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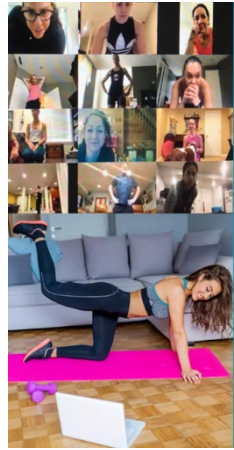
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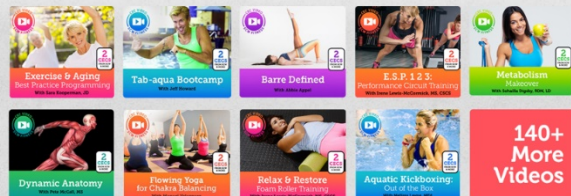
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## **TUKONG CARDIO COMBAT KICKBOXING**

### **BY: JANELL VELA SMITH**

Introduction:

Tukong Cardio Combat Kickboxing is a total Body workout utilizing punching, kicking, striking combinations as well as traditional martial arts moves and drills.

#### **Anatomy**

**All major muscle groups**

**Upper body - Bicep, triceps**

**Lower body - Quads, hamstrings, gluteus, calves.**

#### **Training Techniques**

**Punching /striking techniques. Striking targets enables resistance training and cardio for both target holder and striker.**

**Kicking techniques enable all lower body muscles to be used. Kicking targets allows for resistance training and cardio.**

**Five Training Variables when creating a class (ratios - 3 to 1 min./2 to 1, 1 to 1) means less recovery time**

**A Intensity- How Hard- achieved through bag work/drills**

**B Repetitions- How many-high reps to burn out**

**C.Duration- How Long-timed drills and sparring**

**D.Activity- What type of exercise-All Martial/Combat Kickboxing techniques utilizing a "Total Body Workout"**

#### **Training Tools**

**Gloves**

**Targets**

**Jump ropes**

**Resistance bands**

**Agility Ladder**

Jump Rope drills 1min/1min punching combinations		
<b>Partner</b>		
*Squats with Front Kicks (using targets) *Step behind side kick *Cross in front Roundhouse kicks		
*Plank Shoulder taps *Aligator crawls *Turning back side kicks *Low Hadan kick drill (with agility ladders) *Plank side knee with pushup *Front kicks with burpee		
*Partner crunches with Partner one holding plank *Hop over person's legs into a burpee (partners) **Bicep curls with exer band(speed upper cuts)		

A. Objectives To learn HOW TO teach an effective and fun Cardio Combat Kickboxing class (client/student may train at a higher HR zone i.e, Interval training)

B. What Is Tukong Cardio Kickboxing - An Interval/circuit "Martial Athletics" type class for well conditioned clients/students and Instructors

C. *Instructor Qualifications: 1 year fitness instructor experience, recommended Licenses/Certifications/Registrations: American Council of Exercise (ACE); American Fitness Aerobic Association (AFAA); American College of Sports Medicine (ACSM); National Exercise Trainers Association; Interactive Fitness Trainers of America (IFTA)*

D. Purpose- For those who wish to improve their cardio/strength endurance and teaches you how to work hard during active recovery all while teaching a fun effective class with useful Self-Defense techniques. You will learn Traditional Martial arts training techniques along with “real” sparring techniques. Heavy emphasis on bag work/conditioning

II. The Physiology Response

Working all three systems of: Aerobic Energy System (with oxygen), B. Anaerobic Energy System (without oxygen) C. Immediate Energy System (Active recovery energy) used during interval training

III. Frequency- How often

IV. Three types of Interval/Circuit Training

A. Aerobic- Building a strong BASE 70-85% HR

B. Aerobic/Anaerobic - Building speed and explosive power 75-92% HR

C. Anaerobic - Building speed and cardio endurance 85-MAX HR

V. Potential Workouts/class structure - NOTES:

A. WARM-UP/STRETCH 10MIN.(65-75% HR)

B. PROGRESSION IN MOVEMENTS- BUILDING COMBINATIONS FOR MOVEMENT, THEN ADD DRILLS/INTERVALS/PLYO MOVEMENTS TO GET HEART RATE CLIMBING TO 75-85% MAINTAIN FOR 15MIN. (WORKING

AEROBIC/ANAEROBIC)

C ADD IN RESISTANCE TRAINING(BAG WORK/WEIGHTS/S, THEN BACK TO HIGH INTENSITY CARDIO COMBINATIONS/RUNNING/SPRINTS

D. See Attached handout for Basic Self-Defense techniques (Introduction Only)

D. Stretch/water break, gear up for sparring rounds in RING!!! Finish with ab work

E. COOL DOWN- IP SUN TAI CHI

Conclusion: ENJOY ADDING THESE FITNESS-MARTIAL ARTS FUSION TYPE CLASSES TO YOUR FACILITIES- HAVE FUN!!

NOTES/COMBINATIONS: Warm-up 2x jabs, 2x jacks R/L warm-up do Tukong

## Moving hard blocking 1-4

- #1 Low block/high block punch, kick punch, kick double punch
- #2 Low block side punch, back chamber, step behind side kick, neck chop
- #3 Back balance, Right hand side punch, front chamber, spinning side punch, step in front, roundhouse reverse punch, double palm strike
- #4 (Right foot longstance) double high block, Left low knee kick, jump front kick, punch/punch(R/L), Left foot side angle kick, jump side angle kick right, double palm strike, sitting dragon!

1. Jab/jab cross, hook R/L, 4x uppercuts, 2x scissors- this combo on beat, discuss being on beat and using off beat combos  
30second power jacks
2. Knee jab/cross  
30second mountain climbers
3. 3x jabs double knee  
30second jump shots
4. 2x elbow strikes R/L, 2x knee strikes R/L  
30 second 180's

**Thank you for Attending!!**

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2002 National Taekwondo Champion,  
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Executive Producer  
And Founder/CEO of Iron Dragon Productions  
HISTORY OF TUKONG MARTIAL ART STYLE:  
<http://tukongaustin.com/history/>**

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by National Strength and Conditioning Association

Notes: