

**BUD
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**Super Strength &
Endurance for
Martial Arts**

SUPER STRENGTH & ENDURANCE FOR MARTIAL ARTS

Written by Bud Jeffries

Dedication

To God for all the blessings.
May the glory go to Him.

To all those who taught me in strength
and in the martial arts.

To my wife for her tireless and
unbelievable effort and love.

Disclaimer

The exercises and advice contained within this book may be too strenuous or dangerous for some people, and the reader(s) should consult a physician before engaging in them.

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Super Strength & Endurance for Martial Arts

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1

Martial Arts are a Type of Strength Training

Let me ask you a question. When you first began to learn any particular technique of martial arts, how good were you at it? For instance, let's say a punch. How hard could you punch? Probably not all that hard even if you did come with a solid physical base and were relatively strong to begin with. Perhaps you could hit pretty hard, but you learned through practice to hit much harder once you became proficient in that technique.

Martial Arts, in all their philosophically boiled down states, are attempts to teach the body to move efficiently to protect itself whether for sport or war. They are an attempt also to teach the body to function more efficiently at the basic output level, meaning that when you learn to throw that punch even though you weren't lifting a weight, your muscles are getting stronger, not just your skill. When you began your technique was probably very sloppy and not an efficient use of your existing bodily strength. As you honed that technique and became better and were able to efficiently apply the strength that your body possessed in an accurate and efficient striking motion, at the same time you developed superior base ability to use in that striking motion. For instance, the muscles for your arm, shoulder, hip and body learn not only to coordinate together to use its existing strength efficiently, but they increase their strength at the base level. Not only in the coordination and efficiency level, but also at a base level to create a body that had a higher capability to begin with. Thus is the aim of martial arts and thus is the aim of strength training. Therefore I say, that in many ways they not only compliment, but they coincide with each other.

This line of thinking that the martial arts are a honing of the existing strength of the body into an efficient technique for combat, as well as a broadening of the base ability of that body applies to every form of martial arts across the world. Be it the take down of the wrestler, the submission hold of the Ju-Jitsu or submission fighter, the strike of the boxer or Karate or Kung Fu fighter, or the kick of the Thai boxer, whatever the case may be. Not only are they attempts to efficiently coordinate the movement of the body so as to maximize its power output in any one particular vein of combat, but they're also attempts to make that body itself better so that it can complete and revolve in that cycle of gaining efficiency and gaining ability. The point being that they repeat and revolve in it to building the ultimate martial artist or being the best martial artist you can be.

There has been much misleading information, especially in the last 30 years as it pertains to marketing, in the idea of not building physical ability, but of simply building technical knowledge and technical ability and the weaker thereby

overcoming the stronger. In some ways there is something to that. However when you pick apart those situations that are proposed, “a well versed technical martial artist can beat a much bigger, stronger opponent,” it doesn’t hold up. There are always flaws that never come to light in the marketing of those ideas. All techniques applied in the marital arts require some combination of strength, speed, discipline, endurance, mental, emotional or spiritual applied strength, leverage, etc. Yes, we have seen the smaller, supposedly weaker man beat the larger, more powerful man, but in practice this does not happen that often.

The premise that you can be technically proficient and beat a much more physically endowed person acts upon the premise that that physical superior is your technical inferior. Also that you have the physical traits to apply the techniques that you DO know to that larger, physically endowed opponent without them disabling you first. It also implies, even though it is not said, that you have the physical ability to survive the punishment that a larger and more powerful opponent may distribute to you during combat. Even the famous small martial artists who have been an example of defeating a larger opponent have in some way radically increased their basic physical ability. Let me give some examples.

Royce Gracie, who is probably one of the most famous modern martial artists, is not a very large man, but is a quite successful Jujitsu champion. Now he may or may not do some specific physical training, but he does do multiple hours of technical practice. However within his technical practice is the building of strength and endurance. For instance; by hours and hours of grappling, what Royce has done indirectly is build a monstrous amount of endurance, and grappling specific strength, so when a larger opponent overpowers him in the beginning, he can hold on to that opponent and survive the punishment it takes by having built a strong and durable body. He can survive that punishment until he can apply his technical ability. This is not easy to apply to a fresh, large, strong opponent. Royce is also an example of someone who is very strong in his specific ability of strength. He is not in anyway a physical weakling even though by marketing they would almost tell you that, not truly, but almost. They would say that “the little man beat the big man,” and all the accompanying bull that goes along with that. The truth is that Royce is a very, very tough person. The style of combat that he employs in a mixed martial art setting implies that he must take a significant amount of punishment, wait out and survive till his opponent makes a mistake. Then he can therefore capitalize and use a submission hold on him. Don’t make the mistake of thinking that even by the martial arts practice that he has participated in that he has not, since the beginning of his training, radically increased his strength and endurance. This is simply a product of training the body for his art.

Bruce Lee is another example of someone who was not a big man, not even a competitive martial artist or fighter, but was an assiduous trainer. He trained often in many different styles, but he understood and practiced in the focus of strength. He

used what was in his mind a very martially applicable type of strength training. He used isometric and other types of training focused on building strength, but Bruce knew that he would never be a huge overpowering man. He knew that he must build the other physical abilities that he was capable of building and capitalize on the genetic blessings that he already had to make himself in a more physically formidable opponent.

He continued to practice and build upon speed, balance, strength and timing to create a more physically formidable opponent. Don't kid yourself, every time he hit a practice dummy or punching bag, he was focusing his power, building the ability of his body to function together to create power. That power demonstrated in speed, but they must go hand in hand. If you would believe that you can be small and not do much strength training and still apply the techniques of many martial arts, you're looking to set yourself up for disaster. Size is both relevant and irrelevant and we will discuss that further in the book, but the pure strength that you have, the ability you have to apply that strength in speed and the power output that you can produce in your endurance as well as your physical ability to endure the rigors of combat are magnificently important as they apply to martial arts.

There's no way around needing to build those abilities. Therefore think not of strength training as an unrelated activity. Think of it as another arm of the martial arts that you are practicing. In truth they are. If you look in the tradition of martial arts in the very beginnings, not only did the practitioners of martial arts practice combat and the efficiency of striking and grappling as well as the specific technical practices of combat styles, they also practiced exercises that built their body, physical ability and muscles to survive more punishment, as well as meet out more punishment. They also built their power for strikes, and grappling, speed to apply their techniques more efficiently and built their endurance so they could survive long terms of military type armed combat or unarmed, or sport combat or life threatening self-defense situations, or whatever the case may be.

Another way of looking at it would be to look at your strength skills as another one of your practicable martial skills. For instance; If you practice punches, kicks, take downs, etc. you also, as part of your martial skills, practice squats, presses, pulls, endurance work, barrel lifting, things of this nature, as part of your martial skill. Not only can you throw "x" number of punches, or fight for "x" amount of time, you can also lift "x" amount of weight as part of your martial skill training.

There are, in every culture, since the beginning of organized warfare and organized combat, the adaptations of movements of the human body, to specifically go beyond normal working tasks, and also build that body up. It was to in essence work in the idea of progressive resistance. Progressive resistance is in most ways the basis of modern strength training and was the basis of ancient strength training. You begin with a certain level of physical ability and consistently challenge it more and more in

one way or another to continually improve. If you're able to run one mile today, and you wish to get better at running and improve your endurance in that particular way, then you must run more than a mile tomorrow. If you can throw 100 punches now, and you wish to get better at it, you must slowly build the ability to throw 200 punches. If you can lift a 200lb stone now, you must move toward incrementally being able to lift that stone more times or lift heavier and heavier stones so that you are continually building your physical ability. This is evidenced in the ancient example of Milo of Crotona, which is the thought to be first pointed to example of organized strength training along the line of progressive resistance.

Milo was a combat athlete, as most of the Greeks who functioned in that time were. They were in many ways "Renaissance Men" as we would look at it today. They were statesmen, leaders, combat athletes, warriors, athletes of other types, whatever you might happen to need of a man. What Milo did for part of his physical training was to begin with a calf. He would lift it onto his shoulders and walk around the Olympic stadium in Athens every day. As the calf grew and gained weight so did Milo. He began with something small that he could handle. As it progressively gained weight to it he gained more and more strength and ability until he could eventually walk around the stadium carrying a full-grown cow so the story goes. This is obviously a monstrous feat of physical strength.

This is, if you trace it out, in some ways applied to every culture across the physical ability ideas. In other words, every culture will have some story of someone who began not necessarily as a physical weakling, but began training for war or what have you and increased steadily in what they did. They progressively increased their ability over, and over again. There is a Russian story of a man who wanted to become strong and gained a small dumbbell as it was all he could find or afford. He began to simply carry that dumbbell around with him all of the time. He did not have any other training or know what else to do. He began to experiment and work with it until finally he developed the way to lift it in any way you could think of for long periods of time, eventually becoming one of the strongest men around.

This is a natural progression of the human body and the human ideal. Everything we do in life is progressive. You begin as a small child and you progressively grow and as you get stronger, your muscles get stronger, you become more proficient, you get more coordinated and you build the abilities to go from a child to an adult. This is progressive in every culture and their exercises as well both physical and mental. For instance; In one of the main points of the Buddhist physical training of different monks or the Shaolin monks was that the radical physical training that they endured also built their mental ability and also built their physical ability to withstand long hours of mental training or meditation. There are many bold factors and hidden benefits of radical increases of physical ability that are not necessarily brought to light in most media.

This is because we have been given the mistaken thought that if you got larger or more muscular that you are somehow less intelligent or that you have less finesse in your martial ability or that you're slow. The truth is by pure stature and dietary standard of their day and idea and place, many of the ancient masters were not huge men, but they were muscular and radically strong individuals. Maybe not in the current idea of competitive weightlifting format, but in any vein of practical ability growth they had massive improvement. Why? Because they began to work in earnest on progression over many types of physical ability. They knew that a body that could produce at a base level, higher amount of strength, speed and power could apply efficient scientific techniques better than a weaker body. These warriors, due to the condition of their lives, understood things that we probably don't. That is that most of the time we don't necessarily apply our martial art skills to real life combat. However, they understood that the other man they could come against was training just as hard in his efficiency of martial knowledge for combat. In other words he could throw a punch, or swing a sword just as technically proficient as them. Therefore in the end, the winner is the one who has not only the best technical ability but he has the most physical abilities, the most physical tools to work with. He has the greatest speed, the most power, and the greatest strength and endurance.

Now this has been evidenced in modern no-holds barred or mixed martial arts combat. In fact this is a forgotten thing, with the exception of the military and even in that, in some ways is not applied, because of the use of the modern day firearm. That being that most modern combat now comes down to gun-play and not hand to hand combat. It was lost in many of the martial arts traditions, because of the need to market to the average student and the difficulty of true work involved in building a physical body. Make no mistake it's hard work. Whatever you do, whatever style of training you choose to apply, it is very difficult work. Most people don't want to hear that. They want to hear that I can just learn a few simple techniques and I'll suddenly be able to apply this toward anyone, regardless of the fact that they've put in much more work than I have in building their physical ability. This is simply not true and is in my opinion an idiotic and almost unforgivable thing to try to tell people in teaching them a martial art. To say that you are physically prepared to protect yourself when you're using non-effective techniques or when you're not radically increasing your physical ability to apply that technique, not only in just building an efficient technique to use, but in building the physical base behind that technique is misleading to the martial artist and to the average person in an almost criminal way.

In modern combat this has been proven time and time again. It has also been proven that pure brute strength is not necessarily the winner. Many times the stronger man in terms of defining his strength with pure brute strength is not necessarily the winner. Why? Because the technical ability of the other artist may allow him to survive the onslaught of a very, very strong person via efficient martial technique and the use of his other physical abilities such as speed, and endurance. This may allow him to survive the onslaught until exhaustion occurs and strength is useless. There

are many types of strength. I mentioned Royce Gracie earlier and two types of strength that he has are a very position specific strength to his particular discipline and radical endurance. If by his efficiency of technique he can keep you from seriously hurting him and wear you down until you make a mistake, then he can beat you with a submission hold, which is his basic strategy of combat and application of his type of strength.

What modern mixed martial arts combat had really shown us is that the most physically prepared person with the most physical tools generally wins. There are exceptions and working examples of each of these rules, but it still applies.

For instance; several of the fights of Tank Abbot (who is basically a brawler type martial artist, of the Ultimate Fighting Championships and other types of fighting.) He basically has won most of his fights on pure striking ability and strength. He either wins very quickly or he generally loses. If you're going to beat him you have to either out speed, strike, attack him in some way or you have to be able to withstand a very powerful immediate physical onslaught, whereas the Gracies are the opposite style. They look to withstand your onslaught until you get tired enough to make a mistake. What you have is two different types of strength being displayed. You have immediately explosive strength or you have long-term endurance. Each having their own merits and pitfalls. The most successful fighters are the ones who display all of these abilities. They have not only the immediate power to give you the strike of a hardcore power athlete, but also the endurance of the hardcore endurance athlete and all the ranges in between. They would possess the ability to hit very hard, very fast and the ability to sustain endurance and punishment for long periods of time as well as the ability to dole out that punishment in multiple different ways. Obviously the most well rounded athlete, who can strike, grapple and has strength and endurance all at the same time is generally the winner.

Therefore, why not seek to build all of these attributes. In truth they are not that difficult to build and if you're going to undertake serious martial training and put out the effort and dedication required, why not take the next step and build the true abilities you are capable of building. The truth is you are capable of building this. Any average human upon dedicated training has the ability to radically increase their strength several hundred percent. You can also increase your endurance several hundred percent, as well as your speed, though that is less measurable, but at the same time it can all be done. You can increase all of these things. This is concurrent to and agrees with all of the traditions of martial abilities and training.

The athletes of ancient Greece trained with all kinds of implements such as stones, implements, farm work, bodyweight exercises, running, etc. They practiced things to build their strength and endurance because they knew that it was not only necessary to become proficient in whatever you wanted to compete in, or whatever you wanted to practice, but it was also necessary to build a better physical base to use. This is all

really evident in looking at the Shaolin training as well Hindu, Japanese, Koreans and any other martial system such as the Russians, the Europeans, and Native Indians of America. They all function around the same basic idea. However, in the modern translation of arts this was lost, because our exposure to them came from people who were generally relatively small in stature not because of their choosing, but because of their genetics and heritage; as well as food supplies.

What we truly were seeing was a man who was small in stature, but larger in his strength, speed, technical prowess, endurance and physical ability. An untrained, much larger opponent who was applying an unorganized system of combat against a man who obviously had a well trained organized system of combat and physical body building ability. All you see in the end of the fight when you don't have access to the training to look for the strength and endurance of a particular style and the organized technical ability of the martial artist. What you don't see is all the preparatory training, which was the building of strength, endurance and technical ability together. So in building the ultimate martial artist you must look for the ultimate levels of high level strength, intermediate level strength as well as high level endurance and speed and multiple other factors that go into building the ultimate combat athlete.

For further evidence of this, you need only to look to the specifics of the training of different cultures throughout the combat history. The Hindus for example, practiced many types of physical body building as well as technical practice for their national sport of wrestling or whatever combat style they were studying. Now, when I say "bodybuilding" I'm referring to the old school, all around, traditional sense of actually building the body. Building the physical ability and musculature of the body, not in the modern competition sense of standing on a stage in posing trunks under lights to see who looks the prettiest under the subjective eye of a particular judge who is looking for whatever standard. I in no way mean that. What I mean is the building of the body with an eye toward physical ability.

The Hindu's practiced exercises for multiple sets of muscles throughout the body and they practiced running, swimming, high-level hardcore calisthenics that built the legs and upper-body movements. They also practiced the lifting of stones, lifting of stones cut similar to dumbbells, the swinging of clubs and hammer type swinging, dragging of wood and trees, etc. They practiced isometric movements with an opponent or stone pillar. Within this system you see every type of strength. You see maximal strength, repetition strength, control over the efficiency of your own bodyweight, radical endurance training, the ability to move objects and apply your strength in a movement related area, grip training, training for all the specific parts of the body as well as seeing training for the body as a coordinated unit.

You can look to the other cultures to see exactly the same thing. Look to the training of the Shaolin in China. They practice exercises not only to specifically increase their ability to apply the techniques of their specific form of Kung Fu. Be it

Northern/Southern Shaolin, or a striking or grappling based art. They also have a complete set of physical mastery skills that encompasses an entire broad range of physical abilities. Whether it was barrel lifting, water pot lifting, resistance against ropes tied to cattle, abdominal work, pushup type work, running or running hills or doing animal imitation runs such as bear crawls. They also did radical isometric movements or fixed stance movements, fixed stance while holding weight, different weight swinging and lifting styles and movement as well as the practice with different weighted weapon type implements, building strength in all these veins. They worked on building maximal strength, resistive strength, and the strength of all the different parts of the body; the legs the upper-body, along with radical endurance. All of these elements are used in strength and endurance to combine greater speed and accuracy; power and expression of the human body within the organized system of combat that they practice.

Unfortunately, in the modern expression of strength, because of human tendency and especially because of the marketing tendency to move away from pure, hard work, we have lost much of the strength basis in training of the modern arts. We have also lost much of the reality of what could be done with human beings and their physical ability in modern training. Only a very small hardcore community of dedicated lifters, martial artists and trainers really train in things that create a real translation and expression of strength to the human body. Something that really builds your ability to apply your strength not only to a weight, but to whatever situation you have. Whether it is some emergency situation, combat or real life, or whatever. Most training is now geared solely to the modern ideal of bodybuilding, which is particularly how you look regardless of how you perform, because of the softness of our society.

Now, I don't necessarily mean American society, but modern society in many parts of the world, even in some third-world type areas. The movement of modern technology, cars, and modern agriculture does not dictate that your survival is based on your ability to build and apply the real hidden and only unleashed with training abilities of the human body. The ability to endure, the ability to apply your strength in whatever form to keep yourself safe is really not that big of a deal anymore, until you really need it. However there is a hardcore section out there, and probably you're one of these if you're reading this book, that wants to have that ability. They understand multiple things. First that law is only protection in name and that ultimately the individual's right and ability to protect themselves comes down to just that. The individual's ability to do such things, and when emergency situations arise, survival is doing whatever it takes to survive regardless of law. Criminals do not follow laws, they follow whatever their own ideas are and they bank on boldness and physical ability or weaponry to do injustice to their victims, thereby profiting. If we are to insure safety, as far as is possible, then we must train. We are also interested because we follow the traditions of martial arts and the traditions of building the

human body and that in building the human body we also build health and strength and build a vitality of life that is impossible to build in any other way.

You especially build a vitality of life when you move past the ephemeral modern training and move into deeper more hardcore type of training that literally builds the physical energetic abilities of the body. We also understand that whether voiced or innately, that the building of the mind and the building of the body go hand in hand. The old warriors understood this. They understood that when you built the body you simultaneously built the ability of the mind in discipline and concentration and its ability to apply the body. You also built side characteristics of concentration and mental ability was increased also with physical ability. When you built through long term service of training and processing of bodily movement and control, discipline and suffering you have increased not only the body's basic ability and it's efficient technical martial ability so you increased your mental ability. You had also increased the basis from which your mind can operate and you've given your mind a stronger vehicle in which to operate. You've increased your ability to learn, and think as well as to be a more spiritually whole and at peace person all together. The mind and body must go hand in hand. There is no separation of the two when it comes the building of the body. The martial artist and the building and the strength training must go hand in hand because in truth there is no separation to the real martial artist and his training to build his body. You cannot separate technical and physical training, they are linked just like the mind and body are linked.

Therefore what this book is seeking to do is bring about my thoughts on what is the ultimate expression of strength for the martial artist. As well as what is the ultimate expressions of strength and endurance in building those attributes into the body, what exercises do it the most effectively and why. Also to bring about reality, hardcore training. To understand that there is no hard training without hard work. There is no lasting building of the body without work without some purity of purpose and to bring back some of the old styles of training, some of the old intentions of building a powerful physical ability. Not being accepting of simply looking good and having moderate unsuccessful attempts in building high level strength and high level endurance together. To move past this into the idea of building all around ability world class strength and world class endurance together and to use the effective real exercises to get this done in an efficient manner and not waste time on useless movements.

Exercise in any way that improves muscle is in essence a functional movement if it increases functional strength. If it increases the strength of a muscle it therefore increases the functional ability. However time has proven that some exercises simply work better than others. For the most part I believe that machine training is useless. Not that it can't be done, and not that some of the most hardcore trainers on earth don't use machines, but the reality is that if you don't learn to use solid, hardcore, free weight movements and exercises that produce a real muscular and aerobic endurance

together then you missed the boat on pure strength and gaining your ultimate potential. You will have also missed out on a type of endurance which is most applicable to martial arts in its expression along any type of endurance based idea. Whether this is in the endurance of muscular strength or repetition type movement or lifting or pure endurance type work.

We also seek here to translate the ancient strength of the warrior who was brutally strong and brutally enduring and had powerful technical ability and mental strength into the modern martial artist and athlete. I believe that we have missed a major component in only training technique and only in training for those other abilities singly. We must also crossover the pseudo-science of the modern era and believe that we can achieve all of these qualities together in an integrated way to create the total martial artist or total person.

2

Is it all or nothing?

The modern direction of martial arts physical training

Most modern athletic training as is applied to martial arts has gone on in one of two directions the bodybuilding style and the all or nothing style. The bodybuilding style refers to, conventional training as it is applied to what is considered modern fitness. This means a basic bodybuilding, mostly machine based moderate rep strength workout combined with long slow distance cardio. The combination of these particular training methods is idiotic and ineffective for most of the needs of the martial artists. They have produced only marginal results for fitness for the general public much less the ability for great results for serious martial artists. Because they produce neither extreme strength or strength endurance they produce as my friend Pavel Tsatsouline says a “mediocre” result of both. Unfortunately most of the martial arts world is indoctrinated by the massive amount of media attention given to this style of training. In fact if you look just within the mainstream media this is basically all there is to find. Because much training of the population at large is not particularly productive for real functional ability most martial artists have nowhere to turn for real training information. The problem with the body building style program is that it's ill-conceived for martial arts. It produces none of the necessary strength or supportive stabilizing function of pure strength training nor the serious functional endurance necessary for martial arts. It also produces a mindset geared toward mediocre results and geared toward a narcissistic outcome based purely on looks not physical functional ability.

Why? Because that training is based solely on its affecting the way you look not in producing real physical ability. It is sold as training that will give you strength and endurance in any way you would need them even though the truth is it only affects the way you look. In reality, you get what you train for. By this I mean if you use training that is geared to produce maximum strength, actual maximal functional ability and phenomenal combined muscular and aerobic endurance, that's what you will get. However using basic training sold to you from bodybuilding magazines for the most part you get what they're selling, which is watered down physical ability, some moderate effect on the way you look and training that produces mostly a muscular imbalance, ineffective endurance and sets you up for injury when participating in serious martial arts.

The other direction the modern martial arts training has gone is the all or nothing school of thought. This is divided up among the several camps that split the market in the martial arts world all basically geared to tell you that their training is the only correct way. This is divided up among many different schools but the predominant ones we discussed here are the bodyweight only school and the just practice the art

itself school. Both of these schools of thought propagate the idea that any training other than theirs will not only leave you injured, but that their training will magically make you a super martial artist with super physical abilities. Let's tell the truth here folks. You get what train for. That means if the training doesn't address in some way every area of physical ability, then you won't get that area of physical ability. You can get a lot of strength with bodyweight only training as well as endurance, but eventually you will begin to lack maximum strength even if you train body weight with a progressive style of resistance. Just like the use of all training requires. You'll eventually need to add more resistance to continue to get the training effect and to truly get stronger and build real ability. As great as some of the bodyweight exercise is at building strength they cannot duplicate what you get with heavy lifting of barbells, dumbbells, overloading movements, and odd objects especially when combined with the right conditioning movements and vice versa. As much as they try to sell this to this style is inconsistent with the reality of the history of physical training of martial arts. All around the world the history of physical training in the arts demonstrates combination training. Training with multiple modalities or implements and training for maximal strength as well as endurance. It makes a nice neat sellable package to tell you to train with bodyweight exercises only or for that matter any one implement or style alone and that by doing so you'll get to the highest levels of physical ability. Regardless of what you're told the truth is the ancient master's did not train that way. They used body weight exercises, endurance aerobic exercises, heavy lifting of specially cut exercise and work implements, natural objects and everything in between to build serious strength and unbelievable endurance. If you look at every fighting culture world they did serious training not only in the specific techniques and sciences of their art but on building serious physical ability using many different tools. It is just as incorrect to say that they only practiced the art itself or that they in any way separated the building of physical ability with a practice of specific fighting arts.

So what do we learn here? That it takes more than one style of training to build a total package of strength and endurance. It has become popular to say especially among martial artists and fitness types that it does not matter how much you lift and how strong you are. There's no way around the need for those qualities because you can be technically proficient in your art but your progress will be limited if you don't build serious strength and endurance. That the people on the cutting edge of serious training are doing the same training that was building legendary men 2000 years ago. That the ancient master's were not little helpless people who developed scientific techniques to defend themselves, but were physically incredible as a product of their specific physical training and understood that what ever your physical genetic predisposition is it can be overcome with the right doses of hard training.

It is popular to say that you only need to build repetition strength for martial arts and that pure maximum strength will not help you to become a better artist. Much of that is simply propagation of modern thought on strength that has no link with reality. The easiness of life of most of the modern world makes it easy to look down on pure

strength, but it is false to say that training for and respect of serious maximal strength is not historically correct and just as relevant in the modern world. There are gifted fighters who don't train maximum strength much with weights, but because of their incredible genetic makeup can display it well on the mat. In a large part these are also the same guys who would be physically overpowering specimens even if they never trained. If you break their training down you'll see that they actually do put out maximum strength building, effort which is a type of maximum level strength training within their specific martial practice be grappling or striking. This is the reason that you may be a fighter who is overwhelmingly powerful in their particular style, yet not does not display overwhelming power in regular strength testing. It is also a secret to making your strength really count in actual martial movement.

Everyone should be doing this in their training. In this way are building a maximum strength, you are just building it in martial movements not with normal exercise. This alone is fine and dandy for the 1% of top-level fighters who can get away with it. But combining maximum level in art training along with maximum level strength and endurance training can radically increase the martial ability of the average trainer to the point where they may actually be able to compete with the Big Dogs. In truth even most top-level fighters would infinitely improve their game with this level of training. No one who writes about strength training wants to make anyone feel bad by saying you need to lift a certain amount weight and the truth is that everyone has their own potential levels of strength. The fact that you're training toward your maximum potential of strength is the important point. However, you can't get off that easy. Because if you take that at face value without exploring it, you may come away with the idea that any light lifting will be okay as long as you think you're working hard enough towards strength. But this idea didn't make it in the ancient world and shouldn't make it now. In many places around the world and in many martial arts there was a certain standard of strength that had to be attained regardless of whether you were 110 or 310 pounds.

Witness again the lifting of stones by the Shaolins, Hindus and Scots. The reverse also held true. You needed to display a certain level of endurance whether you were 110 or 310 pounds. Size and starting ability were irrelevant. Only that you achieved the goal. This is what I believe we should be looking for today, not justifying weakness or lack of endurance with talk of genetic potential. Not accepting a mediocre performance in ourselves in any way. Everyone will have their genetic weakness. It may be harder for you to develop strength or another man to develop endurance or whatever the physical quality. The point is we should believe that progress to excellence is the normal result of training and fully expect it of ourselves. Not the current popular belief that genetics is the only reason for greatness. Hard work and desire beat genetics every time.

If you're a decent physical sized person you need to be working toward some significant heavy poundages. A minimum of 500 lbs. on the squat and deadlift. I have

not seen anyone who was not very small in stature who underwent the correct training for the right time and intensity and with the right frame of mind who could not achieve either of those goals. If you do happen to be very small in stature I in no way hold that against you and at the same time think you ought to be working toward heavy poundages as well. If you weigh 110 pounds and wish to stay at 110 pounds, 500 pounds lifts might not be in the cards, but double or triple bodyweight will be. In fact the double to triple bodyweight standard is something we should all be working for regardless of size.

I trained two teenagers who were not genetic anomalies to be able to make those lifts in only two years of training. You *WILL* be able to get there too. I have seen many people who were not extraordinary except in the fact that they fell into the right training achieve those standards. Conversely, we look on the building of endurance as achievable, but not at the highest levels. Much of the reason various bodyweight systems have seemed tremendously effective and difficult to a new practitioner is that there is very little effective strength endurance training actually going on. When you've never done it before it suddenly seems like the golden standard of training because it is so difficult and far from what you are used to. As I believe high level strength is totally achievable I also believe that unreal endurance is just as achievable. As is having them both at the same time. I have never seen anyone who truly worked this system fail to achieve both. Part of the reason we put this book together is to bring back the serious drive and the belief that you can actually be strong and enduring and that you actually do need strength and endurance in both life and in the martial arts.

3

The Cutting Edge is 2000 Years Old and The Formula for Super Human Ability

It sounds funny to say that the cutting the age of martial strength training is 2000 years old, but it's a real truth. The implements that we use today in combination training the barbell, the dumbbell, the kettlebell, bodyweight exercises, cable training, isometrics, conditioning and aerobic exercises, odd object lifting and strongman training were all taking place at the genesis of serious warrior training. It has taken place through the ages as recorded in books on the Renaissance and the training of warriors the world over not just thousands of years ago but up until the last century. It is only in the last 60 years or so that we've softened to the point that we have lost the real edge of training.

We've lost the old ways and made the modern ways so soft that they're completely ineffectual in building real man. Make no mistake about it that's what you're doing when you undertake serious martial training and serious physical training. Testing your spiritual, physical, emotional self and building it into a new and better man. In searching through the history of physical training and martial training and looking at the men who went on to become great at strength and endurance, I believe I have found what is the formula for building super human ability. It takes different shapes among different men and among different cultures and times, but even in the modern training of the strongest and most enduring men on earth all of their training demonstrates these basic elements.

So what is this formula? It is the combination of low reps, high reps, overloading movements, off balance movements and conditioning. Every culture or great strongman has these things in some part of their complete training. High-level strength practice, be it specific to performance or with a training implement that limits them to low repetition performance. Higher repetition, slightly lesser intensity movements, moving into the extremely high rep conditioning is practiced in various forms. This may be evidenced in pure high repetition training or in training that is not expressed with “repetitions” but takes on the same type of physical strain that high or low repetition work would give. From there, there is also always the use of conditioning more things to make the heart and lungs strong. Overloading movements which are movements that put more strain on a muscle or muscle group or physical ability than would be normal to a particular lift or martial movement are also very common along with the use of the implements that are non conforming. In the modern sense these would be expressed via heavy partial or short range movements or heavy martial movements and with strongman training the use of objects and tools that don't balance easily.

The use of this formula is in evidence throughout martial arts training of the ancient masters. For purposes of illustration here we'll point out some examples of old-time martial artists and from the modern age of both martial arts and of physical training. The Shaolin of Chinese Kung Fu are a great example. It is well-known within their training that they devote long periods of practice to their specific fighting arts. However within their training philosophy is an entire set of physical skills to be mastered along with the technical mastery of their style. Within these skills exists not only what is commonly held as physical training for the martial arts today, repetition style conditioning, but many of the skills also hold a maximum strength type of work. This also contains physical training for building and hardening of the body and the use of all the major muscle groups and types of strength and conditioning. (This is also an excellent example of the difference between functional training and looks based training. Little or no isolation movements, a fairly strict low calorie diet and small statured people to begin with producing a very strong and very enduring, but not particularly visually impressive body.) This includes the use of the implements such as dumbbells and barbells, the stone padlock which is similar to kettlebell lifting, odd objects, isometrics, high and low repetitions. Exercises building not only on repetitions for their own sake, but extensive severe strain to add powerfully to the ability of the body. Much of the training that they do is also geared toward maximal effort in the fighting arts, which is the same as the effort applied in maximum strength lifting, but poured into the movements of the art itself.

A perfect example of this training would be the use of the stone padlock, which illustrates the use of high repetitions, off balance and specially made implements, maximum strength conditioning, and conditioning within the movements of the art itself. The stone padlock is basically the shape of a scale weight or a square cut kettlebell. Ranging from light versions, 10 to 40 pounds, intended for high repetition and art specific use, to very heavy versions up to 130lbs or more, intended for maximum lifting. It is at the same time designed for lifting yet off center in balance to create extra difficulty, and benefit in lifting it. Much of the stone padlock training is done with lighter weights for higher repetitions specifically copying the movements of a particular form of Kung Fu building strength into that specific pattern and general endurance. Lesser known in the use of the of stone padlock is that they actually moved up to very heavy maximum lifts in this training. I was informed that some of the Grand Masters could actually do what it is essentially a one-handed bottoms up press with a 135lb padlock. This is a phenomenal example of maximum strength and a truly phenomenal strength feat in itself. Think about that the next time you hear somebody say all you need to do is light training to get ready for combat.

These examples extend to all of the martial arts from all over the world and in some ways are best demonstrated by what is probably the universal object or strongman movement for the old-time martial artists, stone lifting. The stone is the oldest training object of mankind and it is universal among strength and fighting cultures as a test of physical ability. This art exists within the Hindu martial culture the

Mongolians, the Native Americans, the Celts, the Scandinavians, Icelanders, Polynesian Islanders and Hawaiians, Africans, Russians, Romans, Greeks, Chinese, Japanese, Galls, Germans, Arabs, Israelies, literally everywhere. And while some of the use of the stone has been repetition lifting almost universally there was the training for and the lifting of the heaviest possible stone along with all the other more basic conditioning, higher repetition and endurance building exercises. Also out of these cultures came the use of heavy implements of war and agriculture that became training tools for soldiers, martial artists and physical culturists. All implements which have come back to life today in the hardcore training world as hardcore strength and conditioning tools. Do not think for a second that we are stronger than the trained warriors of these earlier cultures. There is evidence quoted in modern literature about some absolutely fantastic stone lifting feats of the ancients that top-level strongmen of today would be extremely hard-pressed to duplicate. Evidence here would be the Greek stones such as the Bybon Stone. A 300lb block of granite which bears the inscription, "Bybon threw me overhead.") Even with all the modern training drugs and convenience of today the greatest stone lifting overhead is still just over 300 pounds.

The Hindu culture also provides a tremendous example of the variety of implements and combination training that created some of the greatest grapplers to ever live. Much has been made of their training and rightly so, but it has been wrongly suggested that they only train with bodyweight and high repetition exercises. While they do and did train with the above mentioned they also used barbells, dumbbells, stone lifting, isometrics, gymnastics, Indian clubs, hammers, maces, ropes, and partner exercises. Because a lot of this training has survived to today this provides us with one of the greatest examples of the formula in action. Their training includes max strength, endurance strength, high reps, low reps, off center, strongman, and traditional implements all mixed with martial practice. This follows true throughout all of the rest of the cultures mentioned above. Everyone has their version of the bodyweight exercise, heavy lifting, high rep lifting, endurance movements, breathing and energy exercises, overloading movements. These are the factors that create Super Human ability. This is why they are world-wide.

Modern examples of this can be found all throughout the training of the hard-core world if you know what to look for. It may not be specifically promoted in their literature because of its sell-ability or even specifically recognized as a component, but it's there if you look. An example here would be the Karl Gotch system adopted and promoted by Matt Furey. Within that system which uses predominantly body weight exercises there is also some dumbbell, cable and improvised machine training as well as isometrics, and bodyweight exercises adjusted so as to continually challenge your low and high rep capacities. Even though it is predominately bodyweight exercise what is used is a progressive system that includes the extremely high and extremely low reps. Within this system the type of strain placed on the body (max strength or repetition strength), is altered by the use of exercises with progressively more difficult

leverages so that you may use the same resistance so that you may in effect be using a heavier weight because the individual exercise is harder. At the surface of the system which is the Hindu Squat, Hindu Push up and Back bridge, all the training is for high repetitions. Lesser known and more strength related exercises such as one armed pushups, one legged squat, handstand pushups and multiple variations of other pullups and pushups are the next step in the system. By training this way you are progressively adding more resistance just like using a barbell or dumbbell. The kettlebell and clubbell to a certain extent both follow the same style of progression using fixed weights but moving to harder exercises to increase the resistance.

Turning your attention to the more hard core weightlifting world we look at the Westside barbell style of power training. Westside barbell club is probably one of the most successful powerlifting gyms in the history of the sport. Run by Louis Simmons whom many people think is one of the most creative minds in strength today. Within that style we see both the use of high and low repetitions, regular and unique excises, overloading excises, strength and endurance builders all worked at the same time. If you look to the training of competition strongman you will see the same thing. Repetition effort endurance building, and maximum effort strength building spread out to barbells, dumbbells and all kinds of unique non-conforming training tools. If you look to the training of many Olympic lifters while their specific competition work requires low rep maximum training many of them use such a massive volume in their training that they are simultaneously building endurance with strength. Many of them also build in specific fitness building periods in their training so that they have cardio and muscular endurance to undergo heavy, high volume, high frequency strength training. Some of them even use significant periods of sports, gymnastics and bodyweight training. Both as a fitness builder and as a type of pre-exhaustion to facilitate greater strength gains down the road. If you look at football training you'll see for the most part, the same serious training of heavy strength as well as heavy explosive endurance work and speed building sprinting. Football is a contact/combat sport and the training of offensive and defense linemen specifically displays maximum effort in-art training via the use of heavy sleds and practice dummies in which specific technical drills are carried out at maximum strength and speed.

Now we move to what are probably some of the greatest examples of the formula for super human strength and endurance in action. That would be the old-time performing strongmen. Here will look at three people just to give examples that apply within the martial arts because of the particular style of training they employ(ed). "The Mighty Atom," Joseph Greenstein was a phenomenally successful performing strongman and also one of the most incredibly trained martial artists of his day. During his lifetime he studied with competitive and professional European wrestlers while traveling all over Europe with a traveling circus. He also trained with Hindu wrestlers in India and Japanese jujitsu master's in Japan, literally some of the greatest martial artists alive at the time and in their own backyards. He's been held up as a

champion for the idea of light exercise because he did much exercise of the bodyweight nature and with relatively light dumbbells. But what is not often mentioned is that he also spent a significant amount of time doing high-level physical lifting with odd implements, high level maximum in-art training and high level maximum strength practice on specific strongman feats. This specifically demonstrates the formula high reps, low reps, odd exercises, building of both strength and endurance and maximum in-art training. These should hold special significance for both the modern strongman and the martial artist as he was held to be one of the greatest strongmen of all time as well as an incredibly fierce fighter. Having fought real life street battles often times taking on multiple opponents in real life and death situations and even having wrestled for the lightweight, professional world championships when professional wrestling was for real. You absolutely should read his biography, because it is both a great read and an extremely insightful book on physical training. Because in him we see an example of a man who applied maximum effort to the specific feats he wished to get strong at and backed that up with incredible physical conditioning, incredible mental strength and spiritual development. To create a completely unified and nearly unstoppable being.

