

500 Round Challenge

The 500 Round Challenge is an annual event that challenges each student to put in a minimum of 500 “rounds” of training each year (and for more advanced athletes, there are the 800 Round and 1000 Round Challenges). The goal is not only to achieve this minimum of rounds, but also to maintain that minimum over a period of years, and strive towards a personal best.

The objective of this event is to challenge students of all levels to develop a commitment to consistent training and injury prevention. This requires a commitment that goes beyond just showing up for class. This is a goal-oriented process, that will demonstