that the leg remains straight) then bring it back to position and repeat with the other leg. This movement counts as one repetition.

Straight Leg Crossovers

Start laying flat on your back with you hands underneath your buttocks. Keeping you head on the floor lift your legs six inches off the ground. Neither of your feet should drop below this position for the entire exercise. Open your legs so that there is approximately half a meter distance between your feet. Then bring your legs back to the center and allow your feet to cross over the centerline. This movement counts as one repetition.

Press-ups (Narrow grip)

Start from the basic press-up position. Bring the hands together so that the index fingers and thumbs touch. Your fingers and thumbs should now form a triangle shape. For this press-up the elbows bend out to the side and the chest and trunk are lowered (ensure that the back remains straight at all times). On reaching the low position the nose should be just above the triangle formed by the thumbs and fingers. From the low position straighten the arms to bring you back to the initial starting point.

Press-ups (Wide grip)

Start from the basic press-up position. Move your hands so that they are approximately two shoulder widths apart. For this press-up the elbows bend out to the side and the chest and trunk

The exercises outlined in this document are for reference only and should only be done under the supervision of a qualified instructor. Anyone practicing the techniques outlined in this document does so at his or her own risk. The authors assume no responsibility for the use or misuse of the information contained in this document or for any injuries that may occur as a result of practicing the techniques contained herein. Additionally, one should consult a physician before embarking on any demanding physical activity.



are lowered (ensure that the back remains straight at all times). On reaching the low position straighten the arms to bring you back to the initial starting point.

Body curls

Lie flat on your back with legs straight and arms extended above your head. Now bring your body and knees together so that you are in an upright position and your arms are wrapped around your shins – effectively curling you into a ball. From here extend your body back down into the starting position.

Hip Bumps

Start laying flat on your back with you hands either side of your waist. Raise your legs (crossing your feet) so that they are at ninety degrees to the floor. From this position lift your buttocks two inches off the floor. From this position move your hips left and right without allowing your buttocks to touch the floor.

The Board (and board pushups)

Stretch out on your stomach, arms overhead (about 1.5 feet in front of you) and hands next to each other. Push up with both your feet and keep your shoulders, butt and legs aligned. Hold this position for 30 seconds. This will work your abs, shoulders, arms and legs.

Once you are comfortable with this exercise bend your elbows so that they touch the ground and then push your self back up into the board position. Do as many repetitions as you can.

Straight leg sit ups

Lie flat on your back with legs straight and arms extended above your head. Now bring your body and arms up (keeping your legs straight against the floor) then touch your toes. Once you have completed this motion lower yourself back into the start position. This exercise should be performed very slowly to gain maximum benefit.

Note: For added endurance training these exercises can be done in combination as shown below:

- Dive bomber / squat thrust / exploding star jump – 1 repartition equals 5 of each exercise (repeat for 10 repartitions)
- Burpee / Sprawl / boot strappers – 1 repartition equals 5 burpees, 5 sprawls, 10 boot strappers (repeat for 10 repartitions).