His protégé, Slim “The Hammerman” Farman represents also the same type of strength and training. A man who spent 60 + hours a week swinging a sledgehammer in an old-style rock quarry and at night practiced maximum effort feats building up to a level of strength in levering movements that no one else has ever and probably never will duplicate. He’s still able to perform them at 71 years old. His training represents also the same combinations. Hours of high rep strength and endurance building by both swinging a sledgehammer and practice of high repetition strength exercises followed by maximum effort practice in his specific feats. That maximum effort represents not only low repetition strength building exercise, but specific in-art practice.

The next in the line of succession of strongmen is Dennis Rogers. Dennis also trains with a combination of high reps, low reps, strongman implements, body weight, barbells, dumbbells, cables, endurance work and maximum practice on the specific strongman feats. In doing this he has become the most successful performing strongman in the history of the world, inclusive even of the greats of the old-time. He is able to do feats that basically no one else can perform and all at a top bodyweight of 165lbs ever. The training of these men is evidence of the principles espoused in this book and their unbelievable effectiveness. Combination training following the formula of maximum superhuman ability; low reps, high reps, overloading exercises, strongman work, and maximum in-art practice. They also evidence what can be done when you apply consistent effort and a strong mind to these concepts. I wrote this book not to promote the idea that I invented this concept, I did not and that can be easily seen because of its use all around the world for thousands of years. For some reason or other most modern training simply ignores the totality of training and misses the writing on the wall so-to-speak about

this. This book is my version of this concept and the version I believe will give you the best of all possible worlds of physical ability and martial art specific power and endurance.

What is not espoused in modern training is this: You can and should be training for “having it all” both in your training and in the results you get from it. It is unfortunate but true that we’ve come to expect so little out of our training that we do not believe we can have phenomenal world class strength and world class endurance. Partly because most modern training tells us that we can’t and takes an ineffective direction on producing it. Program design is often faulty, partly because much training is not truly geared to get functional results but to keep you coming back for more money. The truth is throughout history people have gotten both high level strength and high-level endurance and you should be expecting this result from your training. If you’re not getting it something is wrong. No one, however said it would be easy. It takes real work and real man-size commitment, but so is anything worthwhile. There are walking examples of this all over the place not only including some of the men that I've mentioned in the above paragraph, but throughout the martial arts and sports worlds.

I read recently of competitive cyclists who are relatively small in stature in body weight, but were both performing full squats with 550 lbs. and riding prodigiously fast and long in cycling competition. Football, Rugby and wrestling are literally full of examples of men who have trained hard and achieved both high level strength and high-level endurance at the same time. You CAN do this! You just have to have the right training the right motivation. It’s a great advantage for a professional athlete, because much of the time they do have people pushing them the right directions and expecting great results. The average guy doesn’t have that, but so what? With what we’re giving you here you don’t need it. You just need an iron will to make it work. To achieve your full potential in martial arts, in most training and in life you literally have to start thinking for yourself and stop listening to people who tell you it can’t be done or want you to accept mediocrity.

Karl Gotch said that conditioning is the greatest hold. This is true for any martial art, but I would like to expound upon it and make it clear that whatever part of conditioning you lack will become your greatest weakness. You can have all the conditioning in the world, but very little strength and your martial ability will go down the drain. The same is true if your level of strength is the best in the world but you have no athletic grace, endurance, flexibility speed or technique or any of the other athletic components you still get a mediocre result. It is not okay to just have one great attribute you need powerful training in all of them. Almost everyone now and almost all martial artists can use more strength, just because. Okay... not really “just because,” but because strength can be as great an equalizer as endurance in martial arts. Strength and endurance are flips sides of the same coin and you cannot have one without the other. The greater you make one, the greater your capacity to

have the other. Many of the courses of the past did not particularly emphasize strength, but so what?! That doesn't mean that you don't need it and wouldn't be better with it. They also did not emphasize it but did promote max strength training within their specific arts. We must also take into account what is said in many of the courses or by many champions with at least a grain, and sometimes an entire shaker of salt because many of them were purposely secretive or misleading about their training for a long time it was considered giving away the keys to the kingdom to tell the truth about their training. In the old time sense you have to take into account that many of them were side show workers. In that it was their job to take on the public and they weren't going to give them any advantages on how to beat them. Many old and new courses are ghostwritten often by a writer who's paid to make things sound good whether they're true or not. This happened quite often in the bodybuilding industry. It's also easy to exaggerate and add to your own legend by making incredulous claims. "No I didn't do a lot of hard training just a few push ups and this all came natural to me." "Sure I train six days a week, six hours a day. Never lift less than 500 pounds or do fewer than 500 repetitions and all I eat is boiled chicken and dry potatoes." There are many other examples I could give, but you get the point.

You must also consider that even if you get the truth about how some champion trained, you are not that person, therefore what they do can be a guideline to you but is not the law. I'm not saying that you can't be a champion. I think you can be. I'm saying that everyone is an individual. How does this apply? It means that just because Mike Tyson didn't lift heavy weights, but hit like a freight train that you shouldn't concentrate on bringing your own bodily strength up to a level that will get you close to his striking power. Increasing your own strength will never take away from your ability even though it's popular to say so in modern athletic training. Champs like Mike Tyson often get away with training on only specific attributes of their sport. Because they are so physically gifted to begin with, but that doesn't mean that most people if they want to operate within the level of power that champions like him did, should train the way he did or not radically increase their physical strength. Much of modern writing presumes that you have enough existing physical strength to simply concentrate on endurance or other aspects of training and go on to greatness. For most people this isn't even close to being true. It's also mistaken to look at the old time trainers and say that they didn't emphasize pure strength. Farmer Burns, a brilliant wrestling trainer at the turn of the last century has been held up as an example of only doing light training, but somehow became miraculously strong. What isn't taken into account there is that almost all of the boxers and wrestlers from the turn of the century already possessed massive brute strength before they took up boxing or wrestling. They almost universally come from lives as farmers, woodsmen, iron workers, longshoremen, etc. They had done large amounts of extremely heavy lifting as part of their life before they ever even picked up martial training. It makes sense to concentrate on light endurance conditioning if you have to cover a lot of technical ground in learning your combat sport and you can already lift a 300lb barrel,

throw it on your shoulder and walk around with it. But if you can't maybe that's the missing key. Speed is ultimately important and no one disagrees with that, but if you don't have the horsepower to generate that speed and put something into it when you get there, then that ain't gettin the job done either.

4

So How Do I Get It Done and How Do I Make It Work In My Martial Arts?

Well we've established from the above that there is a formula for super human ability and basically what it is. But there's more to applying that training for martial arts then there is for simply building pure physical ability. Here are the techniques and considerations that we give for making the most of your strength and endurance training and making it count where others have missed the boat into your real combat ability. The first is maximum in art training.

If you truly want the strength and conditioning you build from this book to escalate your power in grappling and striking in an absolutely overwhelming way then you need to mix in training that devotes specific maximum effort to your martial art along with the regular physical exercises. This is something only barely emphasized in most martial arts practice, but was a big secret of the old-timers and is a key to making the most of your training. So how do I go about doing this? First you must become technically proficient in whatever your particular martial practice is. You cannot practice a technique at 100% strength if you do not fully understand and cannot fully perform that technique. Once you have a solid grasp on actually performing your art you then need to spend some time practicing the specific techniques at 100% effort. This means if you're a striker you better do some of your striking on a bag as hard as you possibly can. If you're a grappler you've got to go full-out with a live person. The strain that you put on yourself through practicing these at full intensity is a strength and endurance builder, and the most specific for you.

Second you need to analyze or find someone help you analyze and give you feedback on where you are physically weakest and fatigue the quickest within your martial art. You might need to work on the snap of your punches or your hip rotation/extension and follow through on your kicks might be weak. As a grappler you might be weak standing or on top or bottom. Your grip might give out or your abs might get tired. Everyone will have areas where they can improve and some of this is technical improvement. But that's not what I'm really getting at. For instance if you're weak in the follow through of a kick, it many not necessarily from a bad technical habit, but because your weak in the particular motion so you need to work on applying 100% strength in that follow through. This can be applied not just in improving a weakness, but in improving your entire game. You may have a great bear hug, but if you work on consistently working that bear hug with 100% strength intensity it will get even stronger. A key here is being conscious of those things and applying conscious effort. Everybody thinks they practice hard, but how often do you even really put out on a particular hold or technique to your absolute maximum with the mindset of purposely increasing your power and endurance.

Third, after analyzing your weaknesses and practicing them specifically in the techniques you also work on using or developing exercises that stress either the same motion or a similar motion to the one you need to improve on. That means you want to improve your punching power you have to punch hard, and work on the part of the punch that is weak. Then you find other exercises that allow you to work maximum strength in the exact technique of your punch or a similar motion (punching is easy, but other martial arts techniques are not as easy to simulate exactly in other types of exercises). There are a couple of ways to go here. Isometrics, pushing/pulling against an immovable object, is a great strength builder and allows you to apply exact movement to a technique with strength building. Resisted movements such as punching, kicking or grappling against hard rubber tubing allows you to add strength building directly along the lines of movement that you actually use and is also a great strength builder. Partner or simulated partner exercises also fit well in this category. For grappling actually working a technique at full strength against a partner who is purposely giving you resistance is also a strength builder. So is grappling against someone stronger than yourself. Many of the old timers often used sandbags or some similar apparatus to work the strength of their holds. For instance applying a gut wrench or leg scissors against a sand bag and squeezing it to build strength in that specific movement. We will show these as well as some unique combination movements within the 50 exercises demonstrated in this course.

Lastly, to complete this part you need visualization and intent. Steve Cotter has spoken brilliantly in his books and DVDs about “intent” of an exercise effecting its outcome when it is applied to martial arts. I think this is part of the reason people have done exercises in the past and not seen much carry over to their fighting ability. Their brain was not intimately involved in expanding their fighting ability through that exercise, it was simply involved in the exercise for its own sake. When you do these exercises you need to be thinking about their specific application and benefit to your combat. When you do push ups, it’s better punching not just upper body muscles. When you do kettlebell swings it’s harder strikes and more powerful throws. Not just hip snap for its own sake. It’s hip-snap applied to martial power. When you shoulder a sandbag it’s not just lifting, it’s squeezing and explosively throwing an opponent. Doing this isn’t just fun mind games it’s forcing your body and muscles to remember how to apply that power you build with exercise when you actually engage in combat.

5

The Anderson Mixing Principle

Here now we come to the next point, which is what I term the “Anderson mixing principal.” If you know anything about my writing or anything much about the history of strength then you probably know who Paul Anderson was. Suffice it to say for this course that he was one of the greatest strongman to ever live and was many years ahead of his time in the practice of strength training. Not coincidentally he also followed the formula of superhuman strength with high reps, low rep, partial movements and many unique movements within his combination training. He has strength records that still have yet to be touched for over 40 years. And coincidentally had short stints as a boxer and wrestler in his professional career to raise money for his Youth Home. One of the most advanced principles that he endorsed was mixing your supplementary exercise with your main emphasis exercises to receive the most benefit from your training. He believed that to make the body understand the strength that you gained from assistance exercise and apply directly to the main exercises or the entire point of your training program that you should do them in sequences. By doing that your nerves and muscles learn to mold the strength from your assistance exercises directly into the action of the main exercise.

In practice that meant if you wanted to use the bench press as an assistance exercise to your overhead press, then you alternated sets to teach the muscles and nerves how to work for the greatest benefit of your main exercise. This has been proved out in scientific studies some 50 years after his use of the principal. To my knowledge except for the general idea of using both conditioning exercises and specific martial training together this principle was never been applied to martial art training, at least not on purpose. I, however, believe that this is a secret to not only taking your conditioning to the next level by the sequences provided by this training, but to absolutely creating carryover from all your strength training. I believe the lack of doing this is the reason many people have not perceived the gains that they made in pure physical strength or pure physical ability carrying over to the martial art practice. By using this technique to give the body no option but to become physically superior and take that superiority over to your fighting. Mold it into directly what is necessary for your martial art success. Using this also creates a revolving cycle of gains.

Muscle strength is both specific and general. If I add 10% to my pressing strength I may add 2% to my punching strength. Conversely if I had 10% to my punching strength I may add 2% to my pressing strength. In both ways my muscles got specifically stronger in a particular movement and had lesser general carryover to all around ability. By working them in sequence I can add both to my specific and general strength at the same time. In using this principle I may add 5% to my pressing strength, but because my nerves muscles adapted in the right combination

add 10 or more percent to my punching strength. This obviously applies to grappling as well as striking and is incredibly powerful.

6

Mental energetic and spiritual training

The next step to your ultimate martial ability is unification of mind, body and spirit. Do you ever notice how some people seem to be able to squeeze more out of their body than their physical attributes would seem to be capable of? This is in fact one of the whole points of martial training and the only legitimate way to perceive the line of technique beats strength/endurance. It is one of the major points of martial efficiency in that if your technique is on you can squeeze more out of your body than would be possible if only factoring in your strength and endurance. There are however greater steps to be taken in creating the utmost efficiency. Such as becoming efficient in the movement of your own body, efficient in the mastery of your own body weight, the greatest strength, speed and endurance possible, the upgrading of your physical potential by the use of heavy overloading, partial and strongman movements increasing the tendons and bones to give the muscles a greater platform to work from. all of which contributes to creating the greatest possible physically efficient package.

Beyond training of the body exists the next steps toward martial power. An ultimately trained body added to a powerful mind and a unified spiritual and energetic connection is not only rare, but the final step towards physical power. Mental training techniques are extremely important as they apply to physical conditioning and martial success. This is common knowledge but not commonly applied. You can have all the power in the world, but if your concentration is not up to par you won't be able to get the most out of yourself. Therefore on a basic level you need to be able to apply concentration quickly, deeply and intently to your martial practice and strength training. This is done in part simply by the act of the austerity of severe physical training and increases exponentially with practice. You'll get better at building your mental power by the building of your body, which will in cyclic fashion, build your mental power. It will also let you explore deeply your own inner working and awaken you to a vitality of mental life that can only be accomplished through hard physical effort.

Whenever you practice you should be using utmost concentration. By being intently internally focused you teach the mind to quickly access the place where there are no roadblocks to your mental and physical unification. To the place where your mind and body act as more than the sum of their tangible parts. The next step in this sequence is the use of Qi Gong exercises in movements, visualizations and breathing. I don't endorse anything other than belief in Jesus Christ as it regards to religion and do not see the use of Qi exercises as against my religious beliefs. Qi, the electrical energy of the body is something I believe we can work with through concentrated mental/physical effort to build our health, focus and useable power. But it is not the

soul of a man. That is strictly the domain of God. When I “meditate” with these movements it is in essence to teach my body to have all of my available energies, harnessed and moving in the same direction. Because of this I do not see any contradiction in my beliefs and the application of these exercises. In fact as I do them I also pray, partly because it is my belief in prayer to God and partly because I believe that that combination is the final and ultimate level of physical mastery. To communicate directly with God and have His touch and power in your life and in your physical being and movement.. I find the deep breathing mind quieting format excellent for prayer and find that that combination can help to literally bring your concentration to the pinnacle focus with all of the energies of the body, mind and spirit aligned to be used in the highest level of function.

While Qi Gong on has been around for thousands of years and is huge in the eastern arts it's rarely applied to the modern training for strength/endurance focus. I only know of few other artists who have been consciously applying this to their physical training especially with an eye toward hard physical improvement. John DuCane and Steve Cotter have been the leading ones, but I think almost all ultra high level trainers in some way, even if it's subconsciously do things to build and direct their internal energy. Sometimes western style training calls it psyching and western training is building Qi from the opposite direction.

I also believe in using these exercises within the Anderson mixing principal. We see already that by blending fighting technique and physical exercise you get a greater combined result. I believe you will get an even greater combined result when you blend fighting technique, physical exercise, mental strengthening, energy harnessing and spiritual training. By blending these together you come to the highest level of physical ability and the greatest level of unified efficient health, consciousness and power that a human being can display. A result greater than the sum of its individual parts. While it seems extensive to take on in the beginning of training by simply focusing on one thing at a time and continuing to practice it will become second nature and you will automatically access a totally connected mental/spiritual/physical place to use in your training and life. This also takes training to the deepest level of internal exploration which is one of the greatest benefits of physical training. Building not only toughness and physical ability but helping you learn about yourself and perfect yourself both mentally, physically and spiritually all the same time. Within this I tend to use a basic Qi Gong breathing pattern with basic visualization and simple or even static movements as a mix with my physical training. I do think that it is very worthy to do deeper study of Qi Gong and its movement patterns. (A plus here is the concentrated deep breathing of these exercises. Many of the old time writers believe that deep breathing was the most important and health building aspect of their training they were doing.) As well as spending time in your mental and spiritual preparation separately but I think the blend together of serious physical strength and endurance training along with mental strength techniques and energetic and spiritual training and prayer, will work to bring this to the ultimate of total man training.

7

Mastery of Self, Art and Exercise

By applying the principles of both the formula of super human ability and the extra principles we've just outlined for mind, body and spirit we come to the ultimate form of exercise. This will lead you down the road to mastery. Mastery of self in the knowledge gained from the serious work on all levels of human effort. Mastery of your art in the technical practice and physical mastery gained from this training. Mastery of exercise is one of the other great keys for making your training the most successful. What that means is you can't just undertake this training because you've gained a little knowledge and suddenly become great because you read some good stuff and trained a little while. You must make your own physical mastery of those exercises a serious long-term study. Not because you can't learn and apply these exercises immediately, you can. Because it takes serious time and effort to truly master an exercise. By doing this you will achieve physical greatness. Anyone who consistently applies these efforts over a long period of time forcing out gains will become double the man that they began as. That is a secret of real training, staying with it and creating the intensity necessary to make long-term gain. Of course it also helps if you have all the right tools as in doing the right exercises and the right program design as you're given here. Within this you need to learn yourself and learn the exercises well enough to master them just as you would master your art. That means staying with an exercise until you understand it well enough and are technically proficient enough to be great at it. Some of the exercises such as simple body weight exercises require more the mastery of proper body movement than mastery of the exercise itself. Basic bodyweight squats and pushups or simple natural movements of the body and can and should be applied in many different angles, stances, and ranges of motion. What's more important here is to spend time necessary to get great at performing the correct amount of these exercises and mastering your body movement, not necessarily one particular version of the squat or pushup. As long as you're following solid body mechanics ideas the particular variation of squat or pushup does not matter. What matters is the effort, intensity and long term commitment to them to be able to crank them out and to literally build your physical strength and conditioning within with them. Most exercises as most martial techniques are simple to begin yet you really never get past the basic performance of them. Even the great strongmen or high-level athletes or master martial artists are constantly practicing the basics of their techniques and they never get beyond the basic performance of their exercises, sport or art.

Their training can become more severe, involving more volume, intensity, frequency, duration, complicated movements or weight, what ever is necessary to take them to the next level. However, they never stop performing the basic movements and never stop constantly practicing them with perfect form and learning about them.

Practice of the martial arts is exactly the same. Boxers, Kung Fu artists, grapplers, and others constantly practice perfecting the same basic punches, kicks and grappling movements that they learn on the first day of training throughout their entire careers. This purposeful practice is what makes a master of you and teaches you the Zen riddle of the art of exercise. That is that the simple is never truly mastered and you continue to learn about these techniques and exercises as you perform them through your entire life.

8

Go with your strengths and fix your weaknesses

One of the greatest lessons I've learned from fighting was from losing a fight. Probably in life you learn as much from losing or failing as you ever do from winning. Especially if you happen to win something easily. It just doesn't teach you as much as the fight and struggle necessary to overcome a loss. In my first mixed martial arts fight I ended up fighting a replacement fighter as often happens in fighting. A very nice fellow, and very skilled martial artist. In no way am I speaking against this man, he won fair and square, and was the best man on that day. However, if I had had the right game plan and been able to see the things that are always so clear in hindsight, I would have beaten him. These lessons were learned and put into effect in training for the next fight and I won.

So what did I learn? I learned that if you don't have good enough conditioning all the technical skills, game plan and strength will go right out the window in a tough fight. I also learned that even though the common thought in fight training is to stay away from your opponent's strength this is essentially the wrong thought process.

Now stay with me here...

Everybody knows that in fighting it's important to know your opponent as much as possible. If he has a killer left hand, you ought to know that it's coming and to stay away from it, but much of the time this thought process is carried to the extreme especially within the mixed martial arts world. If your opponent is a good striker, then you don't strike with him at all, you grapple him. If he's a great grappler, you stay away from that and try to beat him striking. But in this way you are in effect, letting them dictate the fight. We often do the same with training. We let other people think too much for us, tell us what will make us their idea of perfection and then completely readjust our natural tendencies or strengths to fit their mold.

In the fight that I lost I tried to stand up against a grappler even though it wasn't a strength for me. What I should have been doing is playing my game and attacking with my strengths regardless of what his ability or plan was. When I did that in the next fight, lo and behold I won. I found the same thing with strength and conditioning. When I stepped away from what everyone else thought is the "have-to-do" things and found the things that worked for me, I unlocked my own potential. At some point you have to do this in your own training as well.

As much as we like the idea that everything must fit within a simple mold it doesn't work that way. That is not to say that the basics of strength and conditioning and the ideas about being in tremendous shape if you're going to be a martial artist are not

correct. They are, you do need to be in fantastic shape. That is to say don't neglect your own gifts, make those strengths even greater and shore up your weaknesses. If you have a thought, intuition or feeling that you need to work on something, then work on it. If you have a glaring weakness, work on it. If you come from a limited mindset as to the level of strength that you have, can attain or need, fix it. If you are operating with an entirely bottom level of endurance and vitality then bring it up. Don't settle for mediocre, don't be controlled by anyone else's thoughts, don't settle for less than your own personal excellence.

Give yourself an adjusted reality in judging the ultimate goals and directions of your training. What does that mean? It means that everyone's journey and physical possibilities are individual and you can only judge yourself on an individual basis. BUT don't use that as an excuse not to be good enough. Every trainer or author pushes certain guidelines. I give certain exercises and certain levels of achievement, because they are what I think are the best in bringing you to your ultimate level of physical success. But when the rubber meets the road you need to have the sense enough about yourself to be able to judge things accordingly. Let me give you some for-instances.

Almost everybody who is great at something is geared toward the thing that they're great at. That does not discount their advice. Much of the time those people started out with a great talent for their particular endeavor, but they also worked harder than anyone else to reach the pinnacle of their field.

Lance Armstrong is uniquely gifted to ride a bike. He also works harder than probably anyone else. Does that mean that you couldn't train to ride a bike 100 miles because you can't beat Lance? No. That also means that you might be able to display a level of functional endurance similar to Lance outside of biking. You could be just as fit in an all-around sense and still not necessarily beat Lance on the bike.

I'm pretty gifted at squatting. Although I have also worked it as hard as if not harder than anyone else on the planet. A guy who is six foot six and has to push the bar much farther than I do might be able to display similar strength and fitness in an all-around test even though he could squat far less. The reverse may also be true. Chuck Liddell is a phenomenally powerful puncher and he may be able to throw particularly powerful punches without developing orthodox lifting strength. For someone less gifted naturally as a striker you may need to develop significantly more orthodox lifting strength than Chuck to be able to hit as hard. Similarly, one man might get in shape by doing 500 reps of bodyweight exercises and at might be able to grapple non-stop at a hard pace for say 12 minutes, but the next man might need to do 700 reps of bodyweight exercises to be able to display the same pace for 12 minutes of grappling.

So what does this boil down to?

If you're gifted at something take advantage of it and become great at it. If you're not don't kill yourself over not beating someone else's performance. At the same time don't accept any excuse for not being good at everything. Fairly evaluate yourself. Make your strength overwhelming in both the literal and metaphorical sense.

Before, During and After In a Dissenting Theory on Freshness

There is much discussion, thought and supposed science of when is the best time to do your strength and conditioning work. Some say it's best to do it at the beginning of a martial practice so that you get it out of the way and it's not as mentally taxing. Some say do it at the end after you've devoted a majority of your energy to working on your technique. Rarely has anyone I've heard said "Do it in the middle," but as you've read up above the combined practice of strength and conditioning with skill to create the greatest blend of physical ability and nervous efficiency may be the key to really making your strength and endurance pay off within your martial arts. It is definitely a key to keeping your focus on martial improvement via physical training.

The same argument goes along in the athletic, conditioning and strength worlds. Some say do your strength work first then your speed work, then your endurance work. Some say work on your skill, then your speed, then your strength. Some say do strength and endurance on opposite days and every possible combination thereof. Everybody has a study or a guru or an uncle who used to train Ninjas to back up their theory. Who's right? Who's wrong?

In a sense everyone is right and everyone is wrong. If you're learning a new skill or practicing a specific technique you may need to be able to do it while you're fresh. However at times being fresh can interfere with technical ability. It's easy to "overpower" a technique when you're not fatigued. It's also easy to practice techniques in situations like that which are not similar to the way they would be applied in the real world. In martial arts, but in every other sport as well, you need to be able to maintain all of your physical tools with both technical efficiency and strength and endurance at both the beginning and the end of your match or practice. The only way to do all of this is to train them in the way that you would use them.

Practice both great technique both when you're fresh and when you're tired. Practice being both strong and fast when you're fresh and when you're tired. Push your endurance to a level that makes it nearly impossible to make you tired by practicing your technique, strength and speed when you're tired AND when you're fresh.

In practice this simpler than it sounds. It also gives you the freedom to listen to your body and work out as you feel while at the same time pushing yourself into areas you never thought possible. So how does this flesh out?

I'll create an example for you here. Lets say right now you can one-arm press a 100lb dumbbell as a maximum lift (strength). You can throw 10 punches in 2.5 seconds (speed). You can execute a beautiful Russian roll to knee bar or back spin jumping

out to in crescent kick (technical proficiency). You can do 10 straight minutes of all out combat or 500 reps of conditioning exercises in 15 minutes (endurance/strength endurance). At some point you should be training each of these factors either by themselves or when you're fresh so that you can press a 110lb dumbbell, throw 10 punches in 2 seconds flat, execute an even better Russian roll or jump kick and do 15 minutes of combat or 1,000 reps of conditioning exercises.

However if you just train these by themselves you miss a whole level and part of your combat, power and development. So the question becomes how big a dumbbell can you press after 400 reps of conditioning exercises or how fast can you throw those 10 punches or how well can you execute those techniques after that same 400 reps of conditioning? At first you may be down to a 50lb dumbbell, 3.5 seconds for those 10 punches and a really sloppy technical display. But by training within the midst of your art practice and conditioning as well as rotating training when you're fresh and training after technical practice, you'll find improvement in every area. When you get up to being able to press a 90lb dumbbell after those 400 reps of conditioning, not only will your martially applicable strength be way up, but when you test that dumbbell press alone you'll probably press a 110 or more.

The same holds true of being able to execute techniques or being able to hold your speed in a conditioned environment when you test them alone they will improve. And by training those factors within your conditioning, when you test your conditioning alone, you'll be at 600 reps max instead of 500. By rotating all of these you continually improve by looking to be able to press a 150, do 10 punches in 1.5 seconds, execute multiple technically perfect roll and kicks and do 1500 reps of conditioning when you're fresh. Along with this practice will also come the ability to hold high levels of performance in the midst of fatigue (130 press and 10 punches in 2 seconds at 800 reps of conditioning), and double the martial ability because of nervous efficiency built by practicing strength, endurance and technique simultaneously.

Functional Training, Stupid Myths and Bodybuilding

I try not to put out negative info aimed at anybody, but there are some things that need to be said in the training world. Even though the original people who pioneered what is currently passing for “functional training,” may have had some great intentions, what it has been watered down to will give you almost the athletic ability of weak dishwater. We have become so afraid of lifting anything heavy or really putting out any serious effort that we’ve started to accept idiocy as mainstream training.

Much of what I’m referring to gets disseminated down to housewives seeking out their local personal trainer. People who don’t really want to work hard or get dirty or really get strong or fit. They’re happy if the curve of their butt looks a little better or they go from a 32” to a 31-1/2” in size. Everybody should get what they want out of training and essentially they will because how badly they want to train will dictate how hard they train which will determine the results they achieve. But realistically the performance of practical movements should be done on every level of training. Wobbling around on a ball, curling dumbbells my one-year old niece can do for the same number of reps is kidding yourself.

If an exercise does not involve significant effort then it’s probably not going to give you any significant benefit. That is the law of the body. If it’s so easy that you can already do it then the body has no reason to adapt. There may be exceptions on things such as stretching where it may not feel like a serious physical effort and endurance based exercises may not take a tremendous amount of effort to perform one repetition. One push up may be pretty easy, string together about 200 and you’ll have a whole different view. Looking for something that trains such a completely esoteric athletic value that weakens the training to an almost unfathomable degree, but has a catchy, tough sounding name is the wrong way to go. If you’re headed down this street turn around at all costs before we send the “Manly” police after you.

Modern training is filled with myths. Mostly “have-tos,” and “don’t-evers.” And they come from both sides of the street. The hardcore and the pure fluff crowds. The old school and the new schools. The truth is there is very little absolute in training. What is absolute that you have to put out against real resistance to get strong and you have to build the capacity of your heart, lungs and muscles to have endurance. There are almost infinite number of ways to get there. Some much better and faster than others. Here are some examples of the myths that you probably know and we should discuss.

- Don’t ever exercise fast or explosively... it’ll kill you!

- Don't ever exercise slow... it'll make you slow!
- Don't do low reps, they'll make you slow and unathletic.
- Don't do high reps, they'll make you weak.
- Don't do squats they'll ruin your knees.
- Don't do deadlifts they'll ruin your back.
- Don't lift *anything* heavy... it'll hurt you!
- Don't do bodyweight exercises, they're for sissies.
- If you do more than one set you're wasting your time.
- If you don't do more than one set you'll never get anywhere.
- You can or have to isolate your muscles.
- Isolation exercises are for old women.
- Lifting weights alone will get you in great shape.
- Aerobics alone will get you in great shape.
- Lifting weights alone will make you a better athlete or martial artist.
- Lifting weights *won't* make you a better athlete or martial artist.
- You can get all you'll ever need by just doing my one "insert guru-based style of training."

The truth is that none of these things are completely true or false. There is a time and place for almost everything in training. Anything you do stupidly will hurt you eventually. Anything that improves your strength or endurance is functional. Anything that pits you against a real resistance in a real exercise with real effort will lead to real gains and is functional. Maybe even bodybuilding.

GASP... WHAT?? He didn't *really* say that did he!?

Simmer down... I'll explain. It is difficult to lump everything that is involved in "bodybuilding" training under one umbrella. Training that is only geared toward effecting the way you look by the use of significant volume with easy weights in unrealistic exercises will not help your athletic ability or martial arts and will probably get you hurt. But to say that everyone who has ever done an exercise that they thought might help them look better is automatically a big sissy, is a pretty broad sweep of the brush as well.

Real bodybuilding in the old-time sense is functional training. Even if it is applied with newer methods as in today's drug-free realistic bodybuilder it is still creating greater strength. It suffers from what the rest of training that has been applied to martial arts and athletics suffers from. It is incomplete by itself. It only works on a limited level of strength with usually very little consideration to the other necessary areas. Most of the rest of the strength and training disciplines also have the same problem. Bodybuilding has become a very watered down idea of training. Mostly to make it sellable to the masses and because of the drug use involved. But I know

some bodybuilders who have real strength and physical ability because they train with an eye toward having them along with how they look.

I personally am from the “look is irrelevant” school. However anyone who builds muscle and loses bodyfat will look better. If you use the type of training that we’re talking about you’ll also be better as well as looking better. Intention and effort in training will most of the time surpass detail in their ability to bring you to a higher athletic plane.

11

Whose Fitness?

Almost all of the clans of the fitness world are prejudice by their background to believe that they provide the ultimate in strength and fitness. They also define fitness by the end result of the performance of their sport activity or training style. I think if you dig deeply enough into any particular fitness system you will find that what they believe is high level achievement is profoundly effected by their beginning backgrounds of sport or exercise. That doesn't make it right or complete. It's very easy to believe that whatever system has the answers because of the way they're sold and because generally whoever promotes it is very good at the performance of their specific ideas. So they can do stuff you can't do thereby impressing on you that their fitness is greater than yours or anybody else's.

Let me further clarify... A runner will define fitness as performing well in his particular style of running. If he is a sprinter, that means a descent aerobic base and running really fast. If he's a marathoner that means running really long distances and if he's somewhere in between then that's what will quantify as fitness to him. They will also quantify fitness for the most part as the body type that allows you to perform well in that particular sport. That means lean and moderately muscular for the sprinter and generally very small and lithe for the marathoner.

The same applies through every area of sport. A powerlifter defines fitness as enough physical health and endurance to handle his training and being able to lift very heavy for low repetitions. An Olympic lifter defines fitness the same way, except he wants to be able to lift those low heavy repetitions very fast. Martial artists, boxers, strikers, grapplers and wrestlers have one of the more holistic views of fitness, but still tend to define it very narrowly within their sport and the mainstream ideas. Gymnasts are often used as an example of fitness and that applies here because they have very sport specific strength, but are generally very small people. That means that their gauge of fitness is often not applicable to other humans because it's just not genetically in the cards to perform some of the gymnastic feats. (I believe anyone can perform any feat they commit to hard enough. The question is does changing your entire life and training around to complete one feat give you true fitness.) A sport player defines it as playing their sport well. A bodybuilder defines it as looking good and being lean with large muscles regardless of their functional ability. Most "health" people define it the same way without the large muscles. The mainstream tries to force us to define it that way. Little regard is generally given to any specific physical ability as long as you're lean. When it is, it is generally only low level endurance and possibly low level strength that is considered important. Understand that this is not necessarily how you would get an answer from them if you asked them, "How do you define fitness?" This is how their training produces

specific fitness to them. As well as how it effects the general outlook on fitness, which is directed by your specific personal experience.

These are both correct and incorrect at the same time. Correct in that they do espouse specific veins of fitness and they are the way to high level performance at that specific style. Incorrect in that they are incomplete and generally make specific presumptions that the average person may or may not be able to follow. Most of them don't espouse all of the factors of fitness and health put into one efficient and non-conflicting package. They also presume that they're particular idea of fitness is a superior concept. (You're only fit if you can lift "x" amount, or run "x" distance in "y" time.) They may or may not apply to any particular individual because most of the time, training ideology flows from the top, down. That means everybody copies the world class people, but doesn't take into account that many of the world class people are simply gifted in their particular endeavor. That's not to take anything away from them, most of them have also worked harder than anyone else in their field. But it does not necessarily mean that if you train like them, you will look like them or perform like them. It definitely does not mean that they will have the greatest all around health and fitness regardless of the fact that it is marketed that way. We are taught by an overwhelming amount of media that being thin and looking a certain way is being fit. Yet there are many thin, fit looking people who are weak, slow, lacking in endurance susceptible to stress and disease and generally not any healthier from an internal standpoint than anyone else, they just happen to fit the current acceptable look.

There is no one correct measurement of fitness. I believe that health and true fitness are at once statistically measurable and yet hard to define. It would be much easier to give you some answer that said, "This is the one easy way to define it," but it wouldn't be the truth. All the athletic and physical styles have some element of fitness, but few have really achieved a completeness in it. I believe that the formula we had discussed for super human strength and endurance is the surest way to total fitness and thereby radiant health. By training for both extreme strength and extreme endurance you create a vitality that is unparalleled in the fitness world. I believe only by this total combination can you achieve both internal and external energy, resistance to disease and greatest levels of athletic ability.

Fitness cannot be simply an easily defined by saying you have a particular bodyfat measurement or look or shape or blood test score that you are then healthy and that is it. There is far too much variation among human beings to make it that simple. I don't believe science truly backs up any one idea or that thinner is better. I believe you can be full of energy, health, strength and endurance and look many different ways. I believe this is proved in our look at early cultures and non-technologically developed peoples. All mainstream fitness information constantly pushes towards being thinner. Often using what I believe is faulty logic in look back at the ancient

peoples to in effect not look at the reality of what was, but to shade it to justify their current beliefs.

I believe that humans have come in all shapes and sizes and been vital and healthy for thousands of years. I don't actually believe we've advanced in health, because we've pushed being thinner. We're pushing a look not an actual physical quality. I believe the only major advances in life span have come because of general safety and some medical advances, not because our health practices are superior. I'm not trying to justify being inactive and fat, but I don't think being thin and inactive makes you any healthier. It's a false analogy to say that people who are overweight by modern standards are unhealthy, yet it's just as easy to find thin people who are weak, slow, unenduring, lacking in energy and vitality.

I don't fit the modern mold of fitness. I don't particularly care to either. Because I understand myself, I could change the things that I do to achieve the modernly accepted model of leanness, but I don't believe it would make me healthier or perform better. I do believe I fit the ancient mold of fitness because it is much more based on physical ability. I would also challenge any of the modern fitness impresarios to match my fitness level. I don't say that to brag, what I mean is that in all around physical comparison I don't believe any modern method has produced the total fitness achieved through the methods explained in this book.

Basics of Strength and Conditioning

So I think we've established that in looking for ultimate strength and conditioning for martial arts you should really be looking for a high-level world class type performance in high-level strength and high-level endurance together. In order to work toward that goal, let's talk about some of the basics of strength and endurance.

In my opinion if you break down the basic movements of the body and classify them simply you place them into four basic movements.

- A pushing movement with the arms
- A pulling movement with the arms
- A pushing movement with the legs and back
- A pulling movement with the legs and back

If you wish to quantify these to think of it more simply in terms of a particular movement then you would think of presses, such as any type of pressing movement with the arms, a rowing or chin up, pulling type movement, a pulling with the arms bent and then a squatting type movement or pushing with the legs and back and then a deadlifting type movement as in a pulling with the legs and back.

These work especially in regards to strength, but in my opinion if you were to classify most of the endurance based or building of the body based exercises, all of them would basically fall into some category of that. There are some that would be hard to classify such as club swinging, or certain isolation type movements that work on more specific body part muscles. Examples of these would be curls, which is still an arm pulling movement. Tricep extensions are still an arm pushing movement, Hamstring curls would still be a leg pulling movement, leg extensions would still be a leg pushing movement or quad-dominant movement versus a hamstring/hip dominant movement. These are all smaller, adjunct variations of different exercises, but to breakdown the body's basic need for those exercises, then you have the four big ones to start with.

How these four types of movements relate to strength and endurance will come into play more clearly as I continue to explain. In one of my books, Twisted Conditioning, I also discuss these types of movements and levels of conditioning which I'm about to refer to now, but these are just set for the subject of this book. Recommendations for a different style of training and a different point of training which is for martial arts specifically.

If the body has four different basic types of movement, it also has three different levels of effort or intensity of movement. I have termed this in other books as “The Three Levels of Conditioning.”

The first level would be a maximum strength level or the highest muscular ability output that you can muster short-term strength. For instance; a maximum squat or deadlift or a maximum effort press, push press, etc. These all fall under the first level of conditioning. These all also, as it applies to martial arts, would build your ability for a maximum level strike or throw. It is the maximum force output that you can put into one particular technique or movement.

The second level of conditioning or what I refer to as an intermediate level, which refers to the similar type of strength you would get for doing repetition squats, or barbell type movements. Any type of intermediate level of conditioning you would get from say dragging a very heavy sled for 50 to 100 feet. As this would apply to martial arts it would be a burst of strength applied at maximum intensity over a period of a minute or two. For instance; Hitting a heavy bag for a maximum round, or a short fight or flurry at the end of a fight, or executing a preplanned form at a high level of intensity, something that you cannot maintain level of strength for more than a few minutes. Yet is not fully delving into the next level, which would be long term or what many people call the aerobic level of muscular endurance strength.

That brings us to the third level of conditioning, which is a long term or endurance type strength. This would be evidenced in exercises doing high repetition calisthenics or a high repetition of any type of what I have termed “Alternative Conditioning,” methods which would be kettlebell lifting for reps, clubbell swinging, sledgehammer swinging, or light weight weightlifting. Bodyweight lifting exercises for instance; 500 Hindu squats, or several hundred sit ups, or high repetition kettlebell snatches, high repetition clubbell swings, etc. This is also the same level of conditioning that you would get from running or different type running exercises. They would also apply in this particular area.

How does this all apply to the four basic movements of the body? Well, each movement area of the body, every type of exercise that we know would break down into one of the four basic movements of the body and then it would breakdown due to the intensity or duration that you may do the particular exercise, into one of the three levels. This is where many of the exercise systems, in effect, miss the boat for getting the ultimate of what you can get from your body. If you purely exercise with your own bodyweight and nothing else, and this can be done, and it can be very effective especially as it applies to martial arts and IS very effective as well as being one of the ancient traditions, but it is incomplete. You can build muscle and strength this way, but many of its proponents will tell you that lifting weights in itself is bad and functioning in many other types of training are bad for you and dangerous, all of which is a bunch of hog wash. Anything that you do, which you do wrong with bad

technique or body mechanics, overuse or bad mental clarity can set you up for an injury be it bodyweight or weights.

The other thing you must think about is that you're training for a combat type sport. Eventually you're going to run into some sort of ache and pain, that's just part of the deal. You can do certain things, which I'll explain later to minimize these aches and pains in my opinion, as long as you're smart and listen to your body. My friend, Jeff Martone, has a saying, "If you're gonna be stupid, you'd better be tough." Meaning that if you stay in this rough game long enough, you eventually get some aches and pains. No matter what system you train with or how easy and smart you are about your body... eventually your mind will get the best of you and you'll push harder or longer than you should and you end up with a strain or sprain. This is just part of life and part of the function of the body and sport that we're all in and train for.

If you know and understand the inner workings of most of the systems of physical training, especially as it applies to martial arts, they all encompass these particular movements. This book is my expression of these levels of intensity and duration as well as these types of physical movement and what I think builds the highest level. I think that my record speaks well for itself in that I have been able to, as well as anybody if not better than basically everyone, combine high level strength and high level endurance in a way that no one else has or is doing.

If you look inside the other systems, they are achieving the same things, they just go about them a different way. For instance; if you look at the bodyweight exercise idea using only bodyweight. They train through basic exercises all three levels of conditioning. Let's take the basic push up for example. You may do for the third level, high repetition endurance conditioning. You may do regular basic pushups or some type that doesn't require an intense amount of bodyweight that you can do high repetitions. Therefore you get an aerobic heart and lung building benefit, as well as a muscular endurance building benefit with some minimal strength. Then you may move to a harder variation of push up where you can do moderate repetitions and you build more strength, with some endurance and cardiovascular effort. Then you may even move to a higher level of pushup that limits you to low repetitions and builds more of a maximal strength idea. You are still using a basic movement of the body as in the basic pushing of the arms movement, an upper body pushing movement and you're still working along the three levels of conditioning. If you explore the systems together, they all contain these basic ideas.

The same goes for kettlebell, clubbell or club swinging, etc. With kettlebells you may use one of the three basic weights of kettlebells. Going for high repetitions or an exercise where you have a great deal of leverage and do high repetitions to create that same type of training effect. Then moving to an exercise where you have less leverage and requires harder muscular contraction to create an intermediate level of conditioning. Finally moving to an exercise where you have low leverage and

therefore requires a very high level of muscular tension and contraction. This is building a maximum type of strength. That could be the kettlebell jerk as you might be able to jerk a relatively moderate weight pair of bells for many repetitions especially if you learn to do it in the kettlebell sport style. Learn to rest and pace yourself throughout the exercise. Then you may do a push press or one arm press using a sprint type speed to train your intermediate level. Then you may do a slow press or a press that takes your leverage out of it, to take the rest of the explosive movement of the body out of the lift and lower your repetitions to a maximal type of strength.

These can be moved in for every type of movement of the body. For instance; if you were going to do it with bodyweight exercises, if you wanted to use a hard exercise for the legs, you may do a one leg squat for max strength verses a two legged high repetition, Hindu type squat for your low level endurance conditioning. For your intermediate level you might do a jumping type which has an explosive component which limits your repetitions, but maxes out your output. In these ways you've trained all of your levels.

Now all of your training systems be it conventional training or whatever, all encompasses the same idea. They may involve a low repetition strength building, powerlifting style workout for your first level, maximum strength and then move to a bodyweight type or lighter weight, higher repetition series in weightlifting for your intermediate level of conditioning and then a more aerobic type movement for your endurance conditioning. An example of the last could be running, swimming, or biking, something along those lines. All of which are valid styles, I simply believe my style has the greatest effect with the least compromise and solves the most problems associated with mixed training.

Swimming for instance is still a pushing movement with the legs and a pushing and pulling movement with the arms. Different types of calisthenics and different other exercises may use multiple types of these movements together. For instance; the barbell clean and press or a kettlebell clean and press. This movement is an example of a leg and back pulling movement along with an upper back pulling movement and an upper body pushing movement.

Running would break down under the third level of conditioning and would be a leg based or a leg pushing movement generally speaking in the terms that we're working on.

So why do I think that the other people missed the boat on these ideas? Well let me say this. When you think of training the natural movements of the body, which could be any particular ones, I have my favorites and you may have yours, people will tell you that you shouldn't do certain movements. You need to pick for yourself. I will give you my thoughts on which the best ones are, but you have to use some brains and

think for yourself and choose the ones that you enjoy. Life is too short to be locked completely into what someone else tells you to think. You can certainly learn from other people, but think for yourself.

When I think of training say for instance upper or lower body, squats in particular, what I'm considering is that I'm always basically training the same function of the body which is the pushing ability of my legs. Therefore I'm adding to my body's ability in many different directions, but the only difference in how I'm training it is at what level am I training? Am I training at maximum level, sprint level or endurance level?

I'm using maybe the same movement as I'm doing heavy barbell squats to train to max level, explosive jump squats to train the intermediate level or heavy sled pulling and I'm using a combination of bodyweight squats and sprinting to train the endurance level. Now any training of the muscle is also a systemic function of the muscle, not just a specific muscle function. For example, when you train legs, you also train everything in the body and this is the same with every part of the body. You cannot isolate or systemically isolate from the body. Anything you train effects the recovery of the body. Therefore at the same time I'm training not only my total system, but I'm training it in different ways and at different levels. I'm training my body's complete function from endurance all the way to maximal strength and on to maximal endurance. I'm still training the same movement essentially, an extending movement of the legs, I'm just training it with different styles and types of resistance. I'm still training squats in essence, I'm just training them with high reps for endurance, medium reps for sprint level strength and low repetitions for maximal strength.

This is one of the secrets of the success of this type of program. That by breaking things down and breaking down the barriers of these ideas you can have less conflict between your body's varying abilities. In the past, some people have attempted to train strength and endurance together and have only gotten minimal gains in both results, but by adding things this way I believe you can reduce the level of systemic and nervous conflict that your body undergoes.

If you train only maximum strength movements and then only pure endurance movements that don't have a muscular type component to them, for example; long, slow distance running and heavy barbell squats, well what you're asking of your body is two absolutely disparate ideas. Even with the fact that strength and endurance are different sides of the same coin, (when you increase your strength you increase your body's ability to increase its endurance and at the same time when you increase your endurance you increase your body's ability to recover from and add to its strength as long as you learn to listen to your body and balance things together.) There in the problem that I think most people have done in the past. They've taken totally

opposite ideas and trained them at once with complete intensity without building the base for them to go together and managing their energy and conflicting needs.

This is especially important in the beginning in these types of programs that you build a specific base ability and learn to read your body's recovery ability and stay as fresh as possible when doing this. If you've been training hard strength and suddenly add endurance, working it very hard, you can very easily step into the realm of overtraining and set yourself up for an injury. This is exactly the same with the other in that if you're training only endurance and your body's specific functionality is geared that way and then you add a radical strength program. Either way, without taking significant time to learn technical ability and build up bases and to use a moderate level of intensity with all the types of training that you do you set yourself up to fail. Your body CAN adapt to strength and endurance at the same time, but it needs to be done slowly, with respect for each type of training as well as the in roads to recovery that they cause.

I think the missing link of endurance especially as it applies to martial arts is that muscular type of component. Many people in the past have trained endurance, aerobic especially or any long term endurance, with running. That has proved, especially as it applies to grappling and fighting, incomplete and in my opinion is inefficient in that martial arts is a hardcore, intensive activity whereas slow, long distance type running is just exactly that, a moderate, low-level intensity done of for long periods of time. By training at a faster pace you get a more efficient workout. A workout that is significantly more geared towards martial arts in that you have built the ability to use muscle function as well as aerobic function together in a way that adds to the strength and endurance of both. The intensity is just not there with long distance type movements. You may have the cardiac output, but not the muscular endurance. You specifically do not have them in the way that the body would need to use them for martial arts especially as it applies to fighting.

Running is simply not the same as a ten-minute grappling match. Now sprinting using a more intense type method, which is a more muscular component, as well as a higher aerobic component, is more applicable to that idea. In extending that line of thinking, the bodyweight movement, an alternate conditioning leg movement, a Hindu squat, Hindu pushup, a kettlebell lift... anything that goes into that vein, are all like intense endurance conditioning. They let your body build a cardio output, but they build muscular endurance together. Then if you wish to turn that around and apply it to a running type discipline then you have already built that aerobic base to draw from. You would also have a superior muscular base to draw from therefore you build a superior type of endurance that can be applied to more slow, long distance type training or has more applicable, less conflicting demand to the maximal and sprint levels of strength. I think this is the most applicable type of endurance. You create the least conflict on your body and therefore you get the best endurance

output in the practicality in sports, health and fitness, with the least take away from your maximum and sprint level strength ability.

It is also my belief that for the most part in the endurance level of training the body will follow a natural intervals-type of training. For instance; a natural circuit movement type of training. To get the greatest cardiovascular, muscular and endurance benefits overall it is best to mix multiple exercises in any combination that you see fit and ones that I will give in the endurance genre. I think these are a superior way of creating endurance because you create the highest cardiovascular demand, as well as the highest level of efficiency and muscular endurance and time efficiency and movement of the body. You can, through learning to pace and other techniques, carry out many movements in the long style. For instance; The Iranians and Hindus have learned and trained to do high repetition sets of squats (hundred/thousand in a single set of a single exercise), and pushups by pacing. However I think you get just as much benefit by mixing slightly less number of squats and pushups and moving back and forth in interval type movement you get a similar if not higher cardiovascular benefit. You eat into your maximum strength less by doing this. You overstress the body less. You still create that same endurance level without disturbing your body's ability to create maximum power output at the same time.

I think it is good at times to do the really high, steady state reps, especially because of the meditative aspect of doing high repetitions. Once you've conquered a particular goal such as doing 1,000 of a particular movement as non stop as in humanly possible or as non-stop for a certain amount of time concentrating solely on one movement at a time, your body builds a nervous memory and mental ability which is a benefit from this type of activity. Examples of such would also be running a 10K or doing 1,000 Hindu squats in 30 minutes or so. When you've achieved that goal, your body will have built in a memory. However, I think that in moving towards what is natural to the body and creating the most gain for the least stress, your long term, highest percentage of endurance training ought to be done in some type of interval method. This is relatively easy to do and especially if you use particular implements that lend themselves to that particular style. For example the kettlebell lends itself to that very well. Unless you're training in the Girevoy sports style of kettlebell which is basically a alternate rest and repetition type of movement geared toward one movement and done in a rhythmic fashion. While you may be able to do very high repetitions of the movement, for most people who attack the movement very hard and become limited to the numbers they can do you will still build a memory into the movement. You will build a natural propensity toward using an interval.

This happens in running, bodyweight exercises, etc. If you look at the goals set forth by Matt Furey or Karl Gotch in Combat Conditioning for the Hindu squat is do 500 in 15 minutes. That breaks down to 30-35 repetitions per minute. Now each Hindu squat only takes about a second to do and it is pointed out elsewhere that you should

do them at a pace of about 60 to 80 per minute. However maintaining that fast pace long term is almost impossible and I've never heard of anyone actually doing a 60 to 80 repetitions per minute pace. The best I've actually heard of anyone doing and have actually seen someone do was about 50 repetitions per minute pace. This was after many years of training in that particular style as well as having a great deal of genetic power and mental ability to that particular way. If you use that fast style of pace, even if you only do one rep per second, you're still resting between 20 and 25 seconds every minute. You can do it in a pacing for example; one-second squat, one-second rest, one-second squat, one-second rest, but if you do them non-stop at a high repetition pace you get obviously the most power output and the most demand on your body. However the body can string together high repetitions in certain time periods, but it cannot do it simply non-stop.

This goes for running and other things too. You tend to speed up and slow down in the pace as is necessary. Running, because it is such a natural movement of the body and people train it so specifically and because of its particular type of demand there are people that can do that for long periods of time at a particular pace, but it is very non-muscularly specific. In other words it does have leg movement, but it is not a type of full contraction movement like the Hindu Squat, kettlebell or barbell type movement. It does not have the muscular benefit, more the aerobic benefit and only *some* muscular benefit. I think the greatest benefit is to take advantage of the body's natural propensity to use the interval and mixing multiple different exercises into those intervals. Why? Because you create a higher cardiac demand with the body as well as a higher pacing demand as well as a faster movement demand. Thereby creating speed and rhythm as well as similar taxing effect on the body of actual movement within combat.

Now combat in fighting once it starts, there may be pacing, especially if you play by certain particular rules, however if there are no rules you may have to sprint for long periods of time. More than you would do simply by doing one long stretched out movement. If you do higher pace output movements and create more total repetitions per minute even though you are spreading them out over different exercises, and the specific muscular component is probably close to the same, you are creating a higher training effect. For instance; if your pace is 35 per minute for 15 minutes of Hindu Squats, but you do 15 minutes at 25 reps per minute during the other 35 seconds you also get another 15 to 20 repetitions of some other exercises. You have in essence created a higher systemic demand by doing 40 to 45 repetitions per minute creating the same idea. Creating a higher level of strength endurance and following more along the body's natural ability. I think this creates a higher fat burning and cardiac output and therefore benefit.

Everyone touts their particular system and I do the same thing, and that is the general idea among humans and that is that whatever your idea is it must be the best one. So everyone touts their system as being the greatest one for achieving muscular strength,

endurance, make the most money, success, women, everything you can possibly imagine, because that is the principle of humanity and marketing. We're all in effect working towards the same ideas. Whether this is kettlebells, clubbells, bodyweight, barbell lifting, even training in the pure martial arts itself, we're all working toward the same ideas of strength and endurance. We're just going about it with slightly different methods and tools. In essence we're all working towards the same basic ideas. I just happen to think that by mixing these tools you create the greatest effect.

By mixing multiple tools for endurance you create the greatest benefit and output with the least chance for overuse injuries. By mixing and changing your routine you can create the same rhythmic endurance and high level aerobic and muscular output without overusing one particular joint or movement to the point where you create injury problems. By adding the other stages of strength training together you benefit in every direction and get the most out of everything. What's the point in training if you're not going to get the most out of everything? Why not build each ability?

Now some people will tell you that other things aren't necessary, such as a high level strength. However if you're going to be the best at what we're doing maybe it is necessary. You never know when any extra edge you can get be it in martial arts, or practice combat, and in life be the deciding factor. For instance; you have two fighters with nearly equal strength, although one has a decided factor in maximal strength. They have similar speed, technique and endurance. The edge in maximum strength could be the deciding factor. This is similar in any of the levels of physical ability. If you have two fighters with similar maximum strength, technique, speed and sprint strength, but one has radically better endurance, then he obviously has the edge. The same is true for all the other aspects.

It may be the edge in other factors in life. Even though people say you don't really need maximum strength and that it's not good for you to train, it IS if you know what you're doing. As long as you learn to be technically proficient in the lifts that you're going to do, using simple basic lifts you will do your body more benefit than harm. You will be building your body in the most beneficial way. You never know when the life of a loved one, or some particular task will benefit from your having maximum strength, the ability to move heavy things. This is another thing that for instance the bodyweight people say, "Well its damaging to your body, you don't need it anyway." In general life, when not called on for major physical output the latter may be true. Due to the fact that the strength endurance level raises your energy output your general energy moving ability which is most similar to actions of every day life and the actions of most people. However there's always that time when you have to lift or move something heavy and by doing all of these levels of conditioning together you build the abilities to get the most output of each level. Greater strength sets up the base for greater endurance. Greater endurance sets up the base for greater strength. Life is easier to live and function in when you have greater strength.

Bernard McFadden said that, “life without strength is a sorry proposition at best,” and also said that “weakness is a crime.” This is true. In functioning through your daily life the greater maximum, endurance and sprint strength that you have the easier your life is, the better your martial arts will be, the greater speed and power you can generate in techniques and throws.

What are my picks for the ultimate movements and the ways to put them together for the physical training of martial arts?

**Note –*

We've selected 55 movements or combinations of movements. You will see them all highlighted with a number throughout the rest of the book.

Let's start with the pressing movement and extension of the arms.

For the maximum level of conditioning in this particular type of training I believe the one arm press has the greatest benefit for the martial artist. Why? Because it has the same muscle and strength building benefits as every other major practical pressing movement along with greater ability as it can be applied to martial arts.

I like the one arm press with the dumbbell. Now the one arm press has multiple benefits and I personally like to do it for single repetitions when training the maximal strength idea. There are multiple styles of one arm press and there are also multiple other valid pressing options as long as you are training a basic extension of the upper body that involves the shoulder and elbow joints. You're still training the same idea, I simply think the one arm press is the best of the movements.

Why?

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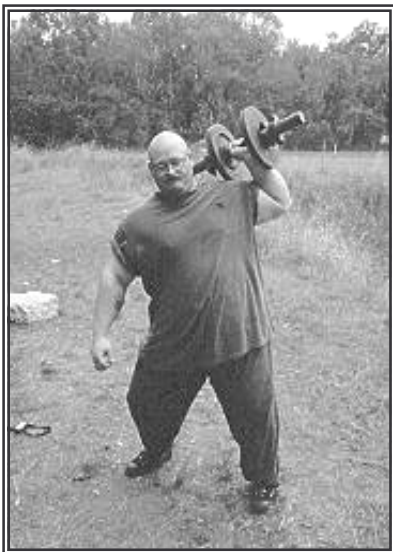


The One Arm Press

The bottom, middle and top of a basic One Arm Press performed with a dumbbell in the "Natural Style." That means: No leg heave, but slight leaning of the body to follow the natural strength of the shoulder and allow for the size of the dumbbell.

Because when done with a dumbbell its easy to learn and easy to balance and you can coordinate the most bodily effort behind one single limbs extension of just about any exercise you can do. Therefore you can train balance, you have a tremendous side benefit to the rest of the body, especially to your abdominal muscles and you can easily work to heavy weight. It is relatively accessible to many people and relatively easy to learn and simple to get the equipment to do. You can train strict type pressing, push type pressing, Olympic type jerking, old style side pressing, or even bent style pressing for that matter all with the same implement. You get the most upper body carry over to just about any other exercise, in my opinion. Obviously you're going to get a major shoulder and tricep workout. There's a great deal of supporting strength in the wrist and grip not to mention the upper back and chest involvement.

Now why didn't I pick the bench press? Well the bench press is not a bad movement and has taken a beating among the hardcore people for a while. I just think the overhead press is more applicable especially as it applies to martial arts. If you think about it, when you strike something you are attempting to create the entirety of force behind your body with one hand at a time. Occasionally there are some double handed strikes, but most of the time it's one handed. You can create the most unified bodily strength channeled through the upper body in this particular manner. I think it's more applicable in that its standing on your feet. It requires you to do the work and do the balance and there are very few situations where you are lying on your back, pushing straight, away from yourself, verses when you are actually punching, it's more of a leaned forward, shoulder generated action. The chest is obviously part of it, but less in play than the bench press would have it say. I also think it's safer and requires less equipment and is more athletic in general. It is also more injury preventative, more whole body involvement, and a staple of old time greats.



There are obviously multiple styles and we'll show this with different pictures and weights. The one arm strict press or one arm military press in which the body must be held absolutely erect and the dumbbell press where you press straight up with no added momentum or bodily lean. You can certainly depending on how you like to do it, clean the dumbbell with two hands to the shoulder, or you can clean it with one hand and bring it to the shoulder. It really depends on what you like to do in particular and whether or not it's a limiting factor. For me what I can clean with one hand is a limiting factor compared to what I can press, because I can press a much heavier dumbbell than I can clean with one hand. Therefore I clean with two hands because I intend to use it as an upper body building movement and go from there. You can choose to clean it if you wish it all depends on what you like to do. Obviously I do some cleans with one hand because it's a great movement for the body and it creates all the same effects but applied to a pulling type movement.

Then you have progressed to what I call the one arm press or the one arm natural press, which is a press that has a moderate level of body lean or some heave to it. So it's not an absolutely rigid, strict, military type pressing movement, but is not a true push press, jerk or side press. Then you may move to more deliberate styles of moving more weight using a variety of techniques. For instance the push press where you have a marked rebounding of the knees and using the whole body to explode the weight and finish with the pressing muscles. Then you have the one arm jerk, which has the same rebounding effect with the legs, expect that when you explode the weight with the body you also have a second rebound where you drop under the weight and catch the weight with a shifting of the body. There is less muscular action, but more weight can be moved in this manner.



205lbs – One Arm

This demonstrates a combination style for heavy pressing. A push press start and a partial side press finish.

You have the side press, which is technically is done with relatively stiff legs and is done by pressing and at the same time leaning away from the dumbbell and then straightening the body back to the finish press position. Thereby you are pressing, but you are also moving the body in the opposite direction.

You are essentially moving in two different directions at the same

time with that extension of the shoulder and elbow joint to move the most weight. From there you can do any combination of the three. For instance, much of the time personally when I side press, and I like to do this in my pressing movements, I flow to what is the most natural technique and experiment with it and find what is the most natural technique for me. For me to move the most weight, generally, it is some combination of side press and push press. I am starting the movement with my legs and body to heave and pressing with my shoulder while at the same time after I get the base push and generate the start-movement with the dumbbell I am leaning away after the push to create balance and movement and get away from the dumbbell, but I am not necessarily dropping straight under as you would in the jerk. You have to find your own style and is shown in the picture for the recommended style of pressing.

Another benefit here is that you create supporting strength of the body and you also create a unified strength that sometimes barbells will fool you with. For instance; sometimes when you press, or bench press with a barbell it's easy to gain strength and balance, but dumbbells require greater athletic movement. Especially when done standing require greater uniformity of strength if you're going to press the weight with either hand verses one side will compensate for the other in a two-handed movement.

You can then progress to the actual bent press, which is the least pressing, but the most weight moved if your technique is solid. The bent press is done by supporting the dumbbell and essentially pressing, but what you're really doing is a static press with the shoulder and tricep. Then leaning and squatting the body away from the weight moving down into a low, leaning squat and then using the legs and back to straighten the body to come to the finished press position.

All of these are solid movements. This bent press especially works the sides and the back of the body along with the shoulder, though in my opinion it is not as solid a pure upper body power developer as it is a supporting feat. This is true especially when done correctly or if you have the physical ability. Obviously a thinner man bent presses easier than a thicker man because of the abdominal flexibility and the ability to position the weights so that they are supported more by bone support than by muscular support which a bigger man cannot do.

Also the old time lifters gained much of their radical odd object lifting and pure power from one handed dumbbell lifting, because it allows you to exert the entire strength of the body through one limb. Therefore it gives you a coordination of power that is difficult to do with other movements. For my money, this lift gets the vote for best upper body pressing movement.

Now to move on to the upper body pulling movement. There are again many viable options; the chin up, the barbell row, and there are many other types of rows. My personal vote goes to the one arm row.

Why?

For the similar reason that this is done with the one arm press. It is simple to learn, easy to do, you can get tremendous muscular development and coordination and you can involve a great deal of muscle throughout the body behind a single limb. You also get a tremendous amount of upper back and arm development in a very safe, simple environment. You could in fact work the entire body with dumbbells and this is a very viable option. We'll show a few exercises with which to do that so you can create and add a dumbbell-based workout. I think as far as bang for your buck you will get the most from the one arm row. It has the most transferable ability to muscular development, strength development, and martial arts ability be it striking or grappling, along with the least chance of injury and the most added ability of resisting injury from other types of movement to the body. The one arm row does not have quite the variations of the one arm press, however there are some and obviously you can row in a very strict manner or you can row in a more rhythmic manner. I think you should do both and you can use a strap to aid the large muscles and work around a strength deficit of the grip if you need it. It personally feel you should use a strap *some* to get the most weight you can move with that movement, but at the same time you should be working toward having the strongest grip to have best training effect.

The next most viable option is the barbell row. I do think that at some point you should become proficient in that and it should apply with the standard barbell press as well. You can create the whole body's ability behind the movement. Working everything with both hands together.



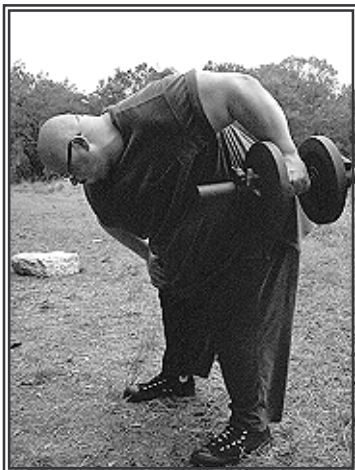
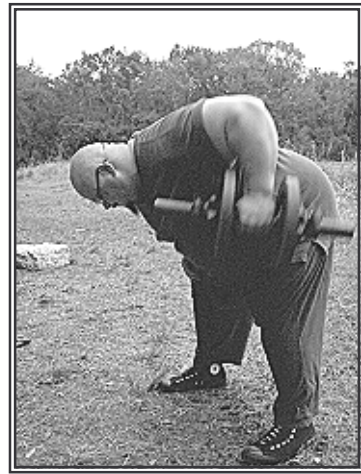
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275lb – One Arm Row

This shows a basic Power or Rhythmic variation of One-Arm Row Dumbbell. Pulled to the lower abdomen letting the arm float to the natural position.

The barbell row obviously is a similar exercise and has also that similar benefit of being able to harness the body's many muscle groups together and to build the upper back and arms together along the same lines for maximal strength. However it is slightly harder to learn and slightly more dangerous. There is much more lower back involvement which is not a bad thing and applies very well to odd objects, however if you're going to be lifting odd objects to begin with there is little point in overstressing and there is much more work worth going to the lower back. It should at some point in your lifetime of training and lifting be something that you have worked on, but for my money, the one arm row gets the vote.

The one arm row can begin with multiple twists and can be done in my opinion the correct performance is pulling toward the low abdomen, but it can be done with different supporting positions and levels of body lean as well as different hand-turn positions. For instance; an underhand turn, or overhand turn, along with the neutral grip. It can also be pulled to different positions of the body for example; pull to the low abdomen, pull to the midline, pull to the chest, the neckline, what have you. I gravitate toward the natural press, the natural push press with the dumbbell or the upper body pushing movement and the natural basic one arm row as the pulling movement for the upper body.



Variations of the One-Arm Row

The above pictures show variations of the One-Arm Row. Pulling it at four different angles. To the head, to the shoulder, to the waist and to the hip. Obviously pulling to the abdomen will be your strongest variation, but this will give you other styles to choose from for more complete development.

From there we would move to the ultimate leg and back pushing movement, which in my opinion is the barbell squat and more specifically the bottom position barbell squat. Why do I like that particular one? Well all of these movements are natural extensions of other basic body movements. When the beginnings of exercise came out, people understood that bending and straightening the legs in the squat was a natural movement of the body and it strengthened the muscles of the legs. As they became quite good at doing it at high repetitions with just bodyweight they had to add other things such as holding rocks. The Hindus use a specially cut stone ring, which sits around their shoulders. The Japanese do it with a partner sitting on their shoulders or piggyback, etc. The Chinese sometimes do it holding stone pots and other variations of it. The Russians have done it using kettlebells. The development from there was the natural extension of something balanced and easy to lift. Over time this became the barbell, kettlebell and dumbbell, etc. (For all exercises, not just squats.) From there it has evolved to where it is now. The natural extension thereof is the barbell squat, or the squat holding resistance in the most direct line, which is across the shoulders. In my opinion the most productive variation of the squat, while there are multiple other solid variations, the front squat, the regular back squat, the Zercher style of squat, etc. I feel that the most productive variation of the squat is the bottom position.

Why?

You cannot cheat your depth, you cannot cheat in the movement at all and you must create all of the energy. You take away the muscle stretch reflex, which is a major part of most exercises. It is a major part of the bench press and the squat. In that your muscles preload themselves and then with the stretch against the weight in the lowering phase of the lift and then get an extra strength in firing to explode the weight up. In my opinion the safest variation is the bottom position. You have to create all the power yourself. It is most applicable in that you must generate all the power, there is no momentum that can help you. Most of your combat type applications, while there may be some slight stretch reflexing with a punch, but most of your combat applications begin from a dead stop. You must move your body through space generating most if not all of the pressure.

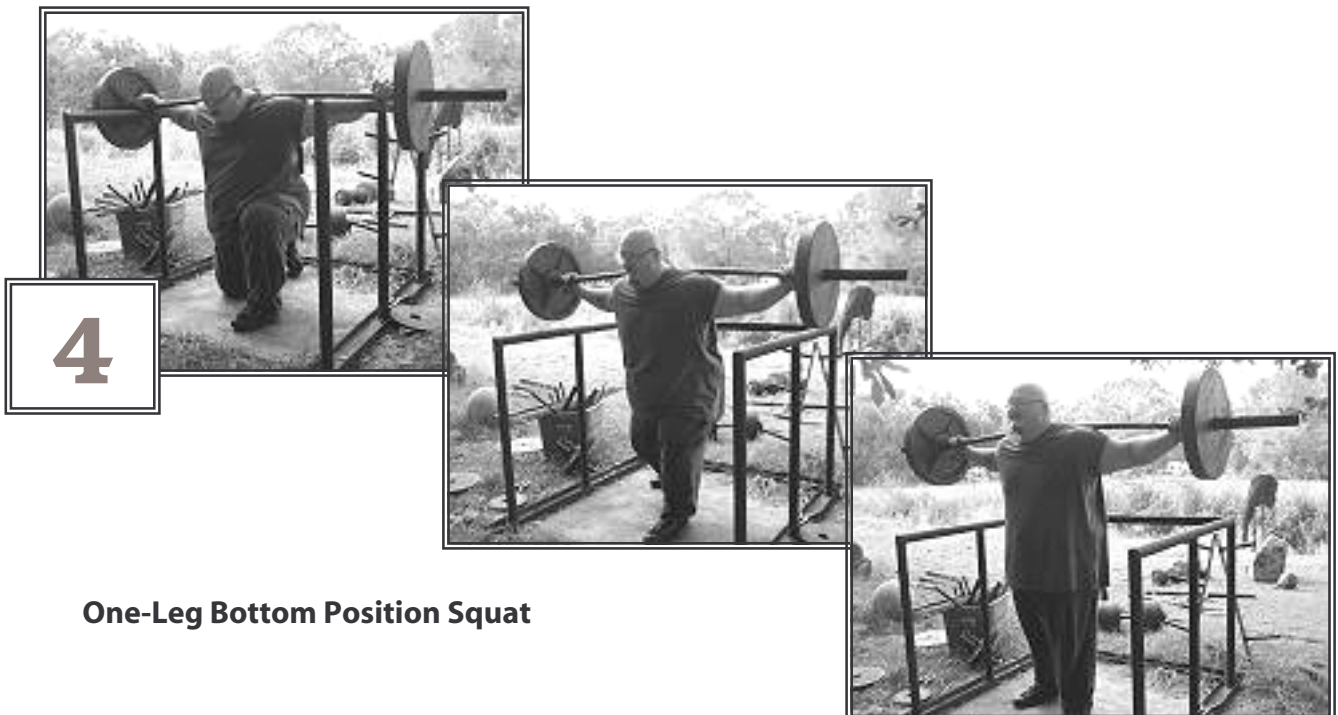
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Bottom Position Squat

There are very few situations where you begin with a resistance and rebound or move all the way into a stretch position and then rebound against it. You begin in a stretch position or a middle position and then create all the energy to execute that particular technique. You also teach the body to generate the most tension and the most ability to harden every muscle and explode together by doing this particular movement. It is also doesn't require a spotter because it must be done in a power rack or some sort of a safety rack. It technically artificially limits the weight you can do. If you do a squat starting at the top it requires that stretch reflex I just mentioned. However at the same time if you get close to the weight you can do in a regular barbell top position squat in the starting at the bottom style lift will you have radically increased your starting strength and your body's ability to generate tension. You're in essence safer because there is no way to fall with the weight and you are limiting the weight you can lift, but you are still creating the same muscular power output even though you are moving less weight.

Another variation that I think may be excellent for martial artists that I've never seen anyone else do, which I do, is the one legged bottom position squat, or the one legged lunge, bottom position squat. This is exactly what it says. You assume what is essentially the bottom of a lunge position with one leg forward and one leg back creating as little pressure as possible only for balance and maybe some supporting strength, then squat up from there. This, I think, teaches you to focus everything into the one limb, similar to the one arm row and one arm press. If I were you, I would think to use it to add power to your kicks just as the one arm press and one arm row adds power to your strikes and adds power to the off balance positions of grappling. The same is true with all of these movements.

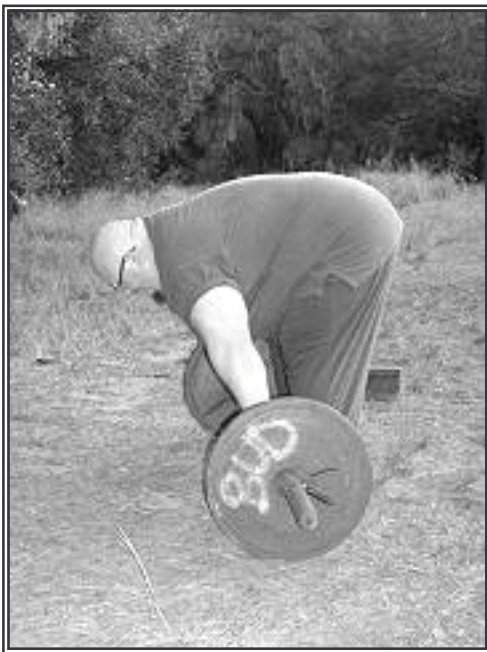


Moving to the leg and back based pulling movement, this is in my opinion the most bang for your buck, the most simple to learn as well as the greatest injury protective movement once you learn it is the stiff-legged deadlift. Now obviously the regular deadlift and its multiple variations are very solid choices and I think that at some point you should practice them the same as with the other variations of the squat and the pulls. For my personal intentions, the most solid choice is the stiff-legged deadlift and probably even more so is the stiff-legged deadlift done with a two-inch thick bar. You get grip work and less precise groove, a more awkward movement, along with the greatest hip, back and hamstring development. Since you're already doing a squatting type movement you're already getting a great deal of quad dominant movements and supporting strength for the back. So why not get a more direct extension type movement along with the flexibility of the stiff-legged deadlift. In my opinion, once you begin it slow and learn how to do it correctly it is the most injury preventive movement. I believe it tends to "hold the body together," to quote Greg Pickett, especially when you learn to do them correctly. For most people they create less trauma and at least for me, less trauma and less injury than a full deadlift. You also slightly limit the weight you can use, however you can use very heavy weight and I believe in doing low repetition, heavy pulls. In that particular way some people disagree with me with the injury factors, but these are my opinions. I would also recommend single leg deadlifts.

If I were going to try to do just one movement to cover the bases of both squat and deadlift I would pick either the Sumo deadlift with a barbell or a trap-bar deadlift.

Why?

5



Stiff-Legged Deadlift

Because you still get the back extension, hip and hamstring movement of a deadlift along with a more quad based movement of a squat. You get a great deal of development in one particular movement. They're all valid pulling movements, these are just my personal picks.

I think it's also excellent for teaching you to keep everything tight and gives you, in the combination of exercises that I have picked, the most balanced development for what you have. A major quad development producing exercise in the squat, the hamstring and back movement of the deadlift, the upper back movement of the row and the pressing muscle movement of the press. All of these give you the most thorough, maximum strength development with the safest possible, least injury producing, smartest, most coordinated type exercises that you can do.

The single leg deadlift done either in the bent leg style or stiff leg style is probably one of the greatest hamstring and hip developers every conceived. They allow you to focus deeply on those muscles and tend to put the back in a very solid position for pulling simply by the anatomy of its performance. This exercise will also allow you to once again unify the whole body behind a single limb and add to your grappling and particularly kicking power. That's why it's my No. 6 pick for martial arts training.

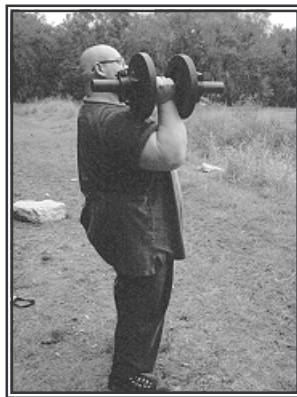
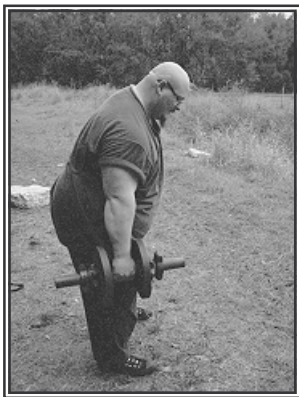
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Single-Leg Deadlift

Shown performed with kettlebells, but you can also use dumbbells or a barbell. Stiff leg or bent leg variety. Shown is foot-in-the-air, but you may also choose to balance the toes of your non-working leg on a low block.

Also in this section it is important to state the use of the barbell is probably the safest most effective way to build effective maximum strength. This is due to the fact that it is a relatively balanced implement that allows you to focus a great deal of strength and safe technical ability and is relatively simple to learn. It lends itself to maximum strength contractions in a relatively safe manner. Whereas maximum strength when it is applied and you're not totally prepared for it in an unstable environment can be quite difficult. Also maximum strength application in an unstable environment is quite difficult to produce because of the limiting factors, but the barbell gives itself to being able to work around certain things. For instance; it's very difficult to do a maximum leg extension type movement or squat holding on to an odd object or holding on to something else. There is a limiting factor of what you can hold with your hands and it is almost never what you can apply strength to with your legs so the larger muscles lose out to the smaller muscles. However it is important in some ways to train these ideas, because the smaller muscles must be taught to keep up as much as humanly possible.

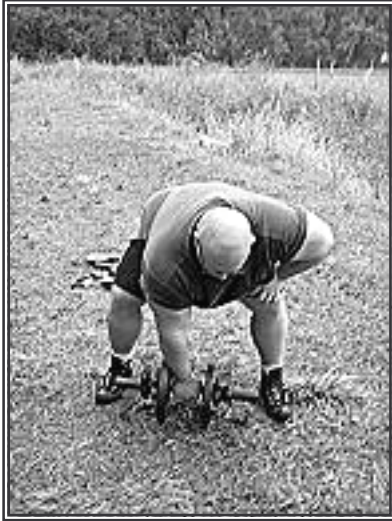
There are several other one-arm exercises that I think are incredible for adding to your combat power. The one arm curl shown below in the hammer and the regular style is an excellent arm training and when done with a full power style is an excellent full body exercise. Many of the hardcore trainers discount direct arm exercise and for a while I thought this way. But eventually I think you hit a road block if you don't



7



8



9

One Arm Snatch

hit those muscle directly. In combat you will find yourself in situations that effect the whole body, but emphasize one muscle more than the other. Often this is the arms and this is probably one of the best ways to prepare them.

The one arm swing, which is not an exercise you'll see in a normal gym these days. It was a favorite of the old time strongmen. It is a superior exercise because it allows you to coordinate the entire body's explosion. It trains the body in a way that is very applicable to combat, because you concentrate on driving the legs, hips, abs and back forward and exploding the weight to lock out. It's sister exercise the one arm snatch is also tremendously powerful and gives the same type of power.

They both also help to develop speed, coordination, grip and upper back power. The one arm deadlift, another favorite of the old timers is also a tremendous exercise and I highly recommend it for the combat athlete. It heavily overloads the grip and builds fearsome back and abdominal muscles.



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One Arm Deadlift



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One Arm Dumbbell Benchpress

While I am not a big advocate of the normal

barbell bench press for the combat

trainer, I do think that the one arm dumbbell bench press is excellent for prepping the martial artist. It's an excellent overloading exercise for the upper body, allowing you to build the shoulders, arms and chest in a way that's easier on the rotator cuff and strengthening to the core at the same time. The two basic way we've shown to perform it are the Ethan Reeve's style and the Paul Anderson style. Ethan Reeve, strength coach at Wake Forest University has his athletes perform this exercise as shown in the first picture. By putting the free hand on the waist. This creates a great pull on the abs. Paul Anderson performed it as a power exercise and anchored the opposite arm as shown in the second picture. He would also shift his body slightly off the bench on the dumbbell side to greater stress the chest muscles.

The rack overhead squat is a variation of the Olympic exercise advocated by coach Dan John. The secret of the overhead squat is that it forces the body to work as one piece. While it works the legs it really overloads the shoulders and punishes the abdominals. Everything, shoulders, arms, abs and legs have to put out incredible coordinate pressure to make this lift. I prefer the variation shown because it allows you to work in a safer more controlled environment. You can set the exact range you wish to use and work in partial ranges. It forces you to start from a dead stop at the bottom which is tremendous for strength building and allows you to attain the exact right position for every rep. Hard work on this exercise will allow you to hit and grapple with more power than you've ever had.

Rack Overhead Squat



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Partial Training

One of the secrets of building to true strength is the use of partial movements. Partial movements are the shortened version of the movement you intend to create strength in the full range of. For instance; partial one arm presses, partial rows, partial deadlifts, and partial squats. By doing this you expose the body in its entire movement basis to more weight than it can handle in the full range and more stress. Therefore you increase the strength of your joints, ligaments and tendons and you set the body up for building more strength in the future. You teach your nerves and your mind that the weight your lifting is not heavy and then teach your nerves to fire at the rate necessary to create extra force. Therefore you teach your body to set up the basis for more strength. You also build the body's ability to absorb pressure and shock and strengthen many of the attachments and smaller muscles of the body in a way that they can keep up with the bigger muscles. I think in this way you create injury preventative and extra strengthening benefits by doing similar partial movements. The key is that they must be heavier than your normal movements. I'm not talking about short range for sake of bad technique, but short range for the sake of truly heavy movements. Much more heavy than your normal movements so that they body becomes accustomed to heavy poundages and your normal full range movements feel light.

I also apply the partial training principle in the idea of using a partial in itself, but also in extending the range of the partial slowly until you've radically increased your full range strength. This has been one of the most productive principles I have ever used. For me it has added hundreds of pounds to my squats, presses, etc. It has been very successful for me. There are multiple different ways to apply this, obviously for most of these lifts you need some kind of a power rack or gauge so you can set the range of motion to whatever part of the range you wish to train. I personally have experimented with multiple different types and I have found in being more consistent with the philosophy that we're using now, of doing partials a couple of times a week, staying with a moderately heavy weight, heavier not necessarily to your absolute max, but much heavier than your full range, and working till that range feels light. Then adding small amounts of the movement, $\frac{1}{2}$ " to 1" at a time, and increasing the range that way, is one of the most productive ways to train this move.

Partial training is developed more in a video series that we have and also in the squat book and video I have written. It also appears in the other books, 50 Power Points and Twisted Conditioning. It will also appear in the upcoming books and videos on pressing and pulling that we intend to produce.

It's too big of a subject to fully address here, but I will simply add that if you were to do each lift full range twice a week and partial twice a week you could cover every base as thoroughly as possible. I would also say that partials have an exceptional benefit to the martial artist in several ways. By strengthening the tendons and ligaments you become more resistant to injury and create the body's extra ability to exert pressure. For instance; I think partials are one of the secrets to creating a really hard strike. In that a correctly thrown strike is loose in the start, but hard as it extends into its full pressure in the end of its movement. By training the extended range or the top range of squats or the top range of presses you create the body's ability to focus all of its energy on that last snapping part of the punch and you create more pressure than it can normally handle, therefore you increase your power of striking.

By training partial heavy rows, deadlifts and squat you create a type of stability within the body, simply by the ability to handle and function against massive amount of weight and support massive amounts of weight. You create a level of strength that can be applied to balance and supportive ability that transfers readily and heavily over to grappling, throwing and striking type arts. Almost no one grapples an opponent that is 500 to 800 to 1000 pounds, but if you can regularly do partial deadlifts, squats and rows in that range or more then when you grapple against an opponent he doesn't feel so heavy. He doesn't feel so difficult to throw. This obviously is one of the main points in pure lifting in that by regularly doing partials with hundreds of pounds more than my full lift, when I attempt my full lift it feels light, therefore my mind and my body function more competently and powerfully. This same "feel" applies to your grappling and striking in that you are used to and have conditioned the body to use much heavier and much greater resistances. Therefore when you apply that strength to a throw or a strike you have much more force to work with. You also have an injury preventative in that you gradually and consistently expose the body to more stress so when you are exerting that stress against an opponent you are less likely to damage things, because the body is conditioned to handle stress much more than you are likely to put out.

Partial squats, deadlifts and overhead presses are also some of the greatest abdominal and unifying total body functioning exercises that there are. In that the entire body must faction together as a unit to do them. This is the whole idea behind martial arts is to exert the entire power of the body into a single focus technique. Therefore these are exercises that flow along these lines and make you able to exert the most power with the most muscle behind it. It also gives tremendous abdominal strength. I know that personally I don't work abdominals all that often but by the heavy partial work I'm able to do my abdominals are always hard, both the front and side. My abdominals are also massively strong. I can always easily do sit ups with 300 and 400 pounds sitting on my chest, even though I rarely work them, certainly not as much as I probably should.



400lb Partial One Arm



400lb Partial One Arm



1800lb Quarter Squat



1,000lb Partial Deadlift

The Second Level, Intermediate Level, or Burst Level of Strength

What are my picks here to get the maximum benefit?

First of all, in my opinion to get maximum benefit I believe in the use of odd object or strongman type exercises. The reason being that these exercises do lend themselves to an unbalanced, unwieldy, awkward type environment and still allow you to express your strength and build that same type of bursting movement. However they still allow you to build the ability to apply strength in an unbalanced, awkward, but practical way to grappling and fighting type movement. I feel, more so than simply doing repetitions of a particular barbell exercise. You built that max strength in the safest type environment by doing the barbell exercises why not add an extra element to your physical ability by using an awkward object to train the next level of conditioning thereby creating a greater strength. They also create greater stress on your tendons and ligaments and build the muscle in that way which is another side benefit of the very heavy, low repetition barbell lifting. This is also injury protective in that you build your ligaments, tendons and joints to withstand stress. You also build it with the odd object, you just build it in a different manner.

You can apply that type of bursting strength to a very heavy, odd object and work around the weaknesses that would be apparent with a barbell. For instance you may or may not be able to hold on to a weight that's heavy enough with an odd object to create leg stress the same as you could with a max barbell squat. However you can by sled dragging, etc, create that same bursting effect and focus it on a particular idea or part of the body along with its systemic effect more easily and you get more benefit. You get not only the idea of lifting very heavily and building the body with maximum strength, but you also get the idea of building the body's ability to apply strength at odd angles. It also gives the concept of focusing on moving an object that was not meant to or intended to be moved through space which is similar to moving your opponent or applying that strength to your opponent.

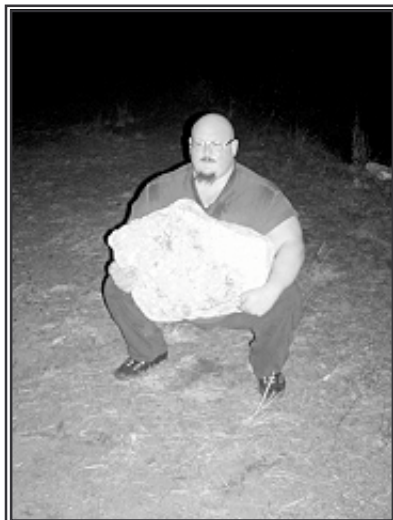
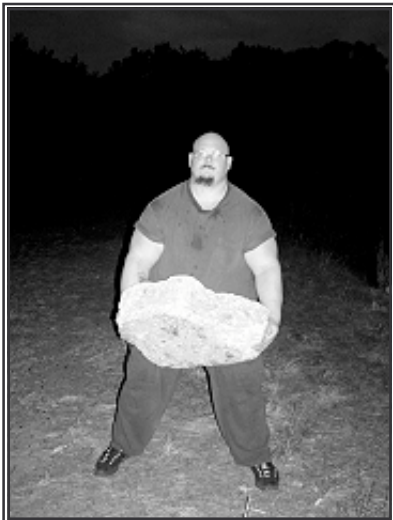
First of all it is relatively simple. You can train those objects even if you don't have a gym. It is pretty easy to pick up some odd objects, simple one to train with. Now you can go as far as you want to with this, in that there are many things that are "large, strongman competition training implements," that you can pick up to train with. For instance; a yoke, Conan's wheel tape apparatus, a plate loading log, etc. For the interest of simplicity and expense I'm going to confine it to simple, and time-honored type of odd objects, easy to make or get for this book.

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Stone Lifting

Here are examples of various stone lifts, one of the oldest and most powerful training implements. Depicted are the Bent Over Row, Deadlift, Clean, Press and Squat all using a 200lb flat stone.





More Stone Lifting

Here we show the Hindu Style of shouldering with a round stone. That is, begin on the ground, lift to the shoulder, and drop over backwards. Turn around and start again to the opposite shoulder. Bringing an implement such as this to the shoulder is one of the basics of stone lifting.

You can obviously train this manner (the second conditioning level), and you probably should at some time at least in a testing format, try this type of strength with your barbells and dumbbells. Most of the time I do heavy barbells and dumbbells for single repetitions for a few sets building up to a max set for the day or for a true max set. Occasionally I rep out. I hit 10, 15, 20 rep set of squats or

deadlifts or rows or presses to continue to train that ability and to keep my body from completely adjusting and to continue to challenge it. For the most part I train this type of ability and think it carries over more to your endurance and full strength by training with the odd object.. My personal favorite is rock or stone lifting for this type of odd object. I think this is probably the earliest implement used by man for pure strength training and certainly is throughout the different martial traditions. The lifting of different types of stones; Santion Karate has some particular stones that they lift. Shaolin temple also had some natural and cut style stones to lift a particular way. They also had a cut stone implement, which essentially was a kettlebell. The Hindus had a particular cut stone as well. The Mongolians used a squared off cut kettlebell similar to the Shaolins. There are cut stone dumbbells and even barbells, which originated in China.

Stones are easy to get and cheap especially if you use either concrete molding or different types of concrete which is what I personally use for stones or natural field stone. Now I live in Florida so there is little natural stone. There's limestone, which

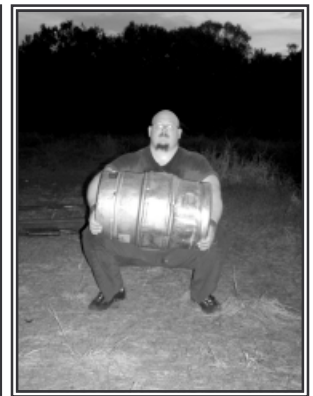
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Barrel Lifting

Here is another of the prime strongman training movements to do to increase your martial power. As with the other strongman movements there are very few rules. Shown here are:

- *Clean and Presses*
- *Bear Hug Lifts*
- *Bent Rows*
- *Squats*
- *Shouldering*



is porous and light and will break easily. However I can get poured concrete and using molds can make various shapes and sizes for practically nothing. You can also buy natural stone imported from basically anywhere for relatively cheap. It's easy to go out and pick up several sizes and shapes of stone to train with. You can also use cut stones, which would be similar to the Bask tradition or even in the martial traditions of the Chinese. You can move into the more modern concept of strongman stones which are totally round with no grip or relatively large, smooth rivers stones which would be similar to the old European and many countries around the world, "Manhood" stone, which were part of the tests of warriors and men. You had to be able to pick up these particular stones to be considered a man. Some of the famous ones being the "Inver Stone," in Scotland, which is a very smooth, egg shaped stone. The Testing Stone of the Fiana which were a band of Irish warriors and you had to be able to lift this particular stone to join their ranks. There was a set level of strength you had to be able to minimally meet which is part of the martial traditions of both the east and west. Also included in these would be the Iceland Stones, Husafelt and Greek Stones.

This could also easily be done with wood or a log and is very easy to simulate with barrels. These are also early lifting implements and are evidenced in some of the Shaolin training and the way they train with particular stone pots which is basically a barrel. Kegs are easy and cheap to pick up and relatively easy to fill with different weights and lend themselves easily to lifting and to basic easy to use exercises.

So what's my pick? I say the repetition stone press or the repetition keg press for your upper body pushing movement is probably the best. They're easy to do and you can do them in multiple different ways. You will probably need several different stones, possibly a stone to warm up with and as you get stronger you need more and more challenging stones, but again they're easy and cheap to come by. You can also do this in multiple different ways. You can do a single clean and repetition press with a particular stone for whatever reps you can do or you can do a full clean and press for each repetition. For there, I like to do rows with a stone as part of stone training using a flat rectangular piece of stone. There are multiple different shapes of stones to use. The round stone or the also natural and relatively round stone, the rectangular or square, cubic shaped stone as well as the triangular shaped stone each of which lends itself to various lifts. Also you can hold stones in different styles and do squats with them. My personal favorite is the bear hug and squat style. It can be a tremendous leg working exercise. Different shapes of rock such as the triangular shape lends itself to squats with a stone. A carry with a stone is done easily with the triangular shape as well as the rectangular shape. The rectangular does well for presses overhead and rowing. All of the shapes can be modified to any particular thing you wish to do.



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Log Lifting

The log is also one of the easily accessible training tools we use. You can use one with pre-cut handles especially for lifting or just a natural log. Shown here is:

- **Clean and Press**
- **Row**
- **Deadlift**
- **Shoulder**
- **Squat**



My personal picks here would be any type of carry you wish to do. The bear hug and carry of a barrel or a stone to work the legs, back and pulling movement for the upper muscles of the body. Also a loading chest, waist or shoulder high stone or barrel to work the pulling muscles of the back and legs together and these also work those muscles in one of the basic four functions of the body as in the leg and back based pulling movement.

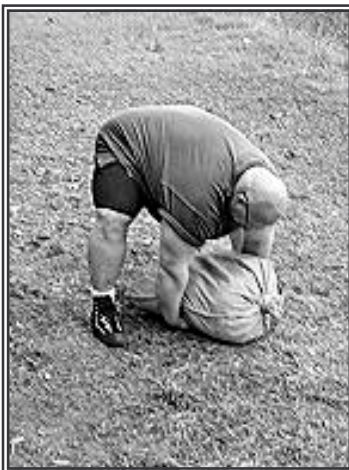
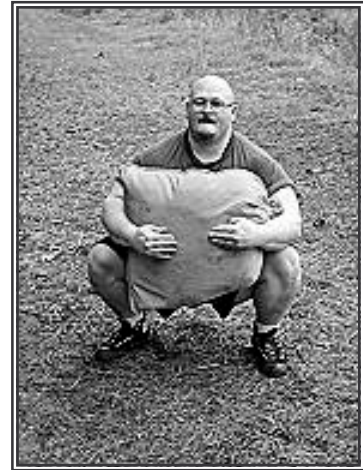
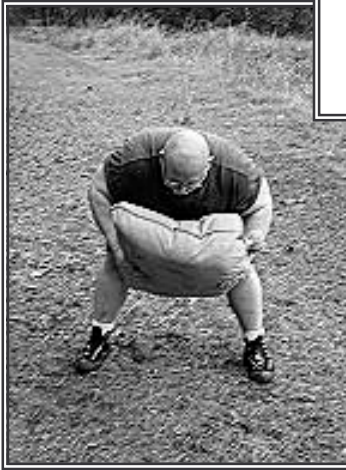
My personal favorite in moving in this vein for the leg based sprint level conditioning movement is sled pulling. Sleds are easy to improvise and make. They can be made out of old tires or be wood based. You can buy relatively cheap steel ones or mold them out of concrete, which is something that I have done. They are cheap and easy to do and is probably one of the best leg builders around. It also is extremely aerobic and very powerful pulling movement. It is also consistent with the ancient traditions of strength and martial arts. People such as lumberjacks like to drag something along the ground because it applies to daily work, which is where much of the martial strength tradition begins. It is also just as easy to throw a rope or old piece of chain around an old piece of wood or stone and drag it around. It just depends on the surface your dragging on.

Loading with stones is particularly good because it basically works you from head to toe, but there is a significant hip, hamstring and back involvement as in with the deadlift. It also consists of a significant upper arm, back pulling movement as with the row as well as in many cases a significant leg involvement depending on your style as in the squat. These also tend to teach your body to work in unison together as it uses many muscles all at the same time. This is similar to throwing and grappling and a well executed striking technique.

In my opinion if you have a couple of stones, or a barrel and a couple of stones and a dragging sled you could very easily work your body from head to toe, from every conceivable angle in the intermediate burst level of conditioning. You would also work yourself, (Also you can hold stones in different styles and do squats with them.), creating as much strength as you can possibly get.

There are other exercises that fall under this category such as the walking with weight as in the yoke, carrying different barbells or dumbbells in different ways such as the farmers walk or yoke walk or walk in a Zercher position carry. Also applicable here would be pushing and pulling movements; pushing a car, or bus, etc. Log lifting, be it a special shaped log or just a natural one. These all fall under this line of training. Pulling hand over hand with a rope, which is easily simulated, on a rowing machine with a rope handle is an excellent additive to your upper back, row-type movement building for this area. It can also be done with a sled and rope. You simply pull the sled hand over hand and brace it with your legs, then press the stones or lift them and you have created a monstrous level of strongman ability. It builds an intermediate

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Sandbag Lifting

The sandbag very closely represents wrestling a human opponent, because the sand shifts as you lift it. Also cheap and easy to make and excellent for indoor use. One of the more forgiving strongman implements. If you drop it on your foot, it probably won't break it. Shown are:

- **Clean and Press**
- **Row**
- **Loading**
- **Shoulder**
- **Squat**

burst level of strength that is extremely applicable to martial arts conditioning. It is also consistent with what the ancients were doing in this vein.

Another item which is cheap to get, but maybe not easy to procure, although easy to find as long as you have a truck to pick one up with and space to for it is a tire as in the strongman tire flip. Now this is possibly one of the greatest conditioners known to man, especially in the sprint level of conditioning. It really requires just about every function of the body, specifically a great deal of leg, upper and lower back, and upper arm and is tremendously cardiovascularly taxing. This is another one you may want to incorporate.

How many sets and reps of each of these is up to you. In my opinion it is not necessary to do a tremendous amount of any particular one. This would only be necessary if you feel like your particular needs push you in particular direction for instance; if you feel you need a maximum amount of repetitive maximum strength or a massive amount of repetitive burst strength then you would concentrate on that type of training. The same could be said for endurance training and strength. Sets and reps are up to you, but I'll give you my opinion.

My personal recommendation would be one or two sets of any of the particular strongman ideas trained together. You may want to string them together in medley type ideas to stretch them out to a couple of minutes at a time as long as you are training them hard. The other ones I suggest are working with one light repetition set of a warm up then work up to single repetition or low repetition attempts up to a max for the day generally over four to five sets, depending on the preference for the day. I think this most efficient use of your time and energy without overtaxing, and you get the most benefit out of it. The other secret in this is how you actually string your workouts together and we'll discuss this more in the actual workout section of the book.

You may want to concentrate on a particular thing or simply challenge or enjoy a particular type of training more than another and may wish to focus on that. Concurrent in my philosophy is that you should to make your strengths even stronger and your weaknesses a strength. If you are weak in pure max strength, but your endurance is good, then train them both to make them better. Concentrate on that max strength to get it up and make it better, but at the same time learn to use your endurance and go with your strengths as well.

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Dragging



The sled is an easy to make and extremely powerful conditioning tool. It's very easy on your joints, doesn't create a great deal of soreness, is very simple and safe to do and can be used for all the levels of strength training from very light conditioning all the way up to maximum power.

Tire Flipping

Tire flipping may be one of the most powerful conditioners of the modern era. Very few exercises require as much total body commitment. Very few also bring as much total body reward.

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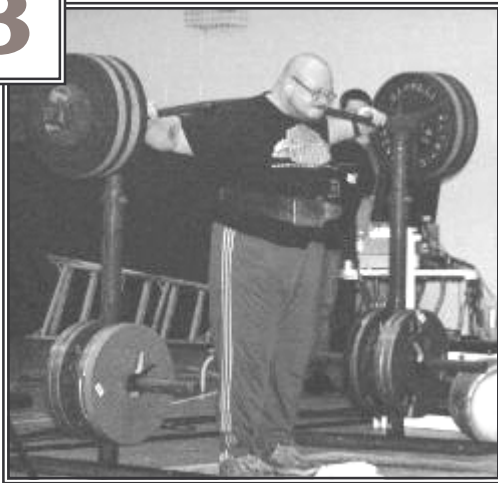


Walking with Weight

This is an extremely simple way to add strongman training to your workouts. However it is deceptively difficult and productive. Pick the heavy, odd object of your choice and take it for a walk. Shown are:

- *Walking with a weighted yoke*
- *Stone*
- *Barrel*
- *Sandbag*

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16

Endurance Level Conditioning

Moving on to the next section, which would be the endurance level of conditioning. This is where the water gets a little muddy depending on how you look at it, or there are a tremendous variety of exercises. It is almost impossible to separate and pick what is the ultimate strength. There are multiple types of strongman and max strength that you can do, but those are the ones out of sorting through the hard core, legitimate, athletic, power building exercises that are the ones that I feel to be the best.

In looking at the conditioning that is created by the multiple types of muscular and aerobic together, endurance based training such as high repetition bodyweight exercises, squats and pushups, Indian club swinging type movements, sledgehammer swinging type movements, light repetition implement lifting such as light stone lifting for high repetitions, kettlebell lifting, high repetition barbell, dumbbell type lifting... it is virtually impossible to separate one as the absolute superior to the others, because they are all aiming towards the same result. If a man conditions himself to do 20 minutes of non-stop bodyweight exercises, well then he has obviously built a particular type of strength and will be best at that particular kind. Will his applicable ability be better at martial arts than a man whose conditioned himself to do 20 minutes of repetition kettlebell lifting? Probably not because they're both training the same basic idea. The kettlebell lifter will probably do slightly fewer repetitions because he's using a slightly greater resistance in some particular movements. However in the endurance/strength expression they have achieved the same plateau, reaching the same idea.

I don't think anyone particular one is best and as a matter of fact I think they all function along the same 4 basic movements of the body and they simply use different moderate, lightweight implements to create the same effect. I think you are better off and can get a more, well rounded strength in these areas by varying your training modalities and methodology. This applies as long as you are consistently working toward high level aerobic and muscular conditioning. I think you set yourself up for less problem and injury and get the best benefit by using a significant variety of different techniques. I will therefore list what I think are the most bang-for-your-buck exercises that I feel you can get out of the different modalities and varieties. I'll pick a few of each one that I feel are the most poignant and then combine them in routines later to show you the adaptability and flexibility of this system.

Bodyweight Exercises

To begin with, bodyweight exercises are one of the most simple, effective and cheap ways to train. You can build real strength and tremendous cardiovascular conditioning and endurance by doing them. Everybody has his or her own take on them. I tend to think they simply fall in line with the four basic movements. Mostly when using only your bodyweight they are more squat-based and upper body pushing-based with a few upper body-pulling movements. All of them working the same series and setup of muscles.

I personally got started in the bodyweight vein with Hindu squats and the regular push up and adding in regular bodyweight work such as sit-ups. In moving over time I have changed my philosophy and think that in using bodyweight exercises only there is no one best push up or squat variation. Probably not really even one best abdominal variation, although I do think the regular sit up is pretty hard to beat. What I have tended to do is switch my footing and hand position on pushups and sit-ups, especially when working them in the endurance band. That way I can hit many different angles and muscle fibers stressed, along with the same basic variations and reduce the tendency toward overuse injuries. Unless I'm working on perfecting a specific variation what I tend to do is switch every 20 to 25 reps of each particular movement or every set depending on how my training is particularly set up.

The basic varieties of the bodyweight squat and pushup as well as the regular pushup and then the wide grip, close grip, feet elevated, hands elevated, etc, will do and are simple to do. With the Hindu squat you have the flat footed squat, the wide stance squat, the close stance squat on the toes, split leg, jump squat and then the long and high jumping squat, which are easy to do and work with. You can easily adjust how much resistance you use by adjusting the exercise and you can work from many, many different angles so that you don't create any muscular imbalances. You get every muscle of the upper body and lower body as well. Also the Hindu squat, depending on how you do it can get quite a bit of back work. Back work is also included in the push-ups especially in the upper back. Hindu push-ups do quite a bit of bending in the lower back. There's a great deal of stretching and flexibility work with that as well as a supportive type of strength with is built there. Along with the building of triceps, shoulder and chest, pushing muscles you're also building the upper back muscles, especially with the swaying style of push up. You're still building that same type of strength.

The pull-up however, which I think is a good exercise, I personally use other things because of the bodyweight that I carry so the type of strength that I'm looking for is difficult to achieve with pull ups, because I can't do enough repetitions – nor can most people. This is however easy to duplicate with other exercises. Some people are light enough in bodyweight or genetic predisposition that they can easily do



Bodyweight Squats

Mastering your bodyweight is the key to great conditioning. The bodyweight squat is the basis for all bodyweight exercises and is use in some form in all martial arts. The top three pictures demonstrate a Hindu Squat. The rest of the pictures respectively show:

- **Wide Stance**
- **Ultra-Wide Stance**
- **Forward Lunge or Hurdler**
- **Plie or Ultra-Close Stance**
- **Side-Lunge or Cossack**

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Push Ups



Another of the universal basic bodyweight martial art exercises. Shown is a basic push up as well as multiple different hand placements. A close grip, regular, and wide grip.

The bottom three pictures demonstrate a Hindu Push up.

These are just a few of literally hundreds of variations of this exercise all of which are great for cardiovascular and strength endurance. You will notice also that I am using a pushing up board. A device which helps you to get more range of motion on certain exercises and is popular with the Indian trainers.



The Squat Thrust

This movement deserves special mention among martial artists because it embodies the combination of movements in dynamic fashion for greater conditioning. Also in and of itself it is a powerful bodybuilding exercise.

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Abdominal Raises

Another one of the basics of universally used bodyweight exercises. The three exercises shown:

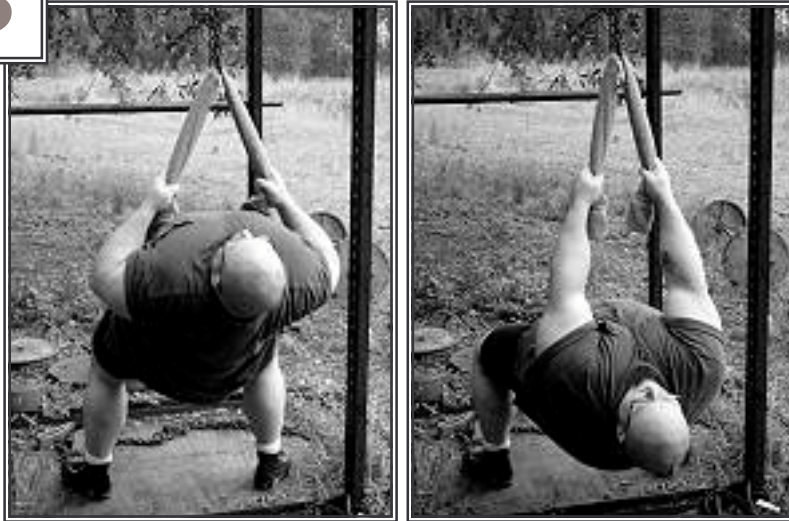
- **The Sit Up**
- **Leg Lift**

Constitute just a few of the exercises geared toward working your stomach muscles. Excellent for overall strength and endurance.

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Chin Up Variant

Although I generally think of the chin up as strength exercise because it limits most people to low repetitions, it also is a powerful conditioning movement. Here are a couple of variations to help you get higher reps and greater conditioning. It also completes working the functions of the body with bodyweight movements.

- **Bodyweight Row**
- **Cable Assisted Chin up**
- **Jumping Chin Up**



enough repetitions to make it a true endurance exercise. However almost no one can do as many repetitions on the pull-up as they can push ups and squats simply because of the level of resistance for that particular movement, so I'll show my favorite exercises there.

Kettlebell Exercises

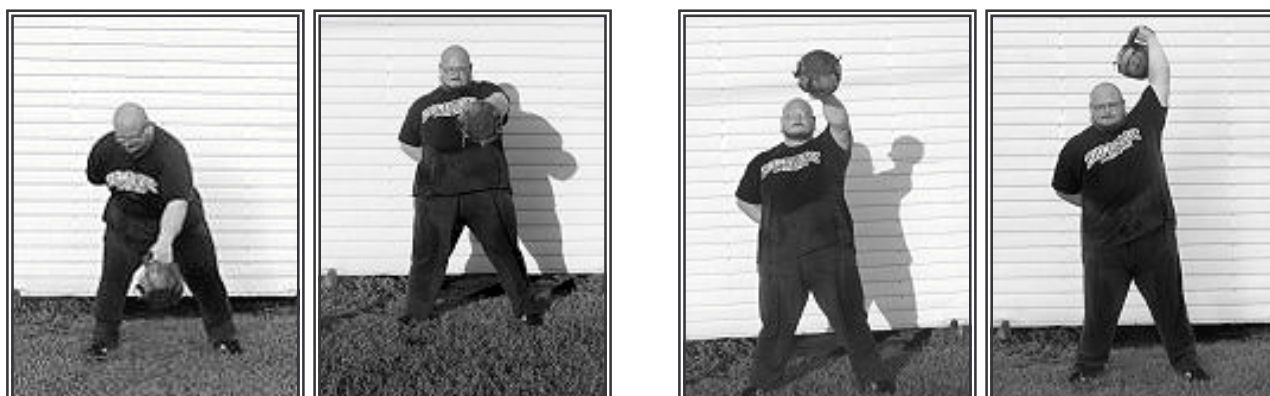
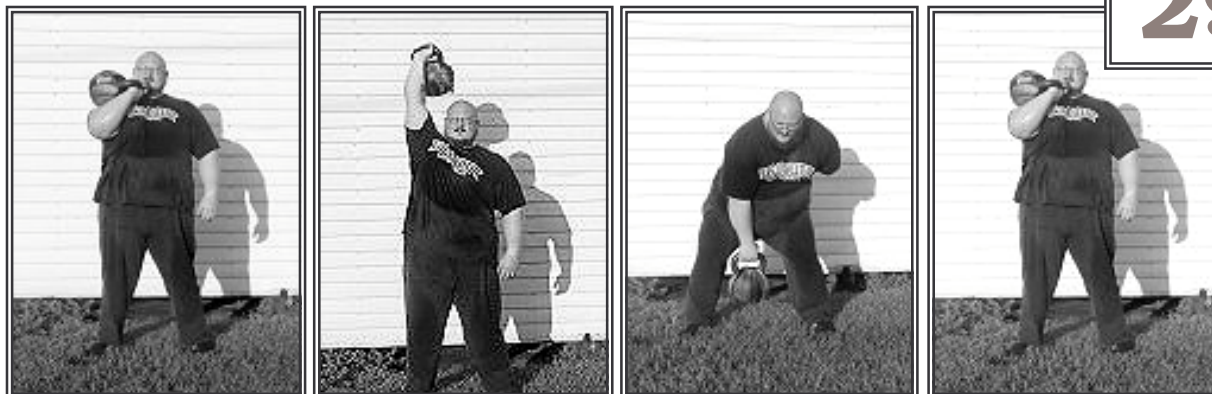
Kettlebells are an excellent tool and lend themselves to some absolutely unique exercises. Many people will say you can do the same things with dumbbells and for the most part do many of same exercises. Kettlebells however because of their odd balance and shape carry some extra benefits. First is the grip benefit, because in all the exercises you're using your hands and kettlebells come with relatively thick handles so there's a tremendous grip workout involved. They also lend themselves to explosive type movements, which generally involve large chunks of the whole body in a way that is very applicable to martial arts. They allow you to use an explosive drive coordinating many muscles at the same time while working in high repetitions for endurance. They also can have a shocking effect toward the joint and areas of the body because of their odd shape they land in different ways. Using them in a ballistic style creates a slight shocking effect in the landing of bells thereby creating the ability for your body to absorb pressure.

They also, I have found, because of the types of exercises they lend themselves to, and the way they are used, in an endurance methodology. They use a fixed weight and continue to add repetitions and move faster same as bodyweight exercises. You have a fixed bodyweight and you simply add variety repetitions to progress to higher levels of strength and endurance. I also feel that because you are moving independently you don't compensate for each side. You can use one hand or two hand exercises and easily vary the repetition and levels. I think they give quite a bit of abdominal work because you are contracting against extra resistance more so than your bodyweight so I have also noticed an increased abdominal benefit by there use.

In bodyweight exercises there are two or three people who are probably top level performers. They would be Matt Furey, the author of *Combat Conditioning*. Wayne Fisher who has his own video products and they use a variety of high repetition bodyweight exercises to create that same strength and endurance effect. Pavel Tsatsouline is obviously the kettlebell introduction man for the United States and has done more than anyone else with this implement. He has some excellent books and videos on their use and explaining them in more detail. Several of his proteges have achieved notoriety such as Mike Mahler who has some terrific martial arts based kettlebell video/DVDs, Steve Cotter who also has some excellent martial arts based work, Steve Maxwell as well as Jeff Martone who has some of the most unique kettlebell juggling video/DVDs on the market. It's very martial arts applicable and high level conditioning, using a very flowing style of conditioning that is just absolutely tremendous. Kettlebell juggling refers to the throwing of a kettlebell not

the juggling as in the circus-style, but throwing and catching it throw a series of different positions and exercises. You should definitely pick up all four of these gentlemen's products if you're interested in Kettlebell training because it is absolutely a killer workout.

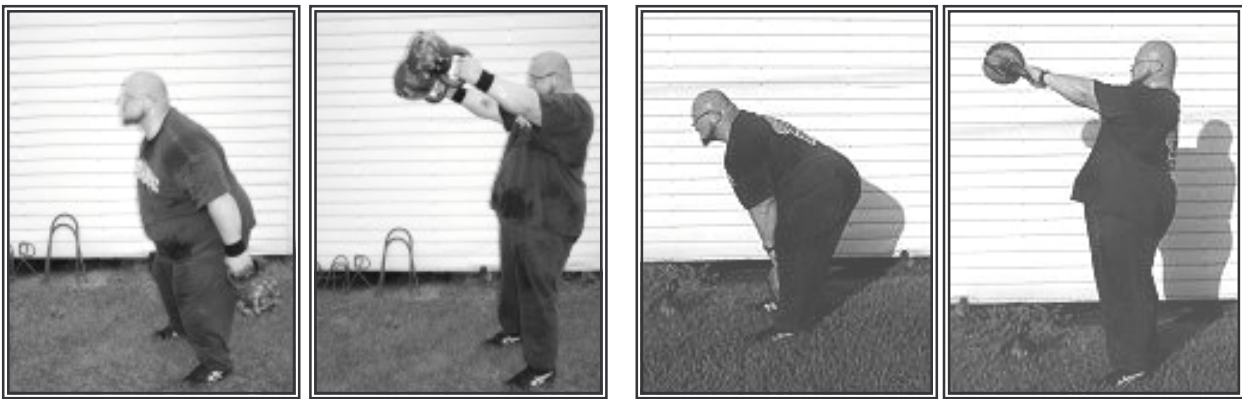
29



The Kettlebell Complex

This is the first of the complexes that we have picked to use as a unit for martial arts training. Five kettlebell exercises depicted here: The Press, Clean, Snatch, Squat and High Pull. Can all be performed with one or two kettlebells and you can sequence them in whatever order you like in five to ten rep sets.

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Kettlebell Swing

The Swing distinguishes itself as a stand-alone exercise and superior exercise for the martial artist. It is a whole body exercise that concentrates on hip snap, which applies directly into striking and grappling allowing you to become more efficient as well as build strength and endurance at the same time. Shown are the Two kettlebell swing inside the legs, Two kettlebell swing outside the legs, and The Two-handed kettlebell swing.

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The Kettlebell Upper Cut

This is a kettlebell exercise I learned from Jeff Martone that is very powerful for fighters. It allows you to work a swing motion, but with an underhanded grip for more arm involvement and with total body extension. It big time adds to your striking power.

Indian Clubs

The club is obviously one of the first training implements of mankind. It is throughout multiple eastern and western training styles of both physical and martial training. The heavy club has been used for thousands of years especially in India, Pakistan, Iranian martial training. The heavyweight swinging implement is basic to mankind. It is very useful in building coordinated, flowing momentum-based strength as well as odd ranges of motion and circular ranges of motion. It is very difficult to simulate any other way. There is also a strength in leverage based movement which is almost impossible to duplicate with anything else. It is excellent for shoulder health and flexibility. It is a conditioning based workout that is very grip centered to begin with. In other words, everything starts with the grip and works up instead of starting with the big muscles and working down to the grip.

In this, Scott Sonnen is probably one of the main introductory gentlemen involved in the modern movement toward club swinging. He has his own products, the clubbell, which are excellent products. You should check them out. He has some very interesting and unique style of training and exercise. One of his proteges, Doug Szolek has some very interesting heavy club swinging into both of which I have also made videos for. You should check for, for further details on the multiple exercises, which can be done with them, and their conditioning benefits.

Club Complex

As with some of the other implements, it's difficult to distinguish one exercise for clubs that would be the best exercise for martial arts, but there's really no need to. The exercises are simple enough that you can do them in a complex and get great benefits. Working your grip, shoulder strength, flexibility and total body coordination together. Shown are five basic club movements. An overhead swing, an Around the head swing, a front swing, a diagonal swing and a lever. These can all be performed with one or two single handed clubs or with a heavy two handed club.

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Around The Head



Forward Levering



Diagonal Swing



Forward Swing

Sledgehammer Swing

Sledgehammer swinging is a favorite of the old time boxers as well as the workmen of every age and style from the quarry and forest, etc. It's a big strength building and power building exercise because it melds with it the full body use and movement along with massive abdominal play and the use of the whole body, use of the upper arms, back, grip, etc. It can also be done with a mace, which is basically a long handled relatively heavy club, which is swung in different artistic and circular movements. It is different from a short handled heavy club, two-handed club or the single-handed clubs. Club swinging is very martial based in that it will increase your physical striking power but it will also increase your gripping ability with weapons as will the sledgehammer swings.



Sledgehammer Swing

Like most of these tools, the sledgehammer can actually be used many, many different ways, but even if you just do the basic overhead swing, you can build muscle, endurance and butt-kicking power.

Cable Training

“Cable” training is exercises that stretch against springs or rubber tubing, etc., in different lengths or different exercises. A medium length cable device, which is similar to the modern chest expander is produced by Life Line Company and several others. There is a longer cable device, which is more applicable for working the whole body, and legs called the Portable Power Jumper, which is also made by Life Line. This does not mean you strictly need to use them, you can sets made by IronMind, or sets made by Mike Brown, you can even make your own from different bicycle tubing or surgical tubing lengths. They’re very easy to invent.

Cable training gives a very martial arts type of resistance because you can work strength as well as endurance together. It’s a very live form of resistance. It moves around a great deal and you have to do a great deal to stabilize and control it as it expands along your range of motion. In other words the resistance increases the further you pull. You can work in angles that you can’t duplicate with almost anything else. Things that are very applicable to combat for instance pulling the arms straight out from each other in front of you is very upper back oriented. Different types of pressing and pulling movements from many odd angles which you may find yourself in, in combat especially as it applies to grappling. They’re also very like a human being in grappling, pulling, or pushing against. The resistance strength of a human changes at different areas and the further you push them the harder they pull back against you.

Cable Complex

Below is a six exercise cable complex working all the upper body. Cables can be used to work the lower body also, but it’s phenomenal for development of muscle and applicable power of the upper body.

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Tricep Extension



Overhead Pull down



Front Pull To Chest



One Arm Press



One Arm Curl



Bent Over Row

The Light Barbell and Dumbbell Complex

This really follows along the lines of slightly change resistance to the bodyweight exercises. It would also be similar type movement of anything you can think of; presses, rows, deadlifts, light clean and presses or combination exercises, sequence exercises, partners with lightweight... all excellent workouts. Don't think it can't be just as tough. It's along the same lines as bodyweight and you when you use light resistance you can apply it to many different high repetitions and to many different styles. You can also do things that you cannot do with a heavy barbell such as for instance; jump squats or jump squats with dumbbells, presses, clean and presses, curls, etc.

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The Barbell Complex

The Clean, Press, Deadlift, Bent Row, Upright Row, Zercher Squat. All done in sequence in sets of 5-20 reps. Makes for powerful conditioning, spreading the load throughout the body, building strength muscle and endurance and driving your cardiovascular demand through the roof.

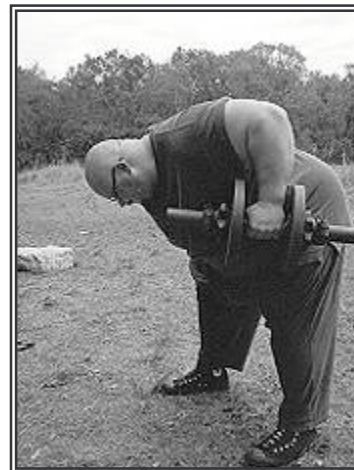
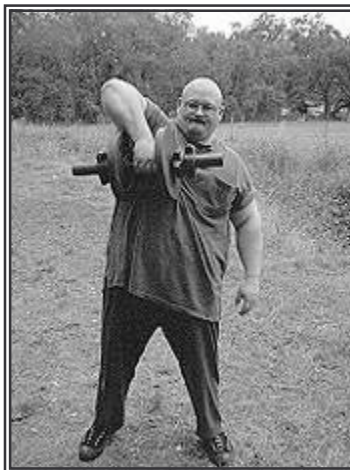


Dumbbell Complex

The Clean, Press, Windmill, Swing, Upright Row, and Bent Row. Can all be performed with one or two dumbbells. You could also add in one leg squats and deadlifts to make it a whole body circuit.



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Grip

Grip is an extremely important idea that must be trained for by the martial artist. Almost all of the major martial arts have some form of grappling, grabbing, some important grip element, Judo, Jujitsu for instance. The working of the body, the working of the Gi, strength level of the arms and hands are some of the major factors in martial success. Also the toughening of the arms and hands for striking is another important factor for working the grip. The hands many times are the weak link, but all the strength built in the body can only be transferred if the hands are strong enough.

My friend Kim Wood says that the combat arm training starts in the fingertips and is from fingertip to elbow, not from elbow to shoulder. Meaning that, and I believe the same thing, that most of your larger pulling, pressing exercises work adequately the bicep and tricep and you add into it the striking and pulling exercises that a grappler does, the strongman workout and some of the endurance group you get plenty of work for those muscle groups. When I choose to, I still do heavy curls and tricep extensions. I have found that some direct arm work is very profitable for combat. But in building the combat grip there are many, many ways to go about working the grip. I'm going to name some of the few that I think are the best.

Number one I think it is important to remember that of the many exercises that we chose in the endurance section and the strongman section and even a couple in the power section are gripcentric. You're deadlifts and rows are grip dependent so one way to work that area would be using thick handled bars or dumbbells for the rows and the same would be so for the deadlifts These immediately add a dimension of power to the hands. Also finishing your deadlifts with a hold. In other words, as soon as you finish the rep simply hold the bar for as long as possible for your last set or two, hold the bar for 60 seconds or so, or whatever you can handle.

With deadlifting I like to begin with a knuckles forward grip and go as heavy as I can that way before I have to move to a reverse or split grip to move more weight. Also you may work in your deadlifting routines, for instance in the light part of the deadlifting working up to the max of your deadlift you may begin by using only two fingers of the hand pulling as much as you can and then add a finger, and then another as necessary. This way you get as much finger and hand work as possible along the way and finish each set with a hold so as to pre-fatigue your hands.

Lifting stones is very grip oriented work and will build a tremendous grip. Any of the rope pulling type motions or farmers walks are some of the major grip building exercises. Especially all over grip development. The hand should be worked in all its phases of movement. That means that your major grip is applied several different

ways and that you should be doing something in your training to work all of them, because that will give you the most complete strength and development. That would be a supporting grip worked with deadlifting both regular and thick bars, the crushing grip that you work with hand grippers (not the Walmart things, the steel ones we have pictured that you get from IronMind.), the pinching grip which works the thumb and the hand and fingers in an open position. The fingers which we work specifically with different types of finger lifting and the wrist which can be worked through many different areas such as levering, wrist curls, wrist rollers, nail bending, etc.

It has been said that bodyweight exercises can build hand strength, and I think you can build some supporting strength through things like fingertip pushups, chin ups and especially chin ups holding a rope or towel, are powerful grip builders. But to be honest I personally feel that you get the most out of doing the weighted exercises and working grip in multiple different directions. Levering with a hammers and Indian clubs, also sledgehammer swinging, kettlebells, and general club swinging exercises are all grip exercises that really tax the hands powerfully.

37



Pinch Gripping

Here you see it trained with a pair of barbell plates with the smooth side faced out, squeezed together. You can also train it with block weights or pinch grip handles. You may also train it at various widths, i.e., close or wide and for max or time holds. Shown is pinch gripping a pair of 45lb plates.

38



Gripper Training

Training the crushing grip with steel grippers. You may train max or reps and there are various strengths to choose from.

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The Farmers Walk

Trains your whole body in strength and conditioning as well as powerful supporting grip.



Towel or Rope Lifts

Trains your crushing grip and fingers very hard. Very specific to grabbing an opponent by the Gi.

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Thick Bar Lifting

Works the supporting grip and pinching grip at the same time while training the hand in a more open position. You can make big gains in grip by using this. It is very much like grabbing an opponents wrist.

42



Finger Lifting

Here you see three different style of finger lifting demonstrated. If you want to take your grip to a whole new level and train the tendons of your hand to make it a claw you can use to destroy your opponents you should try this. You can train different combinations of fingers as shown with the two-finger deadlift above and different levels of open and closed finger hold with different tools. The kettlebell has a very thick handle so it forces your finger open, but the cable is thin so you can keep your finger relatively closed. The cable is great way to start because it's easy on your finger and will toughen your tendons and skin before you get serious about the other lifts.

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The Dennis Rogers Lever Wrist Curl

This spectacular wrist exercise deserves special mention. Dennis Rogers showed me this and I believe it's one of the secrets to his phenomenal grip. It is performed by using a short barbell or a dumbbell and slightly overloading one side of the bell. You then grab it in the middle and force it to stay level and you perform wrist curls. This simultaneously trains the hand and fingers, extension of the wrist as well as levering, because of the off-loading. It takes wrist curls to the next level and wrist strength is paramount for big punches.

Neck, Abs and Calves

Truth be told every session that I begin at the gym and every session that you begin as well should start with neck, ab and calf work.

Why?

Because you can do them very quickly, get a great deal of power and get the most bang for your buck. It works as a thorough warm up and it takes care of all the slightly lesser training ideas that are easy to skip once you've done your heavy work. So always start with them as your warm up and always work grip at the end.

For neck work I personally advocate three different things. I prefer several different styles of bridges; front, back and handstand bridges. These stretch and strengthen the body in a very martial arts applicable way. It gives you a solid whole body exercise as well as spinal stretching and neck strengthening and an applicable combat type format. Then partner assisted type movements; rolling the neck in many different directions with self and partner assistance and then weighted neck work with a head strap.

Why all three, because isn't one sufficient?

Well, yes it is, but its not as complete. I rotate from day to day on which one I might do and whether I have a partner or not and where I am when I begin my workout. I generally think two to three sets of neck work is enough. A set of front bridges, a set of back bridges and a set of handstand bridges. That's three sets or three sets of weight movements or three or four sets of partner assisted neck movements to start any workout. You can do them very quickly, super-setted with abdominals and calves and you can get the entire circuit done with a solid warm up in less than five minutes. It may take longer if you intend to hold the bridges for longer periods of time. If you hold them each for a minute then obviously you will add to that time, but if you are simply doing the partner exercises you have a five to ten minute solid warm up, throw in a couple of squats and push ups to begin with and you have a very thorough warm up.

I am like most other hard style trainers in that I hesitate to throw in small exercises, however in my opinion most everything you do in martial arts basically starts on the feet and it's easy to end up with imbalance; and massively strong thighs, but not have the calves to support them. Much of the work I intended to do in the major workouts such as sled drags, squats, heavy partial squats, Hindu squats and conditioning type squats all involve the calves to some degree. Especially the Hindu type squats when you roll to the toes and these types of movements. I also advocate

doing them with a wrestling shoe or barefooted. By doing this you really allow the feet to strengthen on their own and you strengthen the toes and ankles more without having to do extra work for them. I think the calves themselves need work and it's quite easy to do. Personally I feel I get the most out of a workout by doing simple standing calf raises on a machine. However single standing calf raises with a dumbbell or seated calf raises for variety are excellent movements.



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The Neck Bridge

One of the most powerful neck and total body exercises you can do. Helping you to develop isometric strength as well as bulging neck muscles. From top to bottom is the Basic Front Bridge, the Extended Front Bridge, The Basic Back Bridge, The Extended Back Bridge, The Full Back Bridge chest to wall, The Paul Anderson Neck Roll (a moving variation of the front bridge), and an elevated extended front bridge.

45



The Shrug

Seen here performed with Farmer's Walk Implements. This exercise develops the traps which extend up into the neck and give it a greater base of strength as well as massive upper back development.

Many people don't include that in their routine because it makes a nice tidy routine when you only have a couple of exercises and you say that covers everything. The truth is some things need work. You may at some point find that you need to do a little bit of bicep work. Hammer curls are easy to take care of. I think you get all the benefits you need out of stone lifting and the barbell or dumbbell rows, but a little extra work depending on how you particularly approach things, won't hurt. I also like to do calves and abs with the same type of set up that I use for everything else.



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Weighted Neck Raise

This also applies to weighted neck work. I do a couple of light repetition warm ups and then go straight to the heavy work very quickly. Then if I decide to jump down and hit high repetitions I go from there. But from all the body parts; neck, abs, calves, grip, etc., need that heavy conditioning work and most of the other conditioning work (that you need), is taken care of in the whole body type movements. So with the high rep conditioning for these body parts is easy to jump through a set or so, but I don't think you're going to have major problems by not doing extended amounts of sets of them. That takes care of and shores up any weaknesses you might have.

As far as ab work, obviously I'm not training them to get super lean, but I do throw in abdominal exercises within the conditioning sections of the movements. Sit ups, leg raises, any of the other very valid types of abdominal movements; frog kicks, cherry picker type movements, bicycles, etc. In dealing with abdominals I simply work them in with the conditioning movement just as the rest. So it may be in with the bodyweight conditioning or other types and use those other types for lighter resistance and high repetition type movements for abdominals. But when I work them for strength it's the same situation. One warm up set and jump up as quickly as possible over a few sets to heavy weight. Personally for abdominal power I like to do heavy weighted sit ups with the weight held on my chest and a full contact twist as advocated by Pavel Tsatsouline.

Low reps and do heavy weight and I think these cover the abdominals from stem to stern and give you the most bang for your buck. The abdominals are highly hit by your partial movements, especially your overhead movements and partial squats. They're something that doesn't need to be neglected.

Another interesting exercise that I found that I like very much is an off center weighted sit up. I started doing them with the kettlebells, holding one kettlebell in the chest rack position off to the side so that you must create an off center stabilizing movement. I also may throw in abdominals during my stone lifting course and do sit ups with a stone. They're simple and easy to do and it gives another quick conditioning movement that you can throw in. there and get quite a bit of strength and create that same level of conditioning. An intermediate set of repetitions versus you're high repetitions in your regular conditioning and your low repetitions in your strength work. If you make it a habit to do 2 to 3 sets of neck, abs, and calves at the beginning of every workout and don't overtax yourself, you get used to them very quickly and you're solidly loosened up. Especially if you throw in another bodyweight exercise or two as a warm-up, and you're warmed up to hit some heavy weight very fast in your other movements and then go from there.



Calf Raises

You can work calves almost anywhere, but at least some of the time you need to work them heavy. Remember combat starts on the feet, don't neglect them.

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Full Contact Twist

Tremendous for rotational abdominal power. One of the key ab strength exercises. Easy to train heavy.

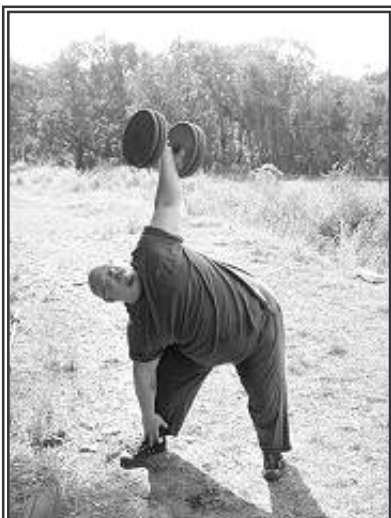
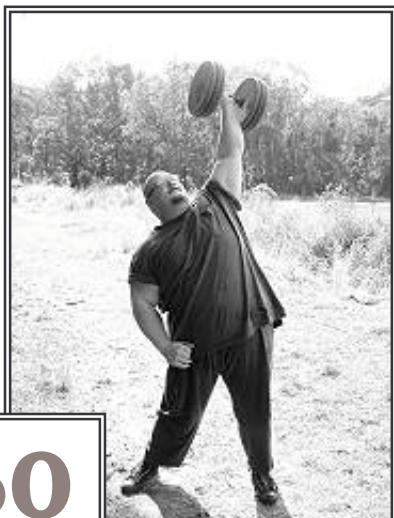
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Weight Sit up/Roman Chair Variation Sit ups

The basic sit up and then the Roman Chair sit up shown still can't be beat for abdominal power especially when you use a weight. If you don't have a Roman chair it's easy to rig your own like we've seen you here. You can also do the lay back-hold-and press or the overhead hold sit up shown.

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The Windmill

Over the top for abdominal strength. Also very efficient to do at the same time you train your regular one arm presses. Building flexibility, abdominal strength and shoulder stability all at the same time.

In-Art Exercise

At some point in your martial career you've got to put something in your effort to train your martial skills. That can be actually training them with full power or using isometrics or cable resistance or partner resistance. We even have a special treat for you with this section... an exercise we don't think anyone has ever done before. Read on about different exercises and the secrets to help you maximize the gains from your strength and endurance to your martial power. Isometrics come in many different forms and can be a very valuable training tool for martial arts. In fact they are on the most ancient training tools of pushing against an immovable object, also striking against an immovable object which is a very movement based type of isometric. Sumo wrestlers, Hindu and different Kung Fu and Karate people have been known to do isometrics for long periods of time. Not only does it have a toughening effect on the ligaments, joints and skin, but it also has a strength building effect. It's been studied and was popular for a time throughout the United States and the world in pure strength training. It has been a very overlooked style of training.

One of the powerful benefits is its absolute adaptability and ease of use. It doesn't need much equipment and you can use many different angles, and you can hit in ways you can't do with other equipment and you can do different variations. Obviously the Chinese are big in this and Yoga postures are strong in this as well. Different types of slow moving or isometric exercises. Also partner isometrics which are very easy to do in grappling and even some in striking. I've seen isometrics radically increase one's speed and positional strength in a particular area. Some people have weaknesses in positions in grappling and you should work that position with a partner till you become strong in it. It's easy to do with weights or without and in positions that you can't in any other way. You can work every part of the body very easily. They're easy to adapt into a program and they help teach you build muscular tension and then apply it. I know from personal experience that they can help you build speed in moving with weight.

I had an experience where I was doing an exhibition and was going to pull a bus and the bus was put in grass. It had sat there over night and it sank into a hole making it impossible to move. After trying it for several minutes and basically doing an isometric where I could not actually move the bus, we changed the ground that it sat on. We moved it out of the hole the bus had been parked in and from there I proceeded to pull it with no problem at all. It was moved to an area that it could actually be pulled on, but I also noticed that I pulled faster than I had ever pulled before. Why? Because my muscles had built that tension and stored up energy into them and once the bus was pulled into an area where I could actually pull it, I released that tension and energy and the feat was excellent.

I think this is the reason the Shaolin are so renowned for their speed. They do a tremendous amount of isometrics form different positions such as push up holding, and stance holding. Bruce Lee was known for doing isometrics. They are very applicable and can be done with multiple different apparatus. For instance; they can be done heavy and in multiple different positions for true strength training. Maximum strength training in the barbell where it would become a sticking point. It could be done light with barbells, dumbbells, clubbells, kettlebells or with just pure bodyweight or rubber resistance against an immovable object or a rack itself.

Rubber cable or band resistance is another extremely powerful way to make your gains specific to your martial art. The concept of “weighted” punches or grappling has been around for forever, but the use of cables takes it to a new level because it allows you to actually put the resistance in the direct line of the movement. That means that if you do punches using dumbbells, the resistance is straight down because of gravity. But when you throw a punch the force should be straight forward. Therefore if you’re going to use resistance to train punches the resistance should be making you work in the right direction. Cable resistance allows you to set the strain of the exercise to the exact direction you need to build strength in. For striking they also force you to follow through, because the further you stretch the cable, the harder it gets. If you don’t move fast it doesn’t work. For grappling they allow you to train with resistance that feels like human resistance. They also force you to stabilize because they literally pull back against you. Therefore you can work specifically on your techniques and gain extra power and resistance with cable



exercises.

Wall Punches

In the other picture we use a chain to allow for freedom of positioning in the isometric, but using a wall or tree, anything that doesn’t move and allows you to position yourself correctly and apply big pressure will work just fine.

Simulated Isometric Grappling and Striking

Hold the isometrics for time and remember to work multiple positions through the ranges of motion you are doing. Especially concentrate on where you may be weak.



Simulated Cable Resistance – Striking and Grappling

Shown here are three different cable resistance exercises.

- **Punching**
- **A lateral throw**
- **A hip throw**

For maximum effect remember to mix these with your strength and endurance exercises. You can simulate any martial movement with a cable. Kicking or whatever, just be creative.



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The Isometric Squeeze

Pictured above is a leg scissor isometric and a Gut Wrench or Strangle Hold isometric. You want to develop the power to control someone with your guard or submit them with a leg scissors? Then this is your exercise. You want a crushing lock up? You want to dominate the clench? Or be able to force an instant submission with your squeezing power? This is the ticket!



Sprinting and Agility Drills

Jogging won't do the job, but it's great to do any type of sprinting or agility drill. Both for conditioning and to maintain movement based athleticism keeping yourself light on your feet. Any type of a running drill would also apply here in the alternative conditioning style. I prefer sprint and use of an interval. So if I'm going to run any type of a distance I prefer a walk, jog, sprint style. Or I simply prefer to run sprints and mix it along with a bodyweight or kettlebell or any other type of conditioning exercise. Weighted sprints also work well, carrying lightweights, etc. Loading type sprint hills are some of the most vicious conditioning you can do especially when you mix them into a long term 20 minute or so type workout. If I'm going to run I prefer hills or stairs as it is some of the most brutal conditioning you can do especially as you mix them.

One of the fight workouts we used to do was repetitive cycles of sprinting stairs, walked down, do sets of push ups in between then go back and forth between the hill or stair run and pushups or any other exercise mixed with that. It is tremendous conditioning. Also here under the running agility drill type category, would be agility type drills which is any footwork or movement drill that requires balance and coordination; lateral running, Kareoka, etc. Animal movement runs such as bear crawl, lizard walk, duck walk, as a different type of running. This is not necessarily speed oriented but is more a total body movement based conditioning. Again in the mixed style, mixed with some other type of bodyweight, clubbell or kettlebell style is just absolutely phenomenal.

We can also mix running with basic tumbling or beginner level gymnastic calisthenics for example, summersaults, backward summersaults, cartwheel, lateral rolls, mixed with different runs or mixed with other calisthenics or other alternative conditioner drills. It makes for a very unique type of conditioning because it is very spread focused on the whole body. For example when you do a summersault it is not aggressive to one part of the body as specifically say Hindu squats, but when you mix them you create a superior aerobic effect.



Creating your own drills is perfectly okay to do. Jumping over or crawling under any course you can come up with is alright so long as you sprint your way through it. Sprint based training on a bike, rower, or swimming is also the same training just applied in a different medium. Enjoy what you have in hand.

Sprinting/Agility Drill

Mid-stride in a high knee agility run.

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Sandbag Super Training

These four sandbag exercises may be the toughest in existence and the greatest strength builders you can train for grappling. They require strength and endurance at the same time as well as giving you the ability to train that strength in exactly the line you would use it in real combat. Plus they're just butt-kickin' tough. But the tougher you train the better you become. Explore these. They're more fun than... well maybe they're just my twisted idea of fun...



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The Sandbag Isometric Pull

This might take a little rigging to get the job done, but the benefits and crushing strength are more than worth it. You'll need to put something around your sandbag so that you can hook a chain to it. I used some simple strapping I purchased from Walmart.

I simply tied it around all four sides securely, and then hooked the chain to the strap. You then lift the sandbag and while you hold it up, pull against it in any direction you wish simulating a grappling move you wish to work on.

The Cable Resisted Sandbag Pull

Use the same setup to ready your sandbag for this exercise. Then attach it to a rubber cable set of your choice. Lift it in whatever fashion you wish and then simulate your grappling throws or other movements by pulling the cable tight and then turning into the resistance of the cable. It builds throwing and rotational power like nothing you've ever seen.

**Shown here is the Life Line Power Jumper Cable and a Lateral Throw*



The Sandbag Bear hug Sled Drag

While you've got your sandbag all dressed up and ready to play you might as well punish yourself a little more. Well, maybe a lot more. Attach a weighted sled to your sandbag. Lift the sandbag, squeezing it in a bear hug and then drag the sled while squeezing the sandbag. All kinds of extra fun, but your ability to impose your will on an opponent and real-world objects will be worth the pain.



Sandbag Turkish Get-Up

This exercise isn't really new, but truthfully, nothing in the training world is. It's been re-discovered. You can do this also with a barbell, dumbbell or kettlebell, or any odd object. However it is so tough and requires so much strength-endurance and works so much muscle we just couldn't leave it out. It's pretty self-explanatory by the pictures, just stay super-tight and be prepared to get super-strong.



Qi Gong Breathing

As we discussed earlier in the book, Qi Gong is an excellent way to learn to control breathing, build your internal energy and focus your mind, body and spirit all in the same direction. It is one of the final steps in building ultimate efficiency of the human body. It is not for me, a religious exercise. It is only so when I use the concentrated state that I'm in to pray to God. It is the manipulation of the electrical currents of your body and the subtle magnetic fields they produce with your conscious mind. Your body functions both consciously and unconsciously. Your organs obviously function without your conscious thought. Your muscles function through both conscious and semi-conscious thought. If I throw a ball at you, you will instinctively without conscious thought attempt to block it. Yet other movements of the body you will make by consciously choosing to do so. I believe you can also add to the strength of your muscles by consciously building up the energy that your mind controls. I do this through a combination of movement, mental visualization and deep breathing.

Deep breathing was held to be one of the greatest health building exercises by the old-time physical culturists. Many of the exercises they recommended were in essence a type of Qi-Gong. Adding the visualization to the moving-breathing exercise is where the real power comes in. It is where the mind begins to consciously focus and control and build up the energy of the body. I always visualize the energy as a white light. I focus on a giant circular ball of energy around my body being absorbed into the body's center, the lower abdomen. I also at times focus on the energy coming in or shifting to particular body parts. When I'm ready to use that energy in a lift I direct it both to the body part in question and through my hands. When I pray during this breathing I ask for strength, peace and healing from God and visualize it pouring into me through the top of my head down into my body's center.

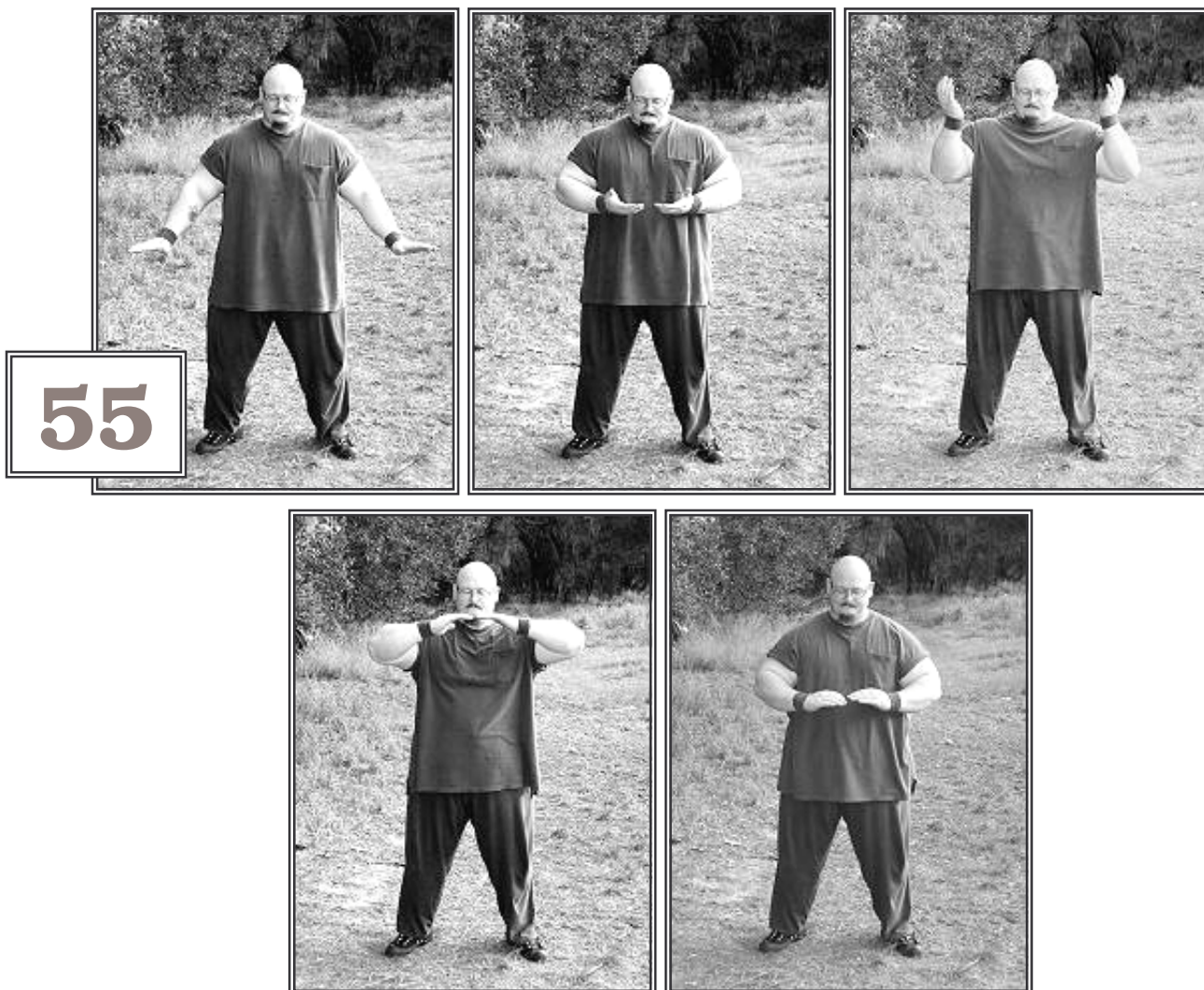
The hand movement in these breathing exercises is to both facilitate diaphragmatic deep breathing and to visualize gathering and placing the energy where you want it. When I go to then apply that energy in performing a lift I concentrate on performing the lift by both my basic muscular action and the extra energy that I have gathered to infuse the movement. Applying muscular strength, mental direction of subtle energy and power from God all into the movement simultaneously. I don't believe this is any contradiction to my belief in God that He is the ultimate power and Jesus Christ is our Savior. I have no power in comparison to Them.

These breathing exercises are also Qi Gong at its most basic. I am NOT an expert, which is why I have not shown the basic moving forms of Qi Gong. For them you

should look to other, more experienced teachers. I do believe however that these exercises will help you to build up and harness energy that you've already built up through hard training. I believe this is a major side benefit to the hard training that we do. What is lacking is that most of us don't have the conscious ability to focus it because we don't practice it. Combining it with your hard training is the next step to your greatest power.

A Basic Qi Gong Breathing Movement

Keep the knees slightly flexed, and breath in slowly and controlled through the nose while moving the hands through the positions shown. Praying or visualizing as described in the above paragraphs.



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Frequency, Duration, Intensity and Volume

I have in the past extolled a very high intensity level of conditioning and strength and even training to failure on a very regular basis. For instance; once a week, heavy lifting and once a week strongman lifting and then once a week very heavy conditioning; with some lighter conditioning mixed every day, but not working any particular lift more than once a week or strongman lift more than once a week. This is certainly a very efficient way to training and I have built a great deal of strength training this way, as have many others. Depending on your particular schedule we will outline different schedules within this book that go along multiple lines of thinking in this direction.

I have since, modified my philosophy on strength and have come to want to display strength in a different manner. In being more consistent with the martial arts theory I want to be able to display my strength day after day without over taxing my body. I think the only way to be able to do this is to train for it. I know in the beginning when you first began to practice martial arts, you were tired and sore very quickly from the tremendous amount of work. But you quickly adapt and train more often with more intensity and volume to what you do. I think strength will adapt along these lines as well up to a point. I think the intelligent thing to do here is to spend time building a base of strength and conditioning together. Work each one as often as you can, as much as you can (with a low volume) with the idea of maintaining a relatively energetic state. Don't work all the time into an absolute, beat yourself to death, exhaustive state. Number one this is not good for your internal organs and number two this really sets you up for significant overtraining especially when you have such a spread focus of strength and endurance together instead of working on one particular idea alone.

I now have a tendency toward training much more often with a still high, but moderated intensity of strength and strongman type work. Working ever upward in following the body's natural pattern in constantly doing more weight or repetitions of a particular exercise. You would do this however using a more often, yet slower progression. For instance; I might only work to 80-90% of an exercise and stay there until that feels easy and then add weight or progression in the exercise in some way. Using a set pattern, instead of simply moving to absolute failure. I may do a particular lift using a set weight as my base weight all of the time and if I feel much better, or that particular weight feels stronger I may go up. However I'm always going to go to my base weight every day or every time I train that lift. This along with consistent workouts and conditioning, over time is how you build a base.

Most of the time I'm not going to do as I have done in the past in pushing to the absolute breaking point in every workout. Number one this becomes very difficult to sustain mentally and physically over long periods of time. You tend to peak and have to start over more quickly. However I still do not believe in long term cycling of lifts. Moderate planned cycling where you start off at 50% of your workout and coming back up over a long period of time and dropping reps, I just don't believe in. I tend to move in the similar number of reps regardless of what weight I'm going to use and going by feel. Working with a weight until it absolutely feels light, then adding and progressing from there. Most generally I do low rep sets for a few ascending sets to a max. For instance, in squats, deadlifts, rows and presses I will do one to two warm up sets with light weight, 8 to 20 reps and from there do 4 to 5 progressively adding weight sets with 1 to 2 repetitions up to my max for the day. Not necessarily my all time or 100% max, but what I had planned to work on that day. Whether it's 70-80- or 90% of my max. I don't tend to follow sets percentage patterns. Overtime I have learned to go by feel. If you are a beginner you may go by percentage until you learn how your body reacts to particular weights, but I tend to simply train by feel. In this similarity I believe the martial artist has experience with how his body is feeling and knows how and when to push and is smart to do this.

Similar set up with the strongman exercises. I would tend to work them in one to two relatively hard sets of whatever your specific repetition pattern, or distance may be and then call it a day. Unless I am doing a different style of workout or intend to radically increase my conditioning ability in one particular movement. There are also multiple ways to progress in different strongman ideas. For instance; If you're loading a stone you can progress in pure repetitions of stone loading that you can do or you can progress in heavier stones or higher loading or further distances away or even the speed of loading or moving. An example of this would be if you are loading a stone you may use 5 rep sets and load it as fast as possible for those 5 rep sets or 10 rep sets or whatever you've set for your goal. This is the same with sled dragging. You can do more weight, more distance, faster covering the same distance, faster covering the same distance with more weight. Constantly be working up in progression.

I don't think, especially when you do these mixed type workouts that we do, there's a tremendous call for a great deal of volume. Some of you may decide that you require more warm up and that's fine. You can add more volume in your warm up, and that's fine, I just don't think most of the time there's much point in doing a warm up that is exhaustive. Do something necessary to get the body's blood flowing and something to get your technique and then go to the heavy weights quickly. I also don't think it's necessary when you're working relatively hard and relatively often to do an excessive amount of volume. I have not had the success with heavy weights with excessive amount of volume. I tend to break down very quickly and I think most people do even if you're in good shape. Now you can do it intermittently as a physical test as a movement to a new plateau of strength and a toughening exercise to

build mental and physical strength that stays with you forever. I don't see any point in doing a tremendous amount of volume on a regular basis. This is true especially when you add in the mixing of conditioning and the way most of our workouts are set up. I think that you, without doing a tremendous volume, but with the level of conditioning that you carry in regards to endurance, etc., build the ability to if necessary and called upon to do a high volume of heavy lifting or strongman exercise without an excessive amount of fatigue. However I don't think it's absolutely necessary to train on a regular basis when you are specifically doing conditioning with it as well, and may be detrimental.

I think they work together and add to each other well enough. I think also that you build those abilities without actually working on them all of the time. I do think it is important to do once in a while and I think I have done my best building of endurance when I was doing my normal maximal strength and strongman type training. Then doing some conditioning every day and then once a week pushing my conditioning to a new level and doing at least an hour of hard core conditioning. Now normally I would only do 15 to 20 minutes of relatively hardcore conditioning and keep my body fresh. Creating the highest level of muscle and aerobic endurance that I can in a 15 to 20 minute period. Then once a week pushing to the high level of endurance of say an hour or more of pure endurance work. This is just a general recommendation. You must decide what level of endurance and conditioning you need more for your specific sport.

If you're sport training or martial art training that emphasizes a particular level of conditioning or something specific, then obviously you need to work it more. My general guideline, as far as training for fighting, etc., whatever your sport level time limit is, you should be training for double that time limit. There are multiple factors that come into play, not every day should you be pushing that hard, but at least once a week you should be pushing to double or even triple the length of whatever fight you're doing in your conditioning. There are multiple factors that come into play in fighting such as being nervous or traveling to fights and the pace which is difficult to duplicate into conditioning even when you're conditioning very hard. Therefore I think it is best to over prepare.

The same as the real idea behind this whole book and exercise is that there is no point in building simply a moderate level of strength when you can build a high level of strength with minimal extra effort. The same goes with endurance and such. The more you put into the bank of each of the levels of strength and conditioning the better you get out of it. As a general rule, I'm training strength and conditioning of each exercise 3 to 5 times a week. At least each exercise 3 times a week depending on how I do. Obviously my workouts are very experimental and move towards different conditioning goals because I have specific goals and I work towards those specific goals. I am constantly revolving and changing my workout to experiment with different modalities and different styles to see what the results are and to see what the

best style of that particular workout would be. However I'm doing this within the basis of consistently working a heavy squat, press, pull and row at least 3 to 4 to 5 times per week at a moderate level. Sometimes I also work in with partials so I'm not necessarily always doing a full range movement, but I am doing a relatively hard movement. My recommendation is 3 to 4 times a week of strength and strongman training and then conditioning at every one of those workouts and also during every one of your martial practices (dependent on their conditioning and energy drain level), if not more and then once a week one heavy day of conditioning. I also would find a base of conditioning that I test myself on at least once a week or every couple of weeks and from there you can use the variety of workouts based on what you like to do or what you wish to work on at that moment. Choose what works best for you and have fun with your training and conditioning. I personally like the 500-squat/250 push up reps in 20 minutes format. I think it is an excellent testing ground for endurance conditioning for most people. You may wish to create a certain strongman regimen. You could also include a regimen of clubbells, hammer swings, bag work, kettlebell lifting. Etc. Another excellent one is the Hundred snatches per hand kettlebell workout. Mixing that along with the numbers of bodyweight squat and pushups as well as "x" number of sit ups is an excellent conditioning base to work toward. I would say 100 snatches per hand with a moderate kettlebell, 200 push ups, 400 squats, all achieved in 25 minutes would be an excellent conditioning base to work from.

As I said you need to decide for yourself because if you're a fighter and you're training for thirty-minute fights, then you need to up your conditioning level to a solid pacing for one hour. If you use the 500 squats in 15 minutes pace idea that's 30 to 35 reps per minute of basically whatever type of exercising you're doing. Obviously if you're using a heavier implement such as a kettlebell it would be a little less. Adding those conditioning standards together. For a long term fighter if you were to add 500 squats in 15 minutes and 250 pushups in 15 minutes, 100 snatches per hand in 10 minutes as well as a 20 minute interval sprinting type workout out, there is your hour of conditioning right there. It's been completed without overtaxing any particular movement or idea and still allowing you to maintain paces of specific bases along with the extra conditioning of the full hour.

Obviously because we intend to build strength and conditioning together into a solid base of conditioning, I don't rest very long at all between sets even with the heavy lifts and strongman exercises. I try to minimize that rest except when going for true max. Many times I would alternate from exercise to exercise moving basically without rest for instance; squat, press, squat, press, back and forth, in essence resting my pressing muscles while I'm squatting and then resting my squatting muscles while I'm pressing. In moving back and forth I am then creating a greater aerobic benefit as well as a strength building benefit and move the workout along as quickly as possible. When using a relatively low volume workout like that and not going to absolute failure you can get the workout done very quickly with minimal distress

done to your body. You can also do it three to four times per week without getting completely wrecked.

I feel that if you were to do all four strength exercises together and move along at a brisk pace, doing five sets of each one, you would be able to get the whole workout done in 15 to 20 minutes tops. Possibly even 20 –30 minutes or less if you were to really push and add in strongman training. In this way you also harden the body so that it can withstand daily training and daily output of large-scale energy and maximal strength burst training and endurance. By working into each one of these slowly and building the basis so you do not become over sore or overly tired, spending a month or two working up to these things moderately and using the interval style of training you can build up every area at the same time.

So we've decided to go moderately hard, relatively often, with a relatively low volume. Then every once in a while go with a much higher volume and harder workout to expand the body's horizons. This is the most consistent with the ancient training of building up the body's energy and you should feel fresher and quite good after the workout and not completely wrecked. In this way, you manage your energy, increase your power and vital energy and your body's systemic ability to maintain energy. Once you push into the level where you're absolutely destroyed from your workout into failure, you radically increase your need for recovery. This is not a terrible thing to do and you can get a tremendous amount of strength and gains from this and it should be done from time to time to test your body's ability and gain that level mental toughness. However it may take you multiple days to recover whereas you could do one workout and repeat it the next day, repeating it several times during that week without a tremendous amount of over reaching in energy or overuse to the body. You would also be building up strength and endurance all at the same time.

You also build the type of body which is consistent with my philosophy of strength which is to be able to have strength endurance and health all at the same time without overtaxing in regular training and build the body's ability to recover daily; recover quickly. Moving at high levels of strength and endurance and to be able to repeat this on a regular basis. This way you meld together all of the best attributes of the ancient warrior, the athlete, the workman, the weightlifter, the endurance athlete and don't over pamper yourself. You leave yourself with the mental feeling and ability that "I can do whatever I choose to accomplish." My body must subjugate to my mind and I can make my body perform and do whatever I want it to so long as I'm smart enough to train it to do that. I think that this is a real health building workout as well as a performance building workout in that you build your body's sustaining power to have strength and endurance that will last you without over beating the body or wearing it down thereby creating more problems than benefits.

Building a Base

This would apply to all of the exercises of different levels of maximal strength, strongman, endurance as well as partials, bodyweight exercises and kettlebells.

Start slowly with moderate repetitions and add to them daily or whenever you do your workouts in a comfortable manner. You can use some lactic acid burn as a level, but start with moderate repetition sets and use the body's interval to create the aerobic benefit without creating an overly muscular taxing. This is how you build a base.

Simply add a few reps at a time. Be patient. Don't overwork yourself. If you overwork yourself you set yourself up for injury and failure in strength and endurance by not having the energy available to recover and continue to train with. This is how you build a base. Be careful and easy. Once a week maybe, go heavier, go a little higher on the repetitions that you do and then work up to a set goal. Be it 500 reps in 15 minutes or a mixed bag of 500 reps in 30 minutes depending on the exercises that you choose, what have you.

You must also pick your own base. I have suggested the bodyweight exercises for a certain time period or kettlebell exercises, etc. Any of the alternative conditionings are applicable here. I would also say the ability to lift certain amounts of weight which obviously is a very personal thing and strength is impossible to gauge from person to person as far as what they are going to be capable of, but working toward a solid base, not overly beating yourself up, being careful and patient and adding poundages to your strength exercises and strongman exercises is the way to go to avoid injury, to get the most benefit for your training and truly add to your function. To realize your potential and not create conflict with your strength and endurance. Everyone can increase their strength over 100% from their "beginning" level, this should at least be your ultimate goal.

19

Size, Flexibility and The Intent of Training

I chose to put all of these together because in some ways they are all related and in some very important ways as well.

What is the best course for the martial artist? To gain size? To not gain size? To big and muscular? To be lean and lithe?

This all depends a great deal upon your purpose of training in the martial arts. Many other factors can come into play as well such as your genetics, diet and your particular desires. If you intend to compete in no-holds barred fighting, unless you intend to make a weight class, you will benefit from having the best combination of muscle and strength as well as endurance and speed to put your best foot forward in the ring. Depending on other factors such as your personal genetics and desires will dictate the other factors.

For instance a very acrobatic style of martial artist who depends highly on speed to execute his techniques will want strength, without excess size. Everyone benefits from gaining muscle, there is no real downside to it and the whole idea of being slow and muscle bound is a bunch of bull. It is a natural effect of training. It was propagated on people for economic reasons and in mistaken thought process. If a person is slow to begin with and does not do anything to work on his speed and simply gets bigger and stronger, well he may accidentally increase his speed, but it's not as though it's going to make a man who moves like molasses suddenly have the speed of Bruce Lee or Jackie Chan if he's not genetically predisposed to it or working on it to begin with. In some ways, these are a flaw of the martial arts because many of the modern martial arts expect you to, regardless of your personal propensities, conform to what makes their arts work. In things such as Wing Chun and many of the Chinese martial arts, because of the inherent stature of most of the practitioners the basis for the art was formed on speed. Speed is major factor of combat of any type. Grappling, power-based combat, finesse-based combat, boxing, what have you, speed is one of the key factors. However, in developing the entirety of their fighting system they predicated it on the fact that, yes we'll get strong, but we'll never get really big and have the advantage of bodyweight in an overpowering type situation so we might as well work on the things that we have. We have lean, lithe speed. Therefore many of the techniques are meant to be speed based. To be effective they must be executed with an excessive amount of speed, which may or may not be within your ability to develop. I'm not one to think of or set genetic limits. I think that if you really truly desire something and work hard and study it enough, you can develop whatever is necessary. However there are some people who are just gifted with those particular things to begin with. Those are the people that developed the

arts and based them around their physical tools. I think it behooves one to seek the art that best fits their own physical package. One depending on someone else's idea of "right."

An example of this is Roy Jones Jr. He has phenomenal hand speed and probably has had it even though he has worked on it and has trained it, but was born with a blessing of it. Therefore the style that he fights with may not be applicable to everyone even though it could be sold that way because he is so phenomenally successful.

The same to be said with Bruce Lee or any of the other famous practitioners. Bruce was fast to begin with and he trained it hard so it made a strength even stronger. It made it appear that he came from nothing to super lightening speed and therefore his art was the most effective. His art was the most effective because he found what was in his personal arsenal and improved upon it.

While all this training is geared to build strength which builds speed they are all inter-related especially as it pertains to the ability to generate relaxation in muscle tension, which is innately being trained with heavy lifting and with bodyweight exercise, rhythmic type endurance exercise training both of those components. You are inherently training your speed with the type of training that I'm advocating here. However, you must decide for yourself exactly what you want and whether you want to put muscle on. I think almost everyone, especially in their beginning stages of training will benefit from adding muscle because of the protection of the internal organs, the joints, the strength and stability that it will add for you. But you can decide through a couple of ways, how much you want to put on.

First, through you can make these decisions through your dietary practices and slight modifications of training.

Secondly, through the intent with which you workout. Now dietary modifications are obviously going to vary widely depending on your access to food and your thoughts on diet. That is a subject that is far too in depth to cover here. I will however say this; when you radically increase your strength training, you need to increase your protein. So one way or another, the lean muscle that you put on through judicious eating and good training is almost never a problem. Especially when you train the way we do because it inherently builds flexibility and stamina as well so you put on efficient, useable weight. Certainly with the use of odd object training. You put on not just a pure brute strength, but a strength that is useable in movement and a muscle, which is efficient in cardiovascular, speed, and body development as well.

In many ways it boils down to this; In eating more protein and eating more food will put on more weight. Especially as you add more weight to the bar. All training as we have said previously is progressive, therefore when you wish to gain muscle and

weight, then you must train progressively. You must eventually hit heavier and heavier weights and this solely is indicative of the extra stress you put on it and is directly related to how much muscle you put on. This is where your dietary habit and intent come into play.

There are some ways that may be limiting for instance, if you are extremely stressed in your endurance such as fighters who have to do so much training to be able to do the type of competition they do that it is quite difficult for them to obtain very large muscles. This is all dependent on what you want. If you want to build large muscles, adjusting your food intake and pushing the poundages on your lifting will put those large muscles on you. Regardless of what anybody says about volume and large numbers. I can tell you this: By eating heavily, squatting hard and doing low rep sets I got to the biggest I ever was and had some of the largest thighs I've ever had. I also trimmed down and controlled back and forth how much I wished to weigh and how big I wished to be by how much endurance exercises I do and how much I wish to push it and how tightly I control my diet. These are the factors you must learn for yourself and that you must control if you wish to drop weight. In many ways you will have to eat less, regardless of the nutritional style you see.

I personally have found, even though I have never been a lean guy due to my genetics and I don't particularly train for it. Looks are about a far distant second or third to me behind performance. Pure strength is very important to me because I am not simply a martial artist, I am also interested in the outer limits of strength-wise of the human body. Because of my natural genetics and because of my desire to explore those things it behooves me to be large. I don't want to and I don't think anyone should gain weight that is not useable or functional in as much as possible. Some people are going to carry body fat, it's just part of nature. We have for the most part been sold an unhealthy and untrue bill of goods in the fact that only the people who are thin and extremely lean, showing six pack abs are healthy, fit or have high level performance. In fact most of your high level strength and power performers don't show their abs. They don't look like a bodybuilder. Occasionally you'll get someone who either has the genetics or can pull off the complete cocktail of training, but it is very rare and many times, let's be honest, is drug induced.

There are thinner people who show their abs and that's really just the nature of the leanness of the human body particular to them and carrying a certain amount of size and training or what have you. I think we spend too much time thinking about that. We should think more about how we perform.

For instance in one of my other books I have spoken about the Caveman theory of fitness meaning that regardless of what I look like, if I can out-fight, out run, out lift and out work you, then I'm more fit than you are. This is regardless to the fact that I'm carrying more body fat or that you look prettier than I do. I say not to gain size that is not functional, and what I mean is don't seek to gain size for the sake of size

itself. Gain functional, strength oriented, coordinated size, which you ensure by the heavy, endurance, and strongman type training. Then it's up to you. If you want to go up a weight class, you may have to play with your training, perhaps add some volume to the heavy lifts, some squats and deadlifts or eat more, gear your endurance training towards strength a bit more. However you have to do it. You will have to decide that for yourself.

Everyone has an independent metabolism. People may criticize me for writing that in this book because many book authors, because they wish to sell it to you will tell you this; that I have the ultimate and last word in all training and I can tell you exactly what it takes for YOU to get big and I can tell you exactly what it takes for YOU to get lean and exactly what it takes for YOU to build the absolute of being in condition...you'll never get tired, etc." The truth is its different for different people and different situation; there is no black belt path to your ultimate goals or potential.

I personally have experimented with many things and I have found that basically my performance is best when I eat a relatively low carb and extremely high protein diet. Strength-wise and when I control that relatively tightly I can drop body fat. That is dependent on me and the fact that my body has never been lean in my entire life. It is not genetic to me or hormonally geared to me and those are things that I have to personally work on. Other people believe in totally different concept and have success with completely different ideas and opinions.

I can tell you a couple of examples. Steve Maxwell for example eats a diet very similar to mine, but is extremely lean and happens to function that way. It's more genetic for him to go that direction. Even though we train similar, but separate... he tends to work more on endurance ideas and I spend plenty of time on that, but I work more on heavy ideas and I am just a bigger person to begin with.

Mike Mahler is a lean muscular guy and quite a big man even though he is a complete vegetarian and has probably the exact opposite ideas on diet that I do. But still for him it is absolutely effective.

The truth is that no one has the end all, be all, absolute keys to everything and much of this must be personal experimentation. Now I can tell you this; everything I have told you will work for you, but you must have the good sense to do things in a smart enough way to make it work for you and do what is necessary. You can't eat Cheetos and then do heavy squats and expect to gain muscle or drop fat for that matter, you'll do nothing but deteriorate your body. You've got to have a solid, sensible diet based on natural foods, which is something the martial arts should be advocating anyway. They are advocated within the cultures that many of the currently studied martial arts come from, but basic sensible foods work one way or another. You must simply control the amount of calories you take in and the amount of calories you burn out.

Some people choose low carb or vegetarianism or calorie counting... however you choose to do it is something you must explore for yourself. What I am giving you are what I think are the greatest recommendations, but I'm telling you this and I probably shouldn't be because it's a bad marketing ploy, but the truth is everybody will tell you, "My way is the way." The truth is, there is no one way. Everyone must seek for themselves and at least have the good sense to be smart about it.

I can tell you this, if you come and train with me, I can make you strong and enduring using my system of training, because I know enough about how to put it together and how to adjust for you individually to make it work for you. You have to learn some of those things on your own.

That being said, the recommendations I have put here and set forth in such a way that 90% of them should work as is for everyone that reads this book. You may have to modify them to yourself and that should come relatively logically and easily to you at the junctures where it is necessary, because your body will tell. You just have to listen.

The intent, whether you wish to gain or lose muscle or lose weight, is all a big part of the training you wish to do. Your mental focus is the guide for developing whatever it is. That's why I say it's so important to believe in the kind of training you do and believe that what you're trying to accomplish, because where the mind goes, the body follows. Where your thoughts are so shall you become. This is not just a cool, philosophical type statement. This is the truth of life because the spiritual over shadows the physical and what your intention is to do, what your belief is, what your absolute motivation and belief to become, and what you want badly enough to truly do the work to make happen, is what will happen.

Therefore some people using the same training, one man may get big and another many may get smaller. Your body will in many ways seek to normalize itself. Again this all moves back to a function of your diet. If you're carrying a tremendous amount of excess body fat and you embark on most of the training routines here you will tend to lose it. If you're very lean or underweight and need to bulk up, so long as you follow a sensible diet and embark on these types of training then your body will put the muscle on.. These are the inevitable facts. People say they are hard gainers. The truth is they just don't fully understand how to function within their own body and how to make the training work. Quite often they're sold junk training through certain philosophy type magazines or other ideas that are based on keeping you out of the complete gaining loop and hiding from you the simplicity and reality of training. Not to mention the fact that solid, large amounts of natural food and heavy training grows muscle and gets people in shape. That's just the way it works and is not as complicated as many people think. And conform to what is in most media portrayed you don't need a million supplements. Not that I'm against supplements, again you'll have to experiment for yourself and make your own decision. What I

AM against are drugs and snake oil type supplements. Pseudo drugs sold as supplements.

That in essence is an admission of weakness when you say I'm going to use steroids. Using supplements, which are questionable, that count as steroids in my body, what you're saying, "I am weak! I don't believe in myself enough to make this happen." That is a simple fact. Now it may give you some short-term success, but the long term admission of weakness creates more problems that it's worth. I personally feel that most people who have used large amounts of steroids would say that. I personally am life time drug free and I believe that I am living proof of the fact that you can as big as you want, as strong as you want, and have as much muscular endurance as you choose to. If you're smart enough about training, willing to work hard and be smart enough about listening to your body and do it without drugs, all these things are possible.

You must in some ways have that belief in yourself and have a clear goal and vision as to what you want because these intentions of belief and desire and clear goals are what makes this happen. I say that because intent has, I believe a great deal to do with developing flexibility. Most of the arts have an emphasis on flexibility, there's quite a bit of stretching that goes on. I believe that for the most part that takes care of most people. Most people who have religiously practiced any kind of martial art for any period of time have a significant knowledge of stretching and stretching routines and they have developed at least what is an applicable level of flexibility.

I think the most important type of flexibility to develop is relaxation type flexibility. The ability to relax under strain, the ability to consciously relax the muscles and let them move in the direction their supposed to move. The ability to be relaxed in the practice of your art and practical movement oriented flexibility so that in the major ranges of motion that you normally move your joints for your specific art that it functions freely and without impediment. I think this is easily and readily accomplished by practicing most of the exercises we do in a full range of motion, which is how I intend for them to be practiced. And they are set to give you strength in the full range of motion and they are set to give you power in the stretch positions and to build the type of strong athletic body that has no impediment to its movement. Also the practicing of the alternative conditioning type movements that I advocate; the bodyweight movements from many different angles and the light weight implement high repetition movements and the rhythmic full range fashion builds a movement oriented, resistance and relaxation type flexibility.

I think here is important to say that the reason I haven't spent and don't usually spend a tremendous amount of time on giving you real super detail specific instructions on most of the bodyweight and alternative type exercises is because of this: When you are using a light weight, as long as you have solid body mechanics and are using a reasonable amount of athletic sense, it is difficult to get hurt doing them

and they also inherently build the movements of the joint and flexibility. When you lift things from the ground to overhead, when you bend over to lift things, or do pushups that stretch the shoulders, or swaying type movements that stretch the back, bridging type movements that stretch the back, or different squatting type movements that stretch the knees, legs, hips and ankles from different directions, you're in essence building flexibility in every moving direction. I think that's the most important type of flexibility to have.

Post to that the pure flexibility that has historically been demonstrated by the martial artist, splits and things like that, is in my opinion related to multiple factors considerate to the stronger a muscle is the greater its perceived safety in the mind and perceived safety within the nerve centers of the body. Therefore it can relax more and continue to stretch. As long as you continuously stretch while you are building muscle you will not get overly tight or muscle bound. However most people neglect it especially as they begin to build muscle and in the way most programs are set you tend to get sore and tired and stretching is the easiest thing to drop because its not terribly comfortable in those times. I would suggest that you maintain it all the time.

Unfortunately most systems don't use a system of movement oriented exercises that build flexibility at the same time. Between the practice of your art and the normal stretching of your art, the full range lifting and the full range lightweight exercises you should be building plenty of flexibility. Post to that stretching, I think some of the most effecting stretching comes with different styles of PNF, (Passive Neuromuscular Facilitation) stretching, stretches done with a partner. Also you can do stretches by yourself, but that's not really the scope of this book. Simple basic stretches to stretch the basic muscle groups against their direction of movement. For instance quadriceps, hamstrings, calves, hips, abdominals, back, groin muscle, chest, shoulders, triceps, biceps, upper back, neck, etc.

I grew up in martial traditions, which did a lot of aggressive type stretching, bouncing and used that as a rehabilitative movement. That's what actually started me in the martial arts was a car crash, (at five years old), that put me in a body cast for three months and therefore I had to learn to walk again. My mother was foresighted about rehabilitation and put me in Tae Kwon Do which is extremely athletic and follows the old tradition of stretching with a great deal of bouncing in the stretch. I don't think it's the danger that many people say it is. Probably along with most of my theories that the smarter you are about listening to your body and being careful and not doing ridiculously dangerous type stretches, but moving into multiple modes of stretching the better your flexibility will be.

Pavel Tsatsouline has an excellent stretching and flexibility book. Matt Furey has some stretching products, as does Scott Sonnon. I may even eventually put one out as well, because of the ideas that I have and my background as a martial artist and massage therapist. That is not within the scope of this book.

Therefore I suggest moving into a PNF type stretch for every body part, pick something simple and to a 5 to 10 repetitions of a one second hold in the stretch position, let up and move back down, let up and then move back down, that's probably the most effective way to do it. Post to that I also suggest that you warm up very well before stretching. If I am strictly training lifting, I tend to warm up with bodyweight exercises and movement oriented things and then do heavy training and stretch some afterwards. But if I was training martial arts at the same time or training things that are going to require heavy amounts of flexibility such as high kicks on the bag or different types of training, say if I were going to grapple which may eventually put you in odd positions, I suggest you warm up with movement and bodyweight exercises to get a good sweat and warm up going and then do some more thorough stretching of the body parts before you begin your practice, then do your practice and of course followed by a cool down.

In mentioning the idea of intent in training I think it is also pertinent to mention here repetition speed, performance of repetitions as well as the mental approach to some of the training you're going to do. Now the heavy lifting that you do requires ultimate concentration because the strong mind makes the body strong. If you learn anything in lifting you should learn that your full and total being and concentration should be on your lift when you perform it. Lighter more rhythmic bodyweight type and conditioning type lifts, while they require concentration, they also allow you to focus more, and this can be done SOME with heavy weights, but the entirety of a mental consuming focus is necessary there, but they can allow you to focus on the feel of the movement and focus on other considering factors; bringing strength into the body as you do the movement and what I spoke on earlier in the MIXING idea. If you're performing for instance squats, and you consider them the way you perform them with the intent and the same feel as executing one of your martial art techniques. For instance; you know the way it feel to execute a kick therefore you exact that same feeling into the body while performing your squats and use that same sort of aggressive, speed oriented popping movement, I think you get the most benefit out of the exercises that you do.

Generally I think that most exercises should be performed quickly. Now the heavy exercises limit type strength, may not move very fast, but it is necessary when you're going to lift heavy weights to learn that accelerative type lifting. To learn to push as hard and as intensely as possible to make a repetition happen. Because you won't lift a truly heavy weight if you're not attempting to apply 100% effort and speed to it. It may not move quickly but you won't move it if you attempt to purposely move it slowly. Nothing, besides meditative movement, and movement for the purpose of relaxation and movement for the purpose of warming up or stretching for the martial arts or training is done slowly. That doesn't mean you should apply sloppy momentum. What you should do is have solid technical ability and learn to keep the entire body in control and tight which you should be learning from martial arts at the

same time and harness your strength into a powerful and explosive movement. This is the way you get strong. This should apply also to the strongman movements and most ways to the conditioning movements. In that most of them should be performed quickly with acceleration. People will argue with certain sciences that speed is inherent, but I think you in some ways CAN train it and this is probably one of the best ways. To train with relatively quick movements most of the time. There are times, theories and different exercise variations from around the world that tend to do certain bodyweight exercises quite slowly. For instance the Russians at some times will pushups or squats using a ten count for positive and negatives and these are fine to work in through occasional periods of time. But I think for the most part you should perform your adjunctive exercises with brisk, snappy movement, putting a lot of pep into it and that way moving in an athletic manner. All things pushing towards an athletic ideal of strength and endurance together.

Again common sense is what I'm expecting you to have there because I don't want you to do abusive things to your spine, joints, etc., by over locking your joints and slapping them around, but at the same time I don't believe in the never locking them either theory. At some point it takes some strain to have the ability to take pressure, but at the same time there's no point in beating yourself to death for anyone else's idea. Be smart, be careful with your body, as it is the only one you have, but at the same time be brave, accomplish what you want and realize that everyone will suffer some stage of deterioration. It's the natural state of the human body. Some pain is inevitable but minimize it, work through feeling the best that you can. Take care of yourself nutritionally, rest-wise, joint exercise-wise and be smart about the way that you train. Your body and performance will thank you for it, not only now but in the future.

Strength Training in the Broader Sense or “Multi-Angular Training”

In essence what I've laid out for you is my opinion of what truly multi-angular training is. Multi-angular training is an idea expressed in many of the bodybuilding styles, but in my opinion all it means in the usual sense is to work the same muscle from many different directions using the same style of training.

For instance, if you're going to do 3 sets of 8 or 5 sets of 10 of everything that you could possibly think of to work for one muscle, all you're really training is an intermediate level of strength and endurance. But you're not truly hitting the “angles.” In fact when a muscle gains strength, it can only gain strength in one direction. A muscle can only fire in the direction that you chose for it to move. A muscle doesn't know the direction one way or another. The point of multi-angular training in pure body building development, is not really an efficient style of training.

For instance, think of it this way, if you wish to add size to the thighs and size to your legs? Well if you take a poll of 99% of the real hardcore, know-what-they're-talking-about trainers in the world, they're going to say “squats.” Now realistically what else are you going to do for the size of your thighs when you've squatted hard? Are you going to actually add more size by doing extra exercises that hit the same muscle or are you going to add more size by going home and recovering? You're going to add more size by going home and recovering, but I don't really honestly believe you're going to add a tremendous amount to your ability by overworking the same set of strength goals with many different variations of the same exercise. You could simply jump in and do leg presses, leg extensions and leg curls afterwards, but in my opinion they are not necessarily useless, but they are unnecessary once you've already done the best and hardest exercise for that muscle.

So to look at training in a truly multi-angular way, you must look at the way we look at it now in the wholeisticness of the programs that I've put together, you work your maximum strength and many different ranges of motion from many different angles for different types of apparatus and you work many different modalities and levels of strength. So if I, over the course of any set level of training period have trained squats, heavy with a barbell, repetitive strongman movement, a bodyweight squat, bodyweight leg exercise, a cable type leg exercise, a leg exercise using any other number of isometric or other types of movements, I have essentially trained the muscles from multiple different angles and multiple sets and styles of movement.

That in essence creates a wider variety and a greater overall training effect that simply using machines that are a redesign of the same movement over and over again and using the same set rep series system to simply continually force supposed hypertrophy on particular muscles. Also most people who follow regular bodybuilding type programs without the heavy impetus of the other major free weight exercises don't get the gains that they are supposed to be getting by listening to the magazines and such. It just doesn't happen that way unless you have either the genetic propensity for it or you're doing something else such as a steroid, but if you don't do the hardcore real stuff first, none of the rest of it matters.

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Hints, Tips & Every Day Wisdom

Tips on learning how to survive a blow or take a hit

If you've never been hit, you don't know whether you can take it or not, so in some part of your training you've got to take some blows. In taking blows your body learns to absorb them especially when done in a repeated manner to different areas of the body. That doesn't mean let someone pop you in the face on a regular basis, but it does mean some shots to the upper and lower body areas can help the body learn to absorb it. You can also do some minor bone and skin conditioning. Probably not to the extent that most pro type fighters such as the Thai fighters and the Iron Palm type guys do because there is a great deal of question as to the reality of that. They can do some of the things they do because of the toughness created by causing deadness to an area. Simply put, you don't feel the pain because you killed the nerve. Some minor shin conditioning such as pounding the shins with a relatively small, hard object, a 2 x 4, coke bottle, etc. The same with the arms and thighs. Pounding the abdominals with someone hitting you or a light wooden type Indian club or a medicine ball would be applicable here. The stronger your abs are, the less likely you are to be put down by a body blow and the greater of a blow you can generally absorb. The stronger all of your muscles are the less damage can be done to you by a blow, the better resiliency you have, also the better protected your bones and internal organs are to be conditioned for the blow. The stronger your neck is the less likely you are to get knocked out.

Tips on power for Grappling

For power for grappling, emphasize the grip as in the pulling motion of the hands. Work with thick barbells and wrist rollers, etc. Emphasize the loading and rowing with stones and rowing and deadlifting for full and partial reps. These are the exercises that you are very likely to use. In the pulling and throwing type movements Any type of heavy partial, especially heavy type squats give you a grounded, radical ability to demonstrate power balance. Also the balance created by jumping style-conditioning work and high level conditioning gives you staying power during grappling.

Power For Striking

Power for striking emphasizes dumbbell pressing and partial pressing. Emphasize partial squat and full squats and grip work, leveraging and grip type leveraging to strengthen the wrist. This way you can create the most transfer of the body through the muscular channels to apply the power of the striking. Again conditioning is a must. Learning to channel the whole body together with solid explosive foot work, emphasizing the pressing with stones, and pulling movements with the legs, for instance sled pulling, and sledge hammer type work help you create the striking power.

The full contact twist abdominal work is great for both striking and grappling. For the twisting movements of grappling and the recoiling movements of striking.

Tips For Preventing Injury

1. Stay hydrated. Many injuries are caused by, and especially long-term damage caused by being in a consistently dehydrated state.
2. Stay well fed as much as possible. If you're trying to drop weight this may be a different type of situation, however if you have plenty of energy to work with you are less likely to drive yourself into the ground and create a mineral depleted situation or protein depletion in which case you're setting yourself up for an injury.
3. Build your bases slowly and carefully. If you rush too much you set yourself up for injury and overtraining which is the real set up for major injury.
4. Use partial movements to strengthen the joints and ligaments and also use the full range heavy movements and the awkward lifting movements with the stones, strongman type movements, etc. These all work toward building an injury proof body.
5. Get in good condition. The better condition you're in the less likely you are to reach a point of exhaustion. The point of exhaustion is where most injuries occur.
6. If you do some reverse order conditioning workouts where you do heavy conditioning work first and then emphasize heavy power workouts be careful. If your body gives you a signal then don't push beyond the breaking point because you can set yourself up for an injury. Especially if you're prone to doing bench press type exercises. They are excellent to do but you must use caution.
7. Ice things that bother you as quickly as possible. Try to keep ahead of the game as far as build up of pain. If you need to take time off, then don't be afraid to.

Tips for Time Efficiency in Your Workouts.

1. Don't be afraid to mix your workouts with your regular martial arts training. This way you get a blended effect of strength and conditioning and you save a lot of time.
2. Don't be afraid to superset even heavy exercises back and forth as quickly as possible from exercise to exercise.
3. Short training is better than no training so don't be afraid to even do 5 or 10 minute workouts. If you must split your workout time up for different purposes or a busier schedule, don't hesitate to do it.
4. Some workout every week is better than no workout every week. If you had planned to workout the same thing every day, but if you need to miss a day that's alright. But at least hitting everything at least once a week to stay within reach of your goals and stay on track.
5. Always quickly start with bodyweight warm ups, squats, push ups, etc. moving around, jumping jacks, or abs to get some blood flowing and then hit calves, abs and neck immediately at the beginning of a workout. It finishes your warm up, doesn't really effect the rest of your workout, pre-exhausts your abdominals so that any heavy lifting you do gets extra strength of the abdominals which is an important muscle group and it gets those things out of the way so you never miss them in the workout.
6. Unless you intend to do a pre-exhaustion and to really spend a grip oriented workout, work your grip at the end. That way you get the most bang for your buck and for your big muscles, your grip is not overly taxed and then you work your grip at the end when it takes the least energy and the other muscles have already functioned.
7. Generally it's best to do the hardest exercise in the workout first when you have the most energy or at least the most important exercise for your workout. I generally start with the big exercises, squats, etc., and knock them out quickly.
8. In emphasizing a weakness try adding one set of something for the weakness that you have. For instance; if your pressing is weak, every time you hit a set of squats, hit a set of presses, every you do a set of deadlifts, hit a set of presses. That way you quickly move back and forth between the exercises and you get a lot of extra work done for the weaker area.

Another applicable exercise style that is easy to apply for the martial artist and offers greater gain for the effort and little more variety is the use of the dumbbell. It's easy to use within the class setting, especially if you wish to train into your particular art's style is to use what I call a simple barbell/dumbbell chain. The chain-style of exercise came from old time strongman, Herman Goerner who was said to begin with a light

pair of kettlebells or dumbbells and work the rack doing one rep of each exercise that he intended to do. Examples: swing, snatch, press, clean, etc. He would do one rep of each exercise then jump to the next pair, one rep of each exercise and again jump to the next pair, moving quickly, basically non-stop until he worked to his top poundage or the heaviest pair on the rack. This way you get a great deal of work done very quickly and you get a large variety of exercises and it's very easy to do. Especially if you have a fixed set of rack dumbbells or kettlebells with different weights or just a barbell you can quickly throw weight on. You can easily work through several different exercises very quickly.

Tailoring Your Program to Your Specific Art

You know there are things I can recommend to tell you this, but you alone must consider what your personal needs are in training. Also what the specific needs of your martial art are to tailor your training to them. I will give some general recommendations, but there are so many arts and its almost impossible to narrow down the specific disciplines of each one. Many people cross train and that is really the idea behind this whole book is cross-training so they have all the needs of any given martial art situation covered. All the programs in the book are set to make you a total athlete and to give you strength, endurance and agility.

Those are easy to manipulate to emphasize any particular need that you may have. For instance if you lack agility then it's easy to work agility drills in and use the strength that you're building melded into a solid form to radically increase your agility.

One young man that I trained was not terribly fast in the forward sprint. He was one of the slowest guys on the football team I had been training. He did however make radical progress in his strength and actually became one of the most agile in his foot movement and lateral movement. In lateral run times he became one of the fastest guys on the entire team.

Why?

Because he radically increased his strength, which gave him, better bodily control which allowed him to be more agile.

If you work in a speed based art such as Wing Chun or other Kung Fu styles that are very speed based, then I suggest you emphasize moving the weights as quickly as possible and do plenty of isometrics for the different body parts.

If you move in a striking based art then obviously I recommend that you emphasize pressing, squatting and abdominal work. These things will help you to generate the most power in strikes and also emphasize footwork in your agility and conditioning movements.

If you work in a grappling based art then you should emphasize your pulling movements and your work with stones. The ability to manipulate a heavy odd object is probably one of the best builders of the ability to grapple against another human being. Also working against cable resistance is excellent for grappling based type arts.

Using basic simple logic and understanding that lifting heavy builds strength, lifting or exercising light for high repetitions in an endurance, circuit type fashion builds endurance and strength and emphasizing learning that lifting heavy odd objects builds the ability to apply odd type strength and build intermittent burst level strength. Knowing that all of these together build coordination, fluid power, grace, and speed, etc., then you have all the tools to gear it for your specific art, you simply must put a little thought into your needs and your training.

In-Class Training

If I personally were going to set up a martial arts school and teach classes, I think it is imperative that the teacher knows what there is and how to build a body that will perform in the martial arts. Not just in the old ways, but in embracing the new and old together and realizing that the best of all worlds can be put together and still remain relatively simple and easy to teach. I actually think you are doing disservice to your students if you don't know how to make their body capable of performing its best and protecting itself in the best way. You should also be teaching them how to execute the techniques your teaching via building a better vehicle to do them with. Most martial arts classes are run on a two to three day a week class. So I would have a set very short exercise period during the class in which we did some strength and conditioning training along with the specific martial drills. You would therefore reap the most benefits possible by getting the most done at one time and working your max strength, burst strength ability and your extreme endurance along with your specific nerve pattern martial arts skills together. Obviously this would depend on the setup of your class and how you specifically do it. Most classes begin with a warm up and stretch period which I definitely would do and I personally like to begin with light bodyweight exercises to warm up. I think this is the easiest on the body and creates the least stress and warms things up before you begin the stretching period. I do a light warm up and then stretch. Then I would at least do some drills and conditioning and possibly pick a simple focus to work on during the day and split your classes.

For instance; if you have 20 people in the class you may break them into groups of 5. Each group has a specific focus for that day. One group may work barbells, another lift rocks, another do kettlebells and another do bodyweight exercises. That would rotate from class to class. I would also give them specific workouts that they could do extra on their own as well as create specific standards that I wanted to have focused on for rank promotions of the drills as to progress in certain levels. They should have certain levels of strength and conditioning. I know that Japanese fighters in the modern era, especially those influenced by Karl Gotch and the Pancrase styles, in the initial try out simply to train with them you had to be able to do 500 Hindu squats within a relatively quick time limit. That's just a beginning level set up. I know that some of the Judo clubs in Russia have a certain level of kettlebell lifting you must achieve along with the promotions and rankings. This signifies that you have created a viable level of strength and conditioning together in order to advance.

An easy beginner start up is to simply mix it into your martial arts class. As you take breaks during class or at specific intervals you may pick a heavy exercise to do to work specific muscles and add that strength along into your conditioned martial

practice. So you might be working a heavy bag and intermittently doing dumbbell lifts during the rest patterns or technical patterns. You could be doing forms, strike drills or grapple drills and intermittently lifting a stone or any type of strongman type movement. You could also do any of the alternative conditioner type movements in between to create the conditioning effect or level you are working on and apply it directly to your martial strength.

This is also an excellent way to build focus and focus the effort of your training specifically into benefit for your martial arts. In the idea I have just expressed you see the example of using it in your martial arts class or practice. (Also in the concept of the Ultimate self-defense Conditioning idea is an entire book and video, which will be developed in the near future.)

I think this is a much more holistic idea of martial arts training in that you must not only progress in your skill level, but you must also progress in your physical ability levels at the same time to work towards actual master. I believe this is far more consistent with the ancient martial traditions and is something that we should be bringing back to our reality of martial arts traditions.

Of course I also think that cookie cutter and strip mall dojos run a very difficult risk, of not giving their students some reality based self defense and are doing them a disservice (even though they may run a profitable business). I feel this may be true even if they *do* teach a sport specific type of drill. Anybody who is studying martial arts is thinking that they know how to protect themselves better in the back of their mind. The reality is that sport martial art and self-defense martial art in the real world are two different things. Even the ancient tradition martial arts, while at the time of their beginning, were much about physical discipline and certainly about real world self defense in some ways are no longer applicable. For instance; much of the open hand, form bases of several martial arts, if not done in a way that has reality basis to it and using too many preset patterns, etc. don't really teach the student to be prepared for true self defense. The practice of several weapons, while all martial art has benefit in the holistic sense, coordination and training, etc., let's be practical... no one is going to carry around a sword or six foot long staff in modern society. Most weapons are illegal.

I think at least the use of basic available weaponry and basic reality attacking and fighting and training that teaches a student, at least in some moderate part, to be aware and prepared for these types of things is necessary in teaching martial arts as well as building its real strength. From there is also the sport-technique, grace and beauty of other arts, which is the real point behind them. I think you do a disservice if you don't teach some REAL self-defense and some specific physical conditioning. I think that to move up to real mastery it needs to go beyond basic easy level conditioning. It needs to go into some serious physical fitness and building of the body so that it is consistent with the ancient masters and does not disrespect their

physical traditions. I feel that it also should not give the student a false sense of security simply because they've mastered many technical skills, but demonstrate them in a way which takes into account and applies their physical state and real applicable skills.

When mixing it into a martial arts class, my suggestions would be to work on some of every type of drill, every day as part of your physical base building. Obviously you're doing warm ups and certain amounts of bodyweight exercises as a basis of physical conditioning. This also includes your specific drills that you work on be they; striking, grappling, technical movements, self defense movements, forms, specific movement patterns, etc. I would include within the class style some type of a strength movement, a moderate level conditioning movement as well as some focus on speed and accuracy which is more along the lines of martial arts training. An example of this being strike training. Strike training should always be trained with explosiveness, speed and accuracy. This is built in basically to the idea of martial arts training, so you must decide on your own how you wish to do it based on how you run your class or your own training.

Some of the tips may be that if you begin your class with some significant conditioning, once your students are in shape and their conditioning is over and is mentally out of the way, then they can focus on practicing the art itself. Some people may prefer the conditioning at the end in order to be fresh and have fresh nervous systems and patterns to train with in the beginning of class.

Mixing conditioning throughout the class is also a solid idea. Moving from drill to drill non-stop and quickly, conditioning within these patterns intermittently. You must decide which will serve you best. You must also consider what is applicable for the number of students you are training, the level they're at, what equipment is available and what your specific knowledge is as to what you're able to teach for simplicity, safety and insurance reasons.

I would at the very least, do some bodyweight exercises every class period, and then throw in at least one strongman movement with an odd object and then combine a barbell movement with an odd object as well with simplistic movements. This way you are training all of these set ups together. Unless you specifically choose to, as some people; to run a martial arts and fitness center together and choose to separate them. I'm not here to tell you your business, I'm just offering some suggestions about what could be the best thing to do.

The Routines

ROUTINE 1

Basic Staggered Conditioning

For most people the most important starting point is going to be building their endurance. We've already discussed that we want strength and endurance together, but most people are so lacking that they don't recover from their strength training. While most of the rest of the workouts with the exceptions of challenges in this book will be interval-based, this workout is about straight through, repetition-based, endurance building.

For this you will need to pick any combination of our basic endurance building exercises. The idea is to work up to them, building one continuous workout achieving the basic high-repetition jump off endurance point for the rest of the training. This may also be used if you are maintaining the regular workouts, but wish to also add in a new endurance challenge to work on.

Everyone will start at their own level of endurance. For some this might be 50 reps or less of a particular exercise. Regardless of that the smartest thing to do is stagger your intensity. That means you don't work as hard as you possibly can every day. You alternate days of higher and lower reps so that your body is being consistently stimulated, but not beaten to death. If you're an absolute beginner or if you wish to quickly achieve a very starting base of a particular exercise you may take the first week and do the same workout every day. Not a max effort, but a good effort accustoming your body to a specific amount of work. From there begin staggering up and down in intensity progressing toward your ultimate goal.

This workout may look something like this for bodyweight squats.

MONDAY: 100
TUESDAY: 50
WEDNESDAY: 150
THURSDAY: 75
FRIDAY: 100

Then the next week may look something like:

MONDAY: 200
TUESDAY: 100
WEDNESDAY: 100
THURSDAY: 225

FRIDAY: 75

As you can see you may stagger as you feel necessary. I don't think its particularly more effective to use a particular percentage, just move up and down hitting a new maximum rep number at least once to twice per week until you reach your goal.

The basic you should be using this type of stagger for and the standard you should be working towards are:

Bodyweight squats: 500

Push ups: 250

Ab Raises: 250

Kettlebell Swings: 300

Endurance Rows: 250

Kettlebell or Dumbbell Snatches: 200

These are your base endurance builders and the jumping off point for higher level super endurance.

ROUTINE 2

Basic Strength

Again most of our workouts are made to be both strength and endurance, but this is a platform workout you can add endurance work or other styles too. You may also use this as a progression to greater frequency of strength training or any of the individual workouts may suit your needs best.

DAY 1

Bottom Position Squats – 5 x 1
Partial Squats – 4 x 1
Calf Raise – 5 x 5

DAY 2

One arm press – 5-7 x 1
Partial Press – 4 x 1
Weighted Sit-up – 5 x 5

DAY 3

Stiff Legged Deadlift – 5 x 1
Partial Deadlift – 4 x 1
One Arm Row – 5 x 1

This is an extremely basic, “everything gets worked one time a week,” type of program. Another version might be:

DAY 1

Bottom Position Squat – 5 x 1
One Arm Press – 5 x 1
One Arm Row – 5 x 1

Stiff Legged Deadlift – 5 x 1

DAY 2

Partial Squat – 5 x 1

Partial Press – 5 x 1

Partial Pull – 5 x 1

Sit up – 5 x 5

DAY 3

One Hand Deadlift – 5 x 1

One Hand Bench – 5 x 1

One Arm Curl – 5 x 1

Single Leg Deadlift – 5 x 1

One Arm Snatch – 5 x 1

Calf Raise – 5 x 5

The next version might be:

DAY 1

Bottom Squat – 5 x 1

Stiff Legged Deadlift – 5 x 1

DAY 2

One Arm Press – 5 x 1

One Arm Row – 5 x 1

DAY 3

Single Leg Bottom Squat – 5 x 1

Single Leg Deadlift – 5 x 1

DAY 4

Partial Press, Squat and Pull – 5 x 1

ROUTINE 3

Basic Routine Design

Within the format of our training is the use of multiple basic elements. Not training for one point, but training for all around greatness. Here's a couple of routines to demonstrate a couple of basic ways to put those together.

WORKOUT 1

Day 1 – Pure Strength then Endurance

Bottom squat, one arm row, stiff leg deadlift, one arm press all for five sets of one rep. Stone clean and press, 1-2 x 15 and 15 minutes of 10 reps push ups, 10 reps sit ups, and 15 reps of squats as many rounds as possible. Finish with a heavy neck routine.

Day 2 – Conditioned Strength

One set each of sandbag press, row, deadlift and squat, all super-setted with 20 reps of kettlebell swings. Partial press 5 x 1 and partial pull or squat 5 x 1, all super-setted with one minute on the heavy bag. Finish with a heavy ab routine.

Day 3 – Endurance then Strength

Five rounds of light barbell complex followed by a body weight squat and push up deck of cards, followed by 3 x 1 on one arm deadlifts, one leg deadlifts, one leg squats, one arm bench presses and one arm snatches.

WORKOUT 2

Day 1 – Single Emphasis Every Day/Pure Strength

Squat, press, row, deadlift 5 x 1.

Day 2 – Conditioning

Tabata, Squats Push Ups and Kettlebell swings

Day 3 – Overloading

Partial Press, Squat and Pull for 5 x 1. Heavy abs.

Day 4 – Strength Endurance

Five rounds of dumbbell complex mixed with 25 reps sledgehammer swings, five rounds of cable complex, mixed with sled dragging.

Day 5 – Strongman

50 Reps of stone lifting and heavy neck routine.

WORKOUT 3

Day 1 – Bottom Squat 5 x 1, Partial Squat 3 x 1, One arm press 5 x 1, Partial Press 3 x 1. Heavy neck, heavy abs, 5 minutes of club complex, 20 minutes of six different bodyweight exercises, each done for 25 reps as many rounds as possible.

Day 2 – Stiff leg deadlift 5 x 1, Partial Deadlift 3 x 1, one-arm row 5 x 1, partial row 3 x 1. Three rounds of 10 reps tire flip, sand bag press, and sand bag row. Pick two conditioning exercises, alternate them for 10 rep sets for 30 minutes.

ROUTINE 4

Building the Next Level of Combat Strength Into Your Workout

Earlier in the book we discussed the formula for super-human ability is combination training. We also discussed that there are multiple other factors to make your physical training ability count for combat. Here is what it might look like when you build those other factors into a workout. This is the whole intention of this book is to build this factor in with these workouts, but you'll have to decide for yourself where you need them and what you need to work on.

Warm Up –

One set of 20 each with a very light cable complex (Overhead pull down, front chest pull, tricep extension, one arm press, bent row curl. This thoroughly warms up all the upper body joints). One time through bodyweight squat, warm up (1 x 8 each of close stance squat, medium stance squat, wide stance squat, the Hurdler squat stretch, Cossack stretch, boot strapper and Hindu jump squat. This thoroughly warms all the lower body joints). One time through light kettlebell Painkiller complex (1 x 10 each side: windmill, 1 x 10 good morning, 1 x 10 twisting deadlift and one times 20 swings). This thoroughly warms up the spine and abdominal complex. Here you may also add in any flexibility or Painkiller work you wish to use that might be bridging, pelvic tilts, shoulder circles, wrist levers, spine stretches, whatever else you feel necessary. Doing this warm up not only pre preps your joints and body, but it builds in dynamic flexibility and pre-hab to your workout.

During the warm up you should do a minimum of five reps of Qi Gong breathing before you start and between every complex. By the end of the warm up you should be thoroughly and completely centered and focused for the rest of your workout. Whenever during the rest of your workouts you have to stop and catch your breath or prep for a heavy lift or effort make sure you repeat the Qi Gong practice. Doing this helps make sure all your physical energy is focused in the right direction for your training. It will also help you control your breathing and maintain your concentration throughout the workout.

Throughout the rest of your workout you should be alternating in the maximum in-art training either with practice of your actual movements or with the isometric or resisted movements shown in the book. Those might look something like this:

Day 1 – Bottom squat 5 x 1. After every set of squats, do 10 cable resisted kicks. One arm press 5 x 1. After every set of presses do 10 cable resisted punches. One arm row 5 x 1. After every row do a set of 10 isometric punches. Stiff leg deadlifts 5 x 1. After every deadlift do a set of 10 isometric kicks.

Day 2 – Partial overhead press 5 x 1. After every press do a set of sandbag isometrics. Partial squat or deadlift 5 x 1. After every partial do a set of cable resisted sand bag throws. Then three sets of sandbag presses and sled pulls.

Day 3 – 30 minutes of 15 rep kettlebell swings, 15 rep push up and 20 rep squats repeated for as many rounds as possible. For the first 15 minutes of this conditioning exercise, after every round, you throw five maximum power strikes against a bag or whatever is appropriate in resistance. For the second 15 minutes you work either an isometric squeeze or a partner resistance grappling movement for a 10 second isometric between every round.

****NOTE*** – This is just an example of how these might be put together. What I want you to learn from this is that you should be mixing these techniques through the rest of the strength and endurance routines in the book if you want it to have maximum carry over for your striking and grappling power.

ROUTINE 5

The Chain, Kettlebell and Dumbbells

Famous old time strongman Herman Goerner used this as one of his favorite workouts. I think it is great for martial artists because it allows you to do a lot of heavy lifting very quickly without over tiring you therefore it is very efficient and fits within the scale of martial arts training. For this workout it is best to have multiple implements already lined up or the plates to load onto a barbell laid out and in position to add very quickly. Goerner did this workout by starting with a light kettlebell and doing a single rep each arm of one arm snatch, one arm swing, and one arm clean and press, then immediately move to the next heaviest kettlebell working up by one poundage increase for each round until he got to the heaviest kettlebell at the gym.

Here we will list three or four different chains using different implements.

1. Classic Goerner Kettlebell.

1 Rep each arm, one arm snatch, one arm clean and press, one arm swing
Jump to the next heaviest bell and repeat all the way up to the heaviest bell you can handle.

2. One Dumbbell Chain

Hypothetically you might start with a 50, then jump 10 pounds each round going 60, 70, 80 up to whatever your max or whatever heaviest dumbbell you have access to.

For this chain do one rep each arm: One arm bent row, one arm upright row, one arm curl and press, or one arm clean and press, one arm bench press.

3. Single Exercise Dumbbell Chain

This is an interesting one that works well for the one arm row or the one arm press, but allows you to get a large volume of strength building work quickly and really hammer one exercise quite hard. You might use the same progression with weight as the other chain, but you would do simply one exercise, but every variation of that exercise for one rep and then add weight every round. That might be regular one arm bent over row, curl grip one arm row, hip pull one arm row, chest pull one arm row, head pull one arm row, 45 degree one arm row and

one arm upright row. Or for the one arm press it would be one arm military, one arm natural press, one arm push press, one arm push jerk, one arm side press and one arm heave side push press.

4. Double Dumbbell Chain

Same chain, use two dumbbells and vary the exercises. You might do double clean and press, bench press, single leg deadlift, step up with dumbbells, and two dumbbell bent row.

5. Double Kettlebell Chain

Begin with two kettlebell clean and press, then the two kettlebell inside the leg swing, two kettlebell outside the leg swing, two kettlebell high pull and two kettlebell front squat.

ROUTINE 6

The Chain, Barbell, Strongman, and Mixed

Here's five workouts involving the same chain concept that Herman Goerner used with kettlebells and dumbbells, but applied to barbells and odd object lifting.

Workout 1 – Basic Barbell Chain

You might start with a basic barbell loaded to 135lbs or whatever is a good starting point for you. From there you would set several 25 or 10 pound plates directly on either side of the barbell so you could load it as quickly as possible. Do one rep each of clean and press, upright row/high pull, bent over row, stiff leg deadlift, and sumo deadlift. Add weight and keep going till you max each lift. You obviously will hit a max earlier at some lifts that you will others, that's fine, you've gotten a heavy workout on five different exercises very quickly.

Workout 2 – Barbell Pull Chain

This is similar to the multiple variation chain with dumbbells, but performed with a barbell. You would do one rep each of snatch grip deadlift, stiff leg deadlift, regular deadlift, sumo deadlift. Alternately if you wanted to use this for bent over rows you could do regular grip, curl grip, split grip, close grip and wide grip.

Workout 3 – Odd Object Chain

For this you need either a series of heavy rocks or some other odd object. Perform one rep each deadlift clean and press, bent row, shoulder, bear hug and squat. Alternately if you have a variety of implements set at different weights you could alternate the implements. For instance 100 pound rock, 150 pound barrel, 175 pound sandbag, 200 pound log. You can perform the chain with the lightest implement and then work to the heaviest implement.

Workout 4 – Mixed Chain

Let's say for instance you don't have a complete set of dumbbells or kettlebells or odd objects or maybe even a barbell with a fixed weight. You can make up your own chain using any of the exercises above and simply rotating from implement to implement. So let's say you have a pair of 53lb kettlebells, a 150lb keg, a fixed 175 barbell, a 200lb stone, a 75 and a 125lb dumbbell and a 175lb sandbag. You simply perform all of the exercises with each implement and move on to the next one.

Workout 5 – Single and Rep Chain

Because of the implements that some people have or maybe because you want to mix the conditioning a little differently it may be best to do singles on some exercises of the chain and reps on other exercises. For instance let's say you have a 300lb barbell set. Let's say you can snatch and power upright row 225 and clean and press 300, but you can bent row and deadlift 300 for reps. So to make a tough workout of the whole thing you simply do singles one the snatch, upright row and clean and press, 5 reps on the bent rows, and 10 reps on the deadlifts of each round.

ROUTINE 7

The Chain, Heavy Links and Conditioning

Here are some more advanced versions of the chain, mixing in other exercises working on either maximum strength or muscle, or conditioning. The basics here is to take one of the chains we've listed in the previous two workouts and mix it round for round with either a very heavy exercise, or a repetition exercise or a conditioning exercise. Here are some examples.

Workout 1

Basic dumbbell chain alternated with squat thrusts. Do five rounds of one arm row, upright row, curl and press, and windmill mixed with 10 to 20 reps of squat thrusts per round. Alternately you could do one-minute sets of five different bodyweight exercises or one minute rounds on the heavy bag.

Workout 2

Basic Kettlebell chain (whatever chain you want is fine, we're just using different examples to illustrate the workout). Two kettlebell clean and press, inside the leg swing, outside the leg swing, and alternating snatch. For five rounds mixed with barbell squats for 10 reps sets with bodyweight on the bar.

Workout 3

Basic barbell chain mixed with sled dragging. Perform the basic barbell chain, clean and press, bent row, stiff legged deadlift, sumo deadlift with alternating rounds of sled drags. Do the first two rounds for a long, light, moderate drag. Do the next two rounds sprinting as fast as possible, do the next two rounds dragging heavy, adding weight each time to something that stops you in about 50 to 80 feet.

Workout 4

Odd Object Chain. Whatever your particularly have of odd objects, perform a deadlift, clean and press, shoulder, bent row and 50 foot carry for five rounds. Mix each round with one progressively heavier set of full or partial squats with a barbell up to a heavy weight.

ROUTINE 8

Single Compound Conditioning

This workout is designed to mix heavy lifting with conditioning to give you conditioned strength. The ability to lift heavy or apply maximum force while you are taxed for endurance. It also makes a great fast workout or a great way to set your body up for greater gains for either strength or endurance in the future.

The basic premise is to take one heavy exercise and alternate sets with one conditioning exercise. When you start this initially you probably won't be able to lift as heavy as normal, especially if you try to maintain a really fast pace. But you will adapt fairly quickly and when you can lift reasonably heavy while still out of breath from your endurance exercise you will probably find that your total max strength and endurance have gone up.

Workout 1

Barbell squats and heavy bag rounds. This demonstrates one of the most basic variations of this routine. Most of these routines we purposely try to make the focus of the heavy exercise and the conditioning exercise opposite. In this way you are getting general conditioning, but nothing that muscularly interferes with your ability to lift heavy on the strength exercise. Finish your basic warm up and then start with a moderate weight on squats. Do ten rounds of one rep of squats and one minute on the heavy bag adding weight every round. Work up as heavy as you can. Total time after warm up should be less than 15 minutes.

Workout 2

One arm press and bodyweight squat. Five rounds, add weight each round to the one arm presses for singles and do 25 to 50 bodyweight squats with each round. If you do 25 reps per round shoot for five minutes to finish. If you do 50 shoot for 10.

Workout 3

One arm rows, 10 rounds, one rep each round, add weight every time. With every round do one minute of a different bodyweight exercise each round. Squats, push ups, sit ups, jumping jacks, mountain climbers, etc.

Workout 4

Here we take a little different direction. The exercise may or may not interfere with your ability to lift heavy, but it just makes it tougher and more fun. Five rounds stiff legged deadlifts, and bear crawls. Your choice of how far to bear crawl. Add weight each round.

Workout 5

One arm cheat curl and kettlebell swing. Do seven rounds. One rep on the curls, add weight every time, 20 reps on the kettlebell swing, but do a different swing on every round. For instance one hand swing, two hand swing, Darc swing, outside the leg, finger swings, walking swings, etc.

Workout 6

One arm deadlift and sandbag carry. Four rounds. Start of with something you can deadlift for 15 rounds each arm. Next round 10 reps, next round 5 reps, next round 1 rep. With each round perform 60 yard sandbag carry.

ROUTINE 9

Double Compound Conditioning

This workout is a fantastic way to work on building a ton of muscle along with real world power and endurance. It's a step up from the Single Compound Conditioning and may or may not be right for what you particularly need to work on, you'll have to make that decision for yourself.

The basic premise of the workout is to take one very heavy lift, followed by one moderately heavy repetition lift and one higher rep conditioning exercise. I personally prefer to for the most part, work on strength and rep work that focuses on a different area than the conditioning movement, but it is perfectly acceptable to make all three exercises focus on one area or all separate areas. The workouts below will illustrate some combinations.

WORKOUT 1 - Squats, sled drag, heavy bag

Each round will consist of 1 rep of barbell squats, 1 moderate length set of heavy sled drags, and one round of your choice of length of heavy bag conditioning. Add weight each round to the squats and you can add or subtract weight as necessary to the sled drags. This is an example of two exercises focusing on legs, but the conditioning movement is more general total body. By doing this you keep your cardio at an extremely high level, but your legs recover somewhat during the heavy bag portion of the round. Allowing you to keep a very fast pace, working on max strength and repetition strength and total conditioning all at the same time.

WORKOUT 2 – Squats, Sled Drag, Squats

Each round consists of one rep of barbell squats, one moderate length of heavy sled drags and 25 to 50 reps of bodyweight squats. While this will also drive your heart rate sky high you will require some rest between the rounds, because the muscular fatigue will be so high. It will however condition whatever particular part you use this style for and your total conditioning like nothing else. This is an example of all three exercises and levels of conditioning being directed at one particular muscle group. Repeat for as many rounds as you desire.

WORKOUT 3 – Squat, Stone Press, Sledgehammer Swing

Each round consists of one rep of squats, 5 to 10 reps of overhead press using a stone, and 25 or more reps of sledgehammer swings. Repeat for as many rounds as you desire with as little rest as possible. As you can see, this splits the focus of three different exercises in three different directions, but still allows you to work max strength, rep strength and endurance.

*Note – The above workouts are just examples to give you the idea behind the entire training system. It is not purely squat-based and certainly applies and I train it with other max strength, rep and conditioning exercises. Some other combinations might be, max one arm press, 5 to 10 rep squat, and 25 reps kettlebell swings. You might also do max overhead partials, 5 to 10 rep kettlebell presses and light sprinting sled drags. You should have the idea by now.

ROUTINE 10

Two's

After you've built a solid base of conditioning you'll want to go to an interval style of conditioning training that mixes more than one exercise. In this way you can keep a very fast pace and high level heart rate while switching back and forth from exercise to exercise so that you can work on muscular endurance but not over tax that quality so that it takes away from your maximum strength. Here are some great combinations, and rep and set patterns to work on.

WORKOUT 1 – Kettlebell swing, sledgehammer swing

This is a very powerful combination because it works very synergistically and allows you to work on tremendous endurance with exercises that actually build muscle and carry over directly to martial arts at the same time. The kettlebell for its explosive hip extension, and the sledgehammer for its explosive arm and abdominal contraction. Straight sets, 25 reps each until you reach 100 of each. If you can do 200 you're either a stud or you need heavier toys.

WORKOUT 2 – Bodyweight Squats and Push Ups

The staple exercises of all martial art training. I personally tend to rotate the type of push up or squat from set to set or workout to workout. You can choose whichever ones make you happy. Here we will also choose the classic, "Deck of Cards," routine. Get a deck of playing cards, shuffle them. The black cards represent push ups, the red cards represent squats. Do double the number on the red cards.

WORKOUT 3 – Kettlebell Snatch and Squat Thrust

These exercises are tremendous for explosive endurance and mix well together. Here we will do a pyramid and reverse pyramid for reps. For example, start out with 10 reps of squat thrusts and one rep each hand of snatches. The second round would be nine reps of squat thrusts and two reps each hand of snatches. The following round count down and up respectively until you're down to one rep squat thrusts and up to 10 reps each arm snatches. You can also choose to count up or down by higher numbers (5, 10, 15, 20, etc.), or choose to count up or down on one exercise and kept the number static on the other. For instance 10, 5, 9, 5, 8, 5, etc.

WORKOUT 4 – Heavy Bag and Agility

These exercises are very combat specific and also very whole-body in nature. That means one muscle group is not likely to fatigue over another so you can really drive your heart rate up. Plus it allows you to work on multiple planes of movement at the same time. You may work the heavy bag in any way you choose, I prefer to split it up among the whole body. All types of punches, kicks, etc., and the agility movement can be any series of movements you wish to use. If you have one specific area of agility you are lacking in, you may choose to emphasize that one. You could do forward and backward summersaults, vaults or jumps over hurdles or fences, duck-unders, lateral movements, agility runs, cart wheels, climbs... you name it.

For reps here, we'll use a combination of time to measure your sets. You could go one minute each exercise, or one minute on the heavy bag and a pre-set number of agility movements, i.e., five 15-yard agility runs with a summersault finish.

ROUTINE 11

Power Complex Training

In choosing the training exercises for this book, you'll notice that some of the exercises are multiple exercise complexes, not just a single exercise. I felt that these exercises work best in combination, were very simple to use, and gave you better training effect when used in complex than as a single. Here's a variation on using those complexes, but mixing it to make it both tougher and more effective.

WORKOUT 1 – Complex and Max Lift

For this training you will do the barbell complex listed in the book and after each round of the barbell complex you will do a low rep set on whatever max lift you wish to use in conjunction. That might be six reps barbell clean, press, bent row, deadlift, and Zercher squat. Alternated with max weight one arm dumbbell rows for five series.

WORKOUT 2 – Complex and Rep Lift

Here you could use the cable training complex listed in the book; overhead pull down, front chest pull, tricep extension, bent row, one arm press, and curl all for 10 reps. Between each rep of the complex you could perform barbell squats for sets of 5-20 reps.

WORKOUT 3 – Complex and Carry

Here you could use the club complex listed in the book. Five reps each of overhead swing, round the head swing, left and right, shoulder swing left and right and lever. Mix this with a heavy carrying movement, stone, heavy sand bag, yoke, etc.

WORKOUT 4 - Complex and Conditioning

Here you could perform the dumbbell complex. Eight reps each of clean and press, snatch, windmill, bent row and upright row. Followed with one to two minute rounds on a heavy bag.

WORKOUT 5 – Complex and Isometric

Pick any of the complexes above and between each round, pick either the striking isometric or grappling isometric of your choice and alternate them for five rounds. This is especially good for maintaining strength in a fight.

ROUTINE 12

Three's

This is a three exercise circuit. Even though some of the later circuits will contain more exercises, these allow you to do simple work concentrating on just a few basic exercises and work very hard. Another great set of variations on the interval conditioning theme.

WORKOUT 1 – A Bodyweight Circuit

Dips, squat thrust, sit up. By working in exercises that require more or less strength you can work in more repetitions as you see fit. 10 x 10 on everything ought to do a great job for you.

WORKOUT 2 – Percentage of Bodyweight on A Barbell

Set up two barbells, one with 50 to 60% of your bodyweight on it on the ground and one with your bodyweight in a squat rack. Perform five reps each of clean and press, bent over row and squat. If you want to make it truly challenging see how many reps you can get in 15 minutes.

WORKOUT 3 – A Mixed Circuit

Grab a stone, sand bag or odd object of your choice, and a kettlebell. Clean and press the odd object for five reps, then perform 15 kettlebell swings, then 25 reps of the bodyweight exercise of your choice.

ROUTINE 13

Ultimate Circuits

Most circuit training is based around performing one type of exercise. For instance, one set of 15 reps of eight machine exercises spread out over the y whole body. By doing it with a very fast pace you are training moderate rep conditioning for the individual exercise and total conditioning for the whole workout. This however, is an entirely different take on circuit training. For ultimate circuits, you create a circuit based on working not individual body parts, but on specific abilities. For instance you would pick a max strength exercise, a strongman exercise, a conditioning exercise, a combat exercise, a agility exercise, a flexibility exercise and a grip exercise. This is just an example of the categories to pick from, you can create your own.

You arrange the circuits to as to keep the fastest possible pace, alternating harder and easier exercises. Also between each exercise or when you need to stop and breath you perform Qi Gong breathing. In using a circuit like this you are training every possible capability of the body in one fast paced strength and endurance building workout.

Here are some examples:

WORKOUT 1 – Squat 1 rep (max strength), Isometric punches (combat exercise) 10 reps, tire flip (strongman/rep conditioning) 6 reps, wall walk back bridge (active flexibility), 5 reps, kettlebell swing x 25 reps (endurance conditioning), over-under vaults (agility), three reps, pinch grip (grip) - 30 second hold. Repeat this for 5 rounds, add weight on the squats to something heavy on the last round.

WORKOUT 2 – One arm press 1 rep, partial deadlift 1 rep, lunge/side lunge, stretch 6 reps each leg. Zercher squat 10 reps, cable resisted sand bag lift and throw 5 reps each side. One minute on heavy bag. Thick dumbbell farmers walk and 100 yards agility run.

WORKOUT 3 – Stiff legged deadlift 1 rep, bodyweight squats 25 reps, barrel clean and press 10 reps, jump to forward summersault 4 reps, hand grippers 5 reps each hand. Towel stretch 5 reps, partner resisted grappling one minute.

ROUTINE 14

Conditioning Grip

Sometimes it's easy to overlook the stuff that we consider smaller like grip training. So to make it more easily acceptable and to be more efficient, work it in to conditioning movements sometimes. This makes for a nice quick conditioner with the added benefit of getting your grip work done and also forcing you to work your grip while you breath hard.

WORKOUT 1 – Tabata and Gripper

Tabata is a four-minute interval conditioning workout that has become extremely popular and is extremely hard. It is based on 8 intervals of 20-seconds of all out work followed by 10-seconds of rest. For this workout pick whatever exercise you want. I suggest bodyweight squats or something of that nature that will leave your hands free. During your 10 second intervals of rest, pick a hand gripper that you can do two to five reps with and switch hands hitting four sets each hand during your four minutes. Or if you happen to have two grippers, then you can do eight sets.

WORKOUT 2 – Grip Work Every Other Set

This is more a whole routine. Pick one grip exercise that you really want to work on for instance pinch gripping and make sure you work it every other set for your whole workout. For example, after every set of squats or presses or isometrics or on the bag, you do at least one set of pinch grips.

WORKOUT 3 – Pre-Exhausted Gripping

One way to really intensify your grip work is to add it in at the very beginning of your workout so as to pre-fatigue your hands so that the rest of your workout is that much tougher. You might do two sets each of grippers, pinch grip, lever wrist curls, and then finish the rest of your workout with a barbell complex, kettlebell swings and stone lifting. All of the “bigger exercises” in your workout are also grip-dependant and will be that much tougher when you've worked it first.

WORKOUT 4 – One-Arm Thick Dumbbell Farmer’s Walks and Conditioning

The one arm thick-handled dumbbell farmer’s walk is a great combat grip exercise because it allows you to work your core as well as your grip in a position that is very similar to what you would use in grappling. Set up two stations of conditioning work. Could be squats and push ups, whatever. Begin with 25 reps of squats, grab the dumbbell right handed, carry it 50 feet, then drop and hit 25 push ups. Then grab the dumbbell left handed, carry it back to your original starting place and start over. Repeat for four to eight rounds.

ROUTINE 15

A Hulked Up Neck Builder

The neck is one of the most vital parts of the body to work if you're a combat athlete. It benefits all athletics really and your general health. It also separates you from the average fitness crowd, because you won't find a neck bigger around than my wrist in that bunch. Here's a twice a week neck building routine that will bust your collars.

WORKOUT 1 – Begin with a Paul Anderson neck roll for one minute. Immediately go to a set of shrugs for 20 minutes. Rest for 30 seconds, immediately go to a front bridge holding and moving for one minute. Immediately hit a set of shrugs for 10 reps. Rest 30 seconds and go to the back bridge holding and moving for one minute. Another set of shrugs, 10 reps. Rest 30 more seconds, go to one minute of head stand neck bridges for one minute and a final set of shrugs for five reps.

The combination of working neck and trap work together is an ultimate builder for the neck. It will strengthen both the upper and deep muscles of the neck in a way that doing so alone won't touch. If you can't do the bridges unassisted that's fine, just keep working on them, you'll eventually get them easily for those time periods. Set the weights so you can load them quickly and are not wasting time between sets.

WORKOUT 2 – Begin with Paul Anderson neck roll for one minute. Then immediately do bent over shrugs for five reps. Rest 30 seconds then do 30 seconds of the forward extended bridge followed by 30 seconds of partner or plate resisted front neck raises. Then five more reps bent over shrugs. Rest 30 seconds, then 30 seconds of the back extended neck bridge. Then 30 seconds of partner or plate resisted back neck raises. Then five more reps of bent over shrugs. Rest 30 seconds, follow with one minute regular back/neck bridges and 30 seconds each side of side to side partner resisted or plate resisted neck extensions.

ROUTINE 16

Neck Work and Conditioning

Here are some interesting little routines that involve neck work as a conditioning cycle:

WORKOUT 1 – Feet Elevated Push ups and Wall Walking Bridges

For this you need a pad to bridge on and a wall you can brace your feet against for elevated push ups. Face away from the wall, drop down to push up position then walk your feet up the wall behind you until you get to a hand stand push up or as high as you can go for a hard set of push ups, something that would limit you to five or so reps. Do your five reps, walk back down the wall, come immediately up, take a big step forward then bend over backwards walking down the wall with your hands into a neck bridge. Hold for one minute, walk back up the wall with your hands, step back to the wall, walk your feet back up the wall to a lower position than the original hand stand push up. You'll repeat this cycle five times, each time you go to a lower foot elevated position and do higher reps of the push ups so that on the last set you should be doing regular feet on the floor push ups for 25 or more reps. In this way you'll give 5 minutes of bridging, and wall walks with 5 different angled sets of push ups.

WORKOUT 2 – Neck Bridge, Sit up, Floor Press

You'll need a pair of dumbbells and a pad for bridging, you may also want something to anchor your feet. Place a pair of dumbbells between your feet, and your pad for bridging behind you. Begin by holding the back bridge for one minute. When you come down from the bridge, immediately sit up, grab the dumbbells, lay back and do one high rep set of floor presses. As soon as you finish them drop dumbbells down between your feet and hit a high rep set of sit ups. Rest for 30 seconds, start over with the bridge and repeat for three cycles.

WORKOUT 3 – Sand Bag or Stone Carry and Bridge

Grab your favorite sand bag or stone and your bridging pad. Set up a small course, straight line walk or an oval. Carry your object over the course and immediately drop to the front bridge once you get finished. Repeat and drop to the back bridge. This will also teach you to maintain a bridge or hard static position when you're winded. You want to make it even tougher, throw in a set of shrugs after the bridges.

ROUTINE 17

Go The Distance Conditioning

One of the greatest conditioning types of workouts that I've ever done is to pick a particular exercise or particular implement carry and force yourself to cover a large distance with it. At various times in my training and career I have done endurance workouts with multiple implements from a quarter to half a mile. This is a real toughness and strength endurance builder. Challenge yourself with the next four workouts and see how tough you can get.

WORKOUT 1 – Basic Distance Carry

I've done this for quarter to half a mile with different objects that you can simply pick up and carry. I did it with 120lb farmers walk implements, a 535lb yoke, a 240lb stone. You can carry it a pre-set distance or just carry it as far as you can rest and keep going till you hit the full distance. You can go light and fast or heavy and long. It's up to you.

WORKOUT 2 – Distance Exercise

This is picking a particular distance and covering it with an exercise that all gives you movement, but isn't necessarily something you can carry. For instance I have done quarter to half a mile of kettlebell walking swings. Sled drags with a 500lb sled, jumps (I alternated all kinds of different jumps. High, forward, sideways, what have you, until I covered a quarter of a mile). Next on my list to do is bear crawl and tire flip.

WORKOUT 3 – Distance and Death

It's not like these workouts weren't hard enough, but I thought we should add some tougher twists, because some of you out there might be mutants. You might also want to cover a shorter distance but make it harder. In this workout you pick a distance carry or exercise and alternate sets with your favorite calisthenic. For instance farmers walk till you drop the implements and hit 20 squats. Repeat till you finish the distance. If you chose to jump you could drop and hit 20 push ups after every 20 jumps.

WORKOUT 4 – Double Distance

This may be too much pain, but if you survive it you'll be made of iron. Take two implements. One you carry, one you exercise with. Carry the first implement out till you drop it, walk/jog back to the start and exercise your way down to your first implement. Rest as necessary, and repeat until you finish your preset distance. For instance carry a heavy stone until you drop it, walk back, grab a kettlebell and walking swing your way back to the stone. Alternately you could run with a sand bag, jog back to the beginning and then lunge your way down to the bag. Have fun. Don't die.

ROUTINE 18

How To Hit Harder

Here's a routine based on building crazy striking power. Do this for three months and see how much harder you can hit.

Day 1 – Five cycles of one arm press for one rep. Five reps isometric punches, 10 reps cable resisted punches, five cycles partial presses one rep. Full contact twist five reps. 10 reps of speed punches. 10 reps of power punches. Bottom squat five sets of one rep alternated on the heavy bag. Finish with Dennis Rogers Lever Wrist curl with 3 sets of 20, 10 and 5.

Day 2 – One arm row 5 x1, one arm snatch 5 x 1, one leg squat 5 x 1 alternated with 25 sledgehammer swings, one leg deadlift 5 x 1 alternated with 25 kettlebell swings Finish with pinch grip, 3 sets and five sets of technical punching practice.

Day 3 – Partial Squat 5 x 1 alternated with sets of 20 reps each hand, power punches, one arm power curl 5 sets of 1 alternated with weighted sit up, five sets of five and kettlebell upper cut x 5 each hand mixed with 5 reps explosive stone throws and sled drag for three rounds. Finish with three sets on the grippers, 20, 10, and 5.

. *NOTE – This routine is geared toward punching and references it in the routine, however it can be any upper body based strike that you're building power for. It does not necessarily have to be punches. Whatever it is be sure that you understand it thoroughly, can perform it technically and mix the exercises with it. Also be sure that you're always practicing proper power generation when you strike. Everything starts with the feet, moves all the way up in one linked motion and end with the power transfer through the hand.

ROUTINE 19

How to Kick Like A Mule

This routine is based around building power for kicking however as with the other routines it always encompasses the formula for super human ability and is easily mixed with the punching based routines if you need to build power for both punching and kicking for your particular martial style.

Day 1 – Five rounds of bottom squat one rep, explosive high jump squat five reps and 10 reps power kicking. Five rounds of stiff leg deadlift one rep, full contact twist five reps and power kicking ten reps. Finish with 100 kettlebell swings.

Day 2 – Start with five minutes of power wheel pikes and then go to five rounds of one leg squats, one arm rows and one arm presses all for single reps. Pick your favorite strongman carrying exercise and alternate five sets of that carry with one minute kicks on a heavy bag.

Day 3 – Start with five minutes of reverse hyper extensions, do five rounds of partial squats for one rep, isometric kicks for five reps and then speed kicks for 10 reps. Five rounds of 10 reps cable resisted kicking, 25 push ups and 25 bodyweight squats. Finish with 3 sets of stone pressing and stone sit ups.

ROUTINE 20

Hands of Stone

Here's another routine to take you to a whole new place in punching power. For many people one of the weak links in the chain is their wrist and grip strength. It will limit how hard you can punch, because it will limit how much power you can transfer through your hands. Here's a routine to fix that and make your hands so strong they feel like stone.

Day 1 - Five rounds of one arm press one rep, grippers 15 reps, and 15 reps power punching. Five rounds of bottom position squat one rep, thick dumbbell one arm farmers walk and one minute on heavy bag. Five rounds of full contact twist mixed with sand bag or towel deadlifts for five reps each.

Day 2 – Five rounds of overhead press on a partial for rep, finger lifts for 10 reps, and cable resisted punching 20 reps. Stiff leg deadlift and one arm row alternated for five sets of one. Five sets of 10 clap push ups and 20 kettlebell swings mixed with 10 reps of club levering.

Day 3 – One set of 20 reps each of stone or sandbag presses, rows, deadlifts and squats. Five rounds of Dennis Rogers' Lever Wrist Curl for five to ten reps. Kettlebell upper cut for five to ten reps and 25 jump squats. Finish with five one minute sets of technical punching practice and wrist rollers and five rep weighted sit ups.

ROUTINE 21

Fearsome Grappling Power

Here's a training routine geared toward building awesome strength and endurance when wrestling with another human being.

Day 1 – Five rounds of one arm press and windmill for one rep mixed with 10 reps of cable resisted sand bag throws. Five rounds of one arm row for one rep mixed with sand bag rows for 10 reps. Bottom squat 5 x 1, mixed with sand bag upper body squeezes for 20 seconds each arm. Finish with a deck of cards routine.

Day 2 – Five rounds of stiff leg deadlift for one rep and partner resisted grappling for one minute. Five rounds of isometric sand bag throws mixed with zercher squats for 5 to 10 reps. Five rounds of full contact twist for five reps mixed with thick dumbbell farmers walks. Finish with five sets of sled drags using a towel or rope for a handle.

Day 3 – Stone or sandbag clean and press, row, deadlift and squat, one set of 15 and one set of five each. 5 x 25 kettlebell swings and sledgehammer swings. 5 x 15 reps with grippers and lever wrist curls and finish with five sets of sand bag bear hug sled drags.

ROUTINE 22

The Strongest Abs in The World

Here's a two day a week program geared toward giving you abdominal strength that won't quit and won't be surpassed by anyone you ever fight. Don't kid yourself you should concentrate on strengthening your abs just like you do your arms and legs.

They're a huge key to better strength as well as better fighting.

Often the guy who gets thrown in a grappling match is the guy with the weaker abs.

They also help protect you when you get hit and the stronger they are the harder a hit you can take without going down. Make sure yours are stronger than steel.

Day 1 – Start with five minutes of power wheel pikes then five sets of one arm press and windmill mixed with five rep sets of weighted sit ups. Go then to five one minute sets on a heavy bag and five sets of 20 explosive leg raise throws.

Day 2 – Start with five sets of partial squats or partial deadlifts mixed with five rep sets of full contact twists. Then five sets of one handed deadlifts mixed with Roman chair sit up presses and finish with 100sit ups and squat thrusts..

****NOTE*** – Obviously these are not all ab exercises, but the full body exercises that are listed are the ones that specifically overload the abdominals. A huge key in strong ab training is to train them in combination or in a team with the other muscles of the body. Another huge key is to work the specific abdominal exercises heavy. That means when I tell you to do five rep sets of weighted sit ups you should be looking to use hundreds of pounds of resistance if you sit the weight on your chest. Obviously you'll probably have to build up to that, but it can be done and you should be doing it. I'm training to do five reps with 500 pounds in the weighted sit up, so get after it!

ROUTINE 23

A Crushing Grip

Grip is one of the most important things to train in martial arts, because almost all of the martial arts use their hands for everything. If you're a puncher it will allow you to transfer more power and do so with less chance of breaking your hands. If you're a grappler it will allow you to transfer the power of the big muscles of your body to an opponent. It's the difference between winning and losing. Here's a twice a week grip routine that covers all the bases of hand strength. High reps, low reps, supporting grip, crushing grip, pinching grip, wrist strength, finger strength and endurance.

Day 1 – Regular Farmers Walk. Warm up and go to your heaviest weight first then reduce the weight and go for a longer set and reduce the weight again and go for a longer set. Pinch grip. Warm up with single rep 5 second holds up to a max weight, drop the weight and do a 30 second or more hold.. Club levering. One high rep set of forward and backward levers, one low rep set of forward and backward levers and one high rep set of multi-directional levers. Finish with two sets of 20 reps of hand grippers.

Day 2 – Thick dumbbell one arm farmers walk. 3 sets each hand. Dennis Rogers' Lever Wrist Curl. 3 sets of 5 to 15 reps. Grippers, 3 sets of 20, 10 and 2 reps. Finger lifts, one set of 20 each finger. Towel deadlifts, one set of 10 held like a rope, one set of 10 held like a jacket. Finish with one high rep set of wrist rollers.

****NOTE*** – I also find it very effective to train the grip by simply using one exercise per day as part of the regular routine and then occasionally doing significantly higher volumes or larger workouts. Ease in to grip work as you can over train your hands especially if you've never worked them seriously before.

ROUTINE 24

The Outlaw

This has been one of the most popular training routines and article we ever came out with. I think partially because it struck a chord with people. They're tired of being dictated to like they're stupid. You are smart enough to make some of your own decisions in training. You should be having fun and learning new exercises and working hard on the things you want to accomplish, not working on the things that someone else tells you, you have to do. The premise of this workout is to cover all of your bases in the first couple workouts of the week. And then save your last workout for new challenges. Something that gets rowdy and gives you a chance to attack your training with a renewed vengeance of a fresh challenge every week.

Day 1 – Bottom squat 5 x 1, Partial squat 3 x 1, one arm press 5 x 1, partial press 3 x 1. Farmers walk 3 sets, Full contact twist for 3 sets, 20 minutes of alternative conditioning of your choice.

Day 2 – Stiff leg deadlift 5 x 1, partial pull 5 x 1, one arm row 5 x 1. Cable complex, dumbbell complex and barbell complex all one time. Tire flip for three sets.

Day 3 – The Outlaw Day. Pick a new challenge every week and knock it out of the park. You could go and train with other people., you could try and match the marks of some of the old time lifters. Or you could find some insane endurance workout to perform. Whatever it is be sure that it's something you enjoy. The more you enjoy it, the harder you'll work.

ROUTINE 25

Next Level Progression

There have been huge strides made in making athletes stronger and more conditioned especially in the last seven years. The movement toward really high level, functional conditioning has truly come alive. But is there another level? A new door if you will... A dimension of sight, sound... oh wait... wrong intro... my bad.

Most of the rest of the training world breaks down like this: You're either really strong or you have really good endurance or you have a moderate level of both or you're pretty much a spandex wearing weanie and don't have much of anything. The hardcore world have come to a place where people have much MORE strength and far more functional endurance than ever before. And we are pushing the boundaries of how much total strength and endurance a human being can have. But most of the training still encourages light weight, high rep endurance.

Is it possible to move to heavy high rep endurance? And is it possible to do that and not become so specialized in it that you lose the other potential physical strengths?

Let me quantify it a little more for you. Lots of guys can do high rep bodyweight exercises, but can't really lift heavy. A few guys can do high rep moderate weight work. BUT they generally can't do much more in heavy weight than the a relatively strong guy. It is so specialized to be in the middle that you miss out on the top end. But is it possible to be able to perform high rep heavy weight endurance work and still have a great deal of top end strength? I believe it is and here are the progressions that I'm working on to help us find out.

PHASE 1 – Basic Bodyweight Strength Endurance

We will use the squat as the example for this routine, but it would apply just as solidly to any other physical movement. The first level is 500 reps. We already discussed the progression to get here. Start with what you can handle, 50 reps or so, add when you can in a two steps forward, one step back progression until you can do 500 relatively quickly. After you establish that baseline most of the time you should be using an interval workout. Not doing 500 straight reps, but mixing a few exercises to get the same conditioning, but allowing your muscles to use more of a sprint capacity.

PHASE 2 – Squats and Jump Squats

Begin by adding a few jump squats in every 25 reps. For instance 20 regular squats and 5 jump squats. From there progress to 10, 15, eventually to the full 500 in jump squats. At this point you may choose to add a more difficult variation every 20 reps such as squats with a power jumper, or a jump lunge or possibly even a one-legged squat.

PHASE 3 – Heavy work and light work

As you progress along these lines, you need to be training your max strength as well, after all you don't get top end strength without training it. Most people will never get to high rep heavy endurance without also significantly adding to their top end strength. That means low rep heavy, full and partial squats. Additionally in this progression you should be using a mix of bodyweight and light forms of resistance (a very light barbell). To condition your body to be able to handle the same kind of high reps that you normally do with bodyweight, but with added resistance.

PHASE 4 – Ramping up the heavy high reps

All along you should continue your light high rep and heavy low rep conditioning. For what I have in mind, the wear and tear that heavy high reps puts on your body is not the kind of thing you want to do all of the time. But you can get the same benefit and not have near the physical damage by working it intermittently. Begin by working in sets of moderately heavy, high rep sets. Also begin staggering in multiple moderate rep sets with fairly heavy weight with your conditioning. In this way you teach the muscles to be able to contract strongly enough to lift heavy, but in the conditioning environment. You also begin to accustom your body so the soreness will not be too horrible.

PHASE 5 – The Final Push

Begin by setting a target weight and goal of repetitions. You may need to work through multiple goals over a period of time to get there. For instance for me the first goal might be bodyweight barbell squats for 200 reps in less than 20 minutes. The ultimate goal might be 500 for 300 reps in say 30 minutes. Use partial movements to help you get there. You might use a moderately heavy short partial for high reps totaling say 800 pounds for 300-500 reps. I believe then you would want to use progressive distance training with the weight that you intend for your ultimate goal. So working to a longer and longer range movement with 500 pounds for 300 reps. If you've kept up your top end training and gotten enough rest you can then make the final attempts at the full lift for your full goal.

ROUTINE 26

Next Level Progression, The Faces of Endurance

A big portion of this book is about having conditioned strength and simultaneous high strength and high endurance. For most people endurance means only a basic cardio or high rep movement. It may have some muscular component and may be high effort if it involves fast paced such as sprinting or fighting. I however believe that strength and endurance are inter-connected and necessary for each other. When you begin to look at it in that light, there are other combinations of endurance that exist outside the mainstream of thought. The training that we have suggested here will prepare you in some ways for these, but many of them will need a specific build up. I also believe that while they are great as mental and physical barrier busters they are not necessarily the smartest thing to do all of the time. Here are several challenges you may want to put yourself through to be in touch with every face of strength and endurance.

WORKOUT 1 – Endurance max strength

Most of our workouts are purposely low volume. It gives you all the benefit with no where near the damage, but for the sake of testosterone driven exploration try this one: 50 to 100 one rep sets with 75 percent or more of your max on the exercise of your choice.

WORKOUT 2 – Multiple times a day strength

Perform at least one heavy lift over 75% of your max on a given exercise every hour on the hour while you are awake. This should probably add up to 15 or so heavy sets, but it takes on a whole different meaning when you space them out all day. Alternately you could vary the exercises, but the point is lift something very heavy every hour all day.

WORKOUT 3 – Multiple times a day endurance

Perform at least three tough 20 minute endurance sessions spread out throughout the day. This is just a rough guideline. Ultimately you could perform four or five. The point is, do something that high level taxes you and prove that you can come back

and repeat it multiple times in a day. Another variation would be to use one of our condition strength routines from this book so that you get a combination of endurance and heavy lifting multiple times in one day. This may be no big deal to some of you pro-level fighters, but it's a big step for the average trainer

WORKOUT 4 – Multiple days in a row

Again if you're an experienced athlete and you've spent years conditioning it may be no big deal to you, but truth is, even most high level athletes don't do extremely heavy lifts or high effort training for multiple days in a row. I know you have me be used to doing some sort of heavy lifting every day, but that's not what I'm talking about. Pick one particular workout that takes you to 85-90% of your max effort on a lift and repeat that four to five days in a row. For me that ended up being squatting 850 pounds four days in a row.

ROUTINE 27

EDT Charles Staley/Bryce Lane

Charles Staley coined the term “Escalating Density Training,” and has a fantastic DVD and wildly successful series on it. Bryce Lane also uses a similar workout as part of his line of extremely innovative training. You should be investing in courses from both of these guys. The basic premise is to take either one exercise or two exercises and perform as many reps as you can in a given time period with a given weight. You progress by adding more reps in that same time period. Eventually more weight, then more reps, etc. Within this you have both strength endurance and aerobic progression. A very efficient and fast training system.

Here are some sample workouts that I know they have used and with the addition of combat efficiency techniques.

WORKOUT 1 – Kettlebell Snatches

Pick a kettlebell you can snatch for reps. If you could do 10 reps max, you might start out by doing 5 reps each hand and repeating as often as possible for fifteen minutes. Do fives until that’s too difficult, then threes, twos and ones. The point is don’t rest very long. In using the one arm snatch you build in essentially a “rest period,” while you’re opposite arm is working.

To add in our efficiency work do two Qi Gong breaths and one five second isometric punch after every set.

WORKOUT 2 – Overhead Press and Row

Same situation. One exercise provides rest for the other and both work opposing muscles. Take something you can do for 15 reps of each and start with 5 reps. As many sets as possible in 10 minutes. Two Qi Gong breaths after every set and one 30 second grappling isometric every two minutes.

WORKOUT 3 – Sandbag Clean and Press

This one we're just going to use the simple one exercise set up. Do it as many times as you can in 20 minutes. Again two Qi Gong breaths every time you take a break and Use your isometric bag set up so that after every rep of clean and press you can stop, pull the chain tight and do a 7 second isometric throw.

ROUTINE 28

All Stone Training

Stones are the oldest strength tool of mankind and have been used in martial training all over the world since its inception. Here's an all stone workout for you and a 50 rep challenge. You should have at least two stones, more is better. Try to find something small you can warm up with. Something moderate that you can do some decent reps with and something heavy that truly challenges you. This may mean different stones for different exercises and stones of different shapes. For instance: I can press a stone over 250lbs, but I can lift a natural shape stone over 400lbs. For the training of stones it's okay to have something that you can say clean and press for one or two reps, but deadlift for five to ten. It still counts as heavy.

WORKOUT 1 – Max Day

Start with your light stone and do a warm up set of 10 reps of clean and press, bent row, deadlift and zercher squat. Proceed to your intermediate stone and do a warm up set of each of those exercises for 1 to 2 reps. Then go to the heaviest stone you can handle for each exercise and perform one all out set of whatever reps you can get. Then drop to your next stone and do one more set of higher reps of the four exercises.

WORKOUT 2 – Carry and Stone Conditioning

Do a similar warm up with your lightest stone, then set your heaviest one up so you can carry it around a preset course. Do five carries and in between each carry take your lightest stone and do 25 reps of presses, rows, squats, deadlifts and shoulders.

WORKOUT 3 – The 70 Rep Stone Challenge

Well all you have to do here is one set. The catch is you can't put the rock down. It should be something intermediately heavy for you. Something that really forces you to work. Begin with a clean and press. Clean the rock once and press it 10 times. Drop it down to a Zercher position and perform 10 squats. Drop it to your feet and perform 10 rows. Squeeze it to your chest and perform 10 good mornings. Now sit to the ground with it, lean back and perform 10 floor presses, rest it on your chest

and perform 10 sit ups, stand back up with the rock (actually a form of Turkish Get-up) and finish with 10 deadlift (or clean or shoulder whichever you can manage by this point), now you can drop it.

I'm training this one with a 200lb flat stone so take up the challenge.

ROUTINE 29

Tire Training

The strongman event of tire flipping may be the most brutal of whole body conditioning exercises known to man. It seems to work everything and work it hard. As a plus, I find it just as much of a muscular developer, but easier structurally on the back. I don't think you can do anything that makes you breathe any harder.

Here are some variations to experiment with.

WORKOUT 1 – All By Itself

Tire flipping alone is a very powerful stimulant to the body and if you worked it alone you would get great strength and endurance very fast especially if you worked it hard. If you have a couple of different weights of tires that will also be very helpful. You can use a lighter one to warm up with and do high reps with and a heavier one to work explosive strength with. Dedicate one day to doing nothing but flipping the tire over the course of a few weeks you might build up from say 3 x 5 to 5 x 8 to 10 x 10. If you can do 10 x 10 with one minute rest you will be very, very tough.

WORKOUT 2 – Flippin' and Jumpin'

Great for explosive strength and endurance. You need to have a tire that when it's laying down on it's side you can do an explosive squat jump onto the top of. Most big tires will work great for this. Start off with one flip and one jump onto the top of the tire, then two and two, three and three up to ten and ten.

WORKOUT 3 – Flippin' and Poundin'

The tire makes a great target for the sledgehammer and the workout combining sledgehammer swinging and tire flipping makes a great combination as they are like a reverse mirror of each other. The tire flip is a powerful extension of the entire body and the sledgehammer swing is a powerful contraction in the opposite direction. Try five sets of five flips and 20 swings.

WORKOUT 4 – Partner Martial Arts Flips

For this workout you need two guys, a heavy bag and tire. One guy goes to the heavy bag and does one minute while the other guy does one minute of tire flips. As soon as their minute is up, they wrestle for one minute, then rest for one minute and repeat the cycle until somebody has to come in for dinner.

**An alternate version if you don't actually want to wrestle would be a tug-of-war with ropes or a towel. Just keep pulling hard. If you want to make the workout tougher, have one man pull against two or more people at the same time. That way they can better control how much resistance to give him and max out his effort.*

ROUTINE 30

Ultra Rep Conditioning Challenge

You'll have noticed by now that most of the time we are training to achieve a particular conditioning or strength effect, not looking for a tremendous volume of training. If you train hard on very direct routes to all the qualities necessary for a great martial artist, you will achieve plenty of training volume and get excellent results out of your training time and still have time left over to actually practice martial arts or actually have a life. Sometimes however you need a challenge. There is something more than the pure physical aspect to be gained by taking on a challenge that is over the top. Physically the rest of your training just doesn't seem as hard after you've done something that's taken you into the ultra rep 1,000 or more territory. Neither does the rest of your life. The act of staying at training like this and doing rep after rep after rep mentally toughens you and helps to ramp up your internal energy putting it directly into your useable strength. It breaks down mental barriers and gives you a permanent sense of endurance and fitness.

Progressing to this is just like the build up of other basic conditioning. Stagger your repetition progress and then when the time is right, push for the mountain top. The Outlaw Workout listed earlier is a great workout for working these kinds of challenges.

Here are a few that you should take on at some point in your training.

WORKOUT 1 – 1,000 Reps Bodyweight Squats

Try to get below 40 minutes. Some will even get as low as 30. It will definitely help you to play rep counting games to get there. You could pace per minute or start off with 100 and progressively do less. Count from 1 to 10, however it works for you.

WORKOUT 2 – 1,000 Reps Mixed Bodyweight

This is a great challenge to take on because it let's you get into that territory where you know you built super-endurance, but it doesn't over stress one particular part of the body nearly as much because it spreads the stress out. Try 100 of 10 different bodyweight exercises. You could do squats, mountain climbers, squat thrusts,

jumping jacks, sit ups, push ups, hyper extensions, reverse hyper extensions, Hindu Push ups, and bodyweight rows.

WORKOUT 3 – 1,000 Push Ups

This is a classic test of boxers and martial artists. I suggest like the rest of them that if you're going to train for this that you build a consistent base of doing push ups and you switch your hand spacing around every 50 reps or so to minimize the possibility of overuse injuries. Start by doing maybe 100 per day for a week, add 100 every week for the next five weeks and then take a week off and then take a shot at 1,000.

WORKOUT 4 – 1,000 Ab Raises

Another classic of boxers, many of whom simply perform 1,000 sit ups. I personally think you're better off to switch it up and perform say 10 different exercises and use a staggered build up.

WORKOUT 5 – 1,000 Kettlebell Swings or Snatches

Both of these workouts have been done by some of the very hard, very top-level kettlebell guys. John Brookfield has also done these workouts. They are not contradictory to strength and they help build that aerobic, muscular and energetic power. Pick one or the other or after a time maybe both.

WORKOUT 6 – 1,000 Sledgehammer Swings

I suggest you get a moderate weight hammer to start training with, but also a big hammer to work with on occasion. The one pictured in the book earlier is 35 pounds. Slim Farman used them and so does Brookfield. You can't go wrong with an ultra-manly challenge like this. I think gloves are okay to use if you're prone to skin tears. You probably need them on this and maybe the kettlebells too.

WORKOUT 7 – 1,000 Indian Club Swings

The light Indian club specialists of the last century did 1,000 rep swings, but it was just with 3 pound clubs, we ain't talkin' about that. We're talking about what some of the ancient warriors and some of the new club swinging guys have done. 20 pounds or better. I know Scott Sonnen has done 1,000 reps. Doing it is deceptively tough.

WORKOUT 8 – 1,000 Rep Partial

Steve Justa popularized this in doing ultra-high rep quarter squats and his fantastically creative training. It was also popular among the old time strongmen in different poundage lifts. Steve Schmidt of today has done 1,000 or more rep back lifts with 1,000 or more pounds. This is truly hardcore stuff. You'll come away with an entirely different view of strength and endurance.

WORKOUT 9 – 1,000 Rep Cable Pulls

I don't know if anyone has considered this challenge but me, however in training for it it is a ton of physical work. Use a moderately heavy cable set. I use the LifeLine Chest Expander set. I like to work through five or six exercises. You can also use a combination of their Power Jumper or a longer cable set to work in more leg or full body work.

WORKOUT 10 – 1,000 Punches

Since we are after all training for combat, we ought to work this one in. This is actually probably the easiest of the above listed challenges and is really the jumping off point. To make it really tough, do 2,000-3,000. Working on a heavy bag, or just punching in general is such great physical exercises, this one will really help you build lasting endurance.

WORKOUT 11 – Barbell and Dumbbell Lifts

What about 1,000 reps with a 75 or 100-pound dumbbell? Or how about a pair of 60-pound dumbbells? Or a 150-pound barbell? Endurance will take on a whole new meaning.

WORKOUT 12 – Odd Object

Did you know that the world record for cleaning and pressing a 132-pound keg is almost 1,000 reps? Done is the neighborhood of six hours. What a fantastic achievement of strength and endurance. Find your own personal challenge.

WORKOUT 13 – Combined Challenge

Any of these individual ones not enough for ya'? I understand... I know you eat nails for breakfast. How about 1,000 push ups and 2,000 squats? How about 1,000 back lifts, and 1,000 bag punches? How about if you want to really spread the stress around, pick 10 relatively tough conditioners and do 100 of each? 100 kettlebell swings, sledgehammer swings, squats, push ups, sit ups, partial lifts, club swings, cable pulls, dumbbell lifts and barbell lifts.

ROUTINE 31

Ultimate Self-Defense Fitness

Some of you who have this book may not be serious martial artists, or you may be a serious sport martial artist or just interested in exercise. Everybody however ought to do some serious physical defense training. The world is just too dangerous not to and it's a skill every man and woman ought to have. Reality based training not point or ring sparing or form training. How to really hit hard and how to really defend yourself. We created this routine for those who are looking for a time efficient way to train all of your physical ability and your reality self defense at the same time for a superior training effect.

Here is a three day program. Just one of a basic sample of how this could be set up.

WORKOUT 1

Begin with a basic warm up and Qi Gong breathing. Proceed immediately to 2-minutes of neck bridging then five sets of one rep squats, mixed with 1-minute heavy bag, punches (power punching, open hand, straight self defense strikes), then immediately to 3 rounds of sand bag lifting and elbows and knees on a heavy bag or striking pad. Finish with five 1-minute rounds of partner reality defense training (could be grappling, or any specific attack work with a partner) and 15 squat thrusts between rounds.

WORKOUT 2 – Basic warm up and Qi Gong breathing. Immediately five sets of one, one arm press, 10 cable resisted punches and ten isometric strikes. Then five sets of one rep one arm rows mixed with one minute on the heavy bag, three sets of five rep weight sit ups and 50 rep Hindu Squats. 3 sets of weighted grip work and 25 reps Hindu push ups and 3 rounds of weapons practice, one minute each, mixed with calf raises.

WORKOUT 3 – Basic warm up and Qi Gong breathing. 3 sets of one-minute neck bridges and 5 reps full contact twist. Five sets, one rep of stiff leg deadlift and heavy bag. Five sets of cable complex and 20 kettlebell swings. Five sets of one minute escapes (working to get out of a particular hold or position and sprinting away), and grip work and 3 sets isometric strikes and gun disarms/attacks.

With this you've worked max strength, rep strength, endurance, basic attacks, defense, escapes, weapons, internal energy, health based breathing, grip, neck, abs, power building for specific martial techniques all with time efficient workouts and result producing exercises.

ROUTINE 32

Martial Arm Power

Let's face it, as much as we talk about not caring about looks, only wanting function, or just wanting to be a great martial artist, everybody also wants to have great big powerful arms. As long as you maintain speed, efficiency and total function of the arm I see nothing wrong with it.

Here's an arm training workout you might like. It still covers all the bases of performance and martial training, but with an emphasis on the arms. Always remember that to get really big powerful arms you need to work the rest of the body and get good at the big exercises, not just the arm-specific ones.

WORKOUT 1 – basic warm up and Qi Gong breathing. Bottom squat 5 x 1, sled drag and sit up three sets. Then five rounds of cable tricep extensions, one rep, one arm presses, 10 isometric punches and 10 cable resisted punches. Finish with three sets on the heavy bag and three sets grippers and pinch grip.

WORKOUT 2 – Basic warm up and Qi Gong breathing. Stiff leg deadlift 5 x 1, sand bag carry and full contact twist for three sets. Three rounds of cable curls 10 reps, one arm rows for one rep, sand bag squeezes for 30 seconds. Three rounds of cable curl for three reps, dumbbell power curl for one rep, and sand bag bear hug sled drags. Finish with 3 sets of one arm thick dumbbell farmers walk.

ROUTINE 33

Round The World

Although all strength cultures demonstrate the same basic training elements they might be a bit different in their application or specific tool, but they all combine the same formula of super-human ability. These workouts are to give you a feel for the training of specific and martial cultures from around the world. This concept first appeared and is detailed more in articles on the Underground Strength Coach website by Zach Even-Esh. I also highly recommend the site and his products.

WORKOUT 1 – The Hindu 1

Six minutes straight on a heavy bag. I don't care what you do, but I would mix open handed strikes, elbows, knees and kicks and try to keep a fast pace, at least 50 strikes per minute.

Three super-sets of 20 rep Hindu pushups and 40 rep Hindu squats. There's always the option to do more here.

Three super-sets of 40 reps "Digging the Pit," with a sledgehammer and three sets sled drags. Each set go down 50 to 80 feet facing forward and come back facing backward. That's one set. "Digging the Pit" is a bent over sledgehammer swing. Hindu stone shoulder. A round stone will work best for this, but use what you've got. Including sandbag or keg if no stone is available or odd shaped stone. Shoulder stone to the right shoulder, then drop it over backward behind you to the ground. Turn around, shoulder to the left shoulder, drop over behind you. Repeat till you hit 20 reps.

Stone throw and kettlebell walking swing. Pick up a moderate to light implement, preferably a stone and throw it. Now grab a kettlebell and do walking swings over to the stone, pick it up, throw it again, walking swing to the stone, repeat until a feeling of enlightenment sets in or maybe I should say lightheadedness. I always confuse the two.

WORKOUT 2 – The Hindu 2

Six minutes non-stop on heavy bag.

100 Hindu Jump squats

50 Hindu squat thrusts. Performed the same as a regular squat thrust except you perform one Hindu style squat, then on the second rep your hands go to the ground,

legs come back to a wide stance, perform a Hindu style push up, then come back to standing.

Three super sets of 20 mace-style sledgehammer swing and strike and 20 stone throws. Throw high instead of long so you don't have to chase the stone to keep the pace fast on this superset.

Kettlebell Halo and stone lift. Perform three super sets of 15 reps kettlebell halo swings and five to ten reps of stone lifting using the stone lift of your choice. For the Halo swing hold the kettlebell upside down by the horn, backswing, then swing it up, circle the head and come back down between the legs.

WORKOUT 3 – The Shaolin

Six minutes non-stop on a heavy bag, then six minutes of one arm kettlebell snatches. Follow with three one-minute sets of kettlebell horse stance holds. Grab a moderate size kettlebell holding it in either the rack or front position, assume a wide stance, squat down to parallel and hold for one minute. Bear crawl for three sets of 50-yards. Stone lift or barrel lift – one set each. Clean a press, row, squat and deadlift. Finish with 100 Roman Chair sit ups and 200 push ups.

WORKOUT 4 – The Mongolian

Six minutes non-stop on a heavy bag. Follow this with stone or sand bag clean and press for max weight. Then stone and sand bag carry minimum of 100 yards. Super set, cable set bow pulls with Mongolian bodyweight squats. 100 cable pulls, 50 squats. For the cable bow pull grab a cable set, hold it as if you were actually holding a bow and arrow. Pull it back. If it's a heavy set you'll have to stop at the shoulder. If it's a light set you'll be able to pull all the way back to a straight arm. Mongolian bodyweight squats simulate the way Mongols ride a horse. Assume a moderate stance, squat all the way down, come up $\frac{3}{4}$ of the way for four reps and all the way on the fifth one. That's one rep. Next a kettlebell swing for 3 sets of 25 mixed with sled pulls.

WORKOUT 5 – The Sumo

Lot of people see Sumo wrestlers and assume by their appearance that they are not highly trained martial artists. This couldn't be further from the truth. Begin with six minutes non-stop on the heavy bag. Proceed to Sumo Bodyweight squats for 100 reps. Assume a wide stance, squat as you come up, raise one leg to the side and high into the air. As you come down, stomp that foot on the ground, sink back into the bottom of your squat, come back up, raise the other leg and repeat. Sumo Stone Squats – for 50 reps. Hold a small stone or sand bag in your arms in the Zercher

position. Balance it in your forearms and keep your palms up. Pushing upper body isometrics against a pole or tree, 50 reps each arm. Bear hug, sand bag, sled drag one set. Bear hug, sand bag, cable resistance throws for one set of 20. Sand bag press for three sets of 10. Kettlebell swing for 50 reps and partner sumo carry for one set. Grab someone you can carry and set out a short course you can walk on. Carry them piggy back, over the shoulder and bear hug style forward and backward over the course.

WORKOUT 6 – The Russian

Begin with six minutes on the heavy bag, then move to kettlebell clean, squat and press for five sets of five each arm. Kettlebell swing for 100 reps. Cossack squats for 100 reps, single leg squats for 5 x 5 if you use bodyweight or 5 x 1 if you use weight. Sledgehammer swing for 100 reps. Partial deadlift and sled drags – super set for 4 sets of one.

WORKOUT 7 – The Celt

Begin with six minutes on the heavy bag, follow it with 15 hill sprints, follow that with 100 kettlebell swings. Find a barrel or something you can load a stone on. Load your heaviest stone to it for five singles or whatever reps are appropriate to make you work hard. Five sets of 30 seconds of crossed sword dance and your favorite agility obstacle run. Perform the crossed sword dance by setting to sticks/poles into a cross or “x” pattern. It’s similar to a Dot drill. You jump alternately on one foot, then two feet, clockwise, then counter clockwise over the arms of the “x”. For the agility obstacle run, find something you have to run a short distance to then jump or negotiate your way over. Finish with 10 stone throws.

WORKOUT 8 – The American Indian

Begin with six minutes on the heavy bag then go to 20 minutes of Fartlek running. Fartlek is a Swedish Field term, it means to alternate walk, jog and sprints with continuous movements. Go to sledgehammer swing 100 reps, heavy stone lift 10 reps, light stone clean and press 50 reps, sand bag carry for 200 yards and cable bow pulls for 50 reps and 100 push ups.

ROUTINE 34

A 30-Day Consistency Challenge of 15-Minute Solutions

If you've seen anything by now in the routines in the book it's that if you consistently train for strength and endurance together you'll get 'em. You know what one of the most important sentence was? "Consistently." SO... we're going to give you 30 days worth of workouts. None of them more than 15 minutes long, because if you do it right you can get most of the job done in 15 minutes. AND many of you may only have 15 minutes to train on some days. Not every day has to be six hours long to make great progress. If you follow these 30 days you'll be immeasurably stronger and more enduring at the end. We're going to give you as much lee-way and variety as we can in these workouts. That means that many of the exercises will be purely up to you and dictated by what equipment you have to use. We'll name you specific ones, but don't feel confined, just do the workout with what you've got. Substituting in where you need to. You can use them in the exact sequence that we give them or just pick them out when you need them. The exact sequence is set to give you regular enough work on the strength exercises to make progress and variety on the conditioning. 30 Days that'll change your life.

Start every one of these workouts with a one-minute version of the basic warm-up we've suggested and the Qi Gong breathing. Mix in as it seems best to you one of the maximum martial art training exercises such as the isometric strikes or throws to be sure this is making you better as a fighter. Any time you have to take a breath in this workout and as you cool down make sure you repeat the Qi Gong breathing.

DAY 1

Bottom squat 5 x 1 (Do this lift and load style. Should not take you more than 5 total minutes to complete), finish with 10 – one-minute sets of bodyweight exercises.

DAY 2

One arm press 5 x 1, finish with 10 minutes of kettlebell swings.

DAY 3

Five rounds of stiff legged deadlift x 1. Sandbag press x 8 and sledgehammer swing x 25.

DAY 4

As many rounds as possible one arm row x 1. Push up x 10. Jump squat x 15.

DAY 5

Stone clean and press, bent row, squat and deadlift all for three sets completed in 15 minutes.

DAY 6

Full contact twist x 5. Mix with one minute rounds of bag work, repeating as many times as possible in 15 minutes.

DAY 7

Bottom Squat 5 x 1 mixed with five rounds of a cable complex.

DAY 8

Bear hug sled drag as many trips as possible in 15 minutes.

DAY 9

Partial deadlift, one arm press, one arm row 5 x 1

DAY 10

Zercher squat 5 x 5, mixed with one arm thick dumbbell farmers walks and bridges

DAY 11

Weighted sit up 5 x 5 mixed with tire flip of 5 x 10.

DAY 12

15 sets of squat thrusts, no less than 5 reps per set, start a new set at the top of each minute.

DAY 13

Dumbbell one leg deadlift, single leg bottom position squat 5 x 1. Five minutes of clean, press and squat with the kettlebell

DAY 14

As many rounds as possible of one rep bottom squat, 50 punches on heavy bag.

DAY 15

One arm press and windmill and one arm row for 5 x 1. Five minutes of barbell complex.

DAY 16

Three minutes of bridging, five sets of calf raises mixed with five sets of bottom position overhead squat for one rep. Finish with three minutes of Power Wheel pikes.

DAY 17

As many rounds as possible, 10 sit ups, 10 push ups, 20 squats in 15 minutes.

DAY 18

Five minutes Indian Club Complex, five minutes of a dumbbell complex, five minutes of heavy bag.

DAY 19

Stiff legged deadlift 5 x 1 mixed with 5 rounds of stone carries.

DAY 20

Partial overhead press 5 x 1, 10 minutes isometric and resisted strikes or grappling.

DAY 21

Bottom squat 5 x 1, one arm press 5 x 1, Tabata sprints (you can do this with any bodyweight exercise or cardio equipment or actual running).

DAY 22

Five minutes of sled drags, three sets of 10 tire flip, 5 x 1 one arm row.

DAY 23

15 minutes of one arm snatches. As many reps each arm as many times as possible.

DAY 24

Three rounds one rep stiff leg deadlift, one arm power curl, 10 squat jumps and your favorite agility obstacle run.

DAY 25

Weighted distance walk, pick anything you like and carry it as far as you in 15 minutes.

DAY 26

Hill sprint or stair run and push up for 25 reps as many rounds as possible in 15 minutes.

DAY 27

Max stone or sand bag lift for 5 x 1 or whatever is the appropriate reps for the heaviest implement you have. Two times through the barbell complex.

DAY 28

Bottom squat 5 x 1, three sets of pinch grip, grippers and towel deadlift.

DAY 29

Partial squat, deadlift, row and press for 5 x 1.

DAY 30

Light sand bag clean and press x 10, Dennis Rogers' Lever Wrist Curl x 5, bodyweight squat x 25. Shrug x 10 for four rounds.

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I would just like to thank you for your time and interest in this material. I hope you enjoyed it and have found things, which will be of benefit to your health, sport, ability, spirit and life.

God bless and good training,

A handwritten signature in dark ink, appearing to read "Bud J. J. J." with a stylized flourish at the end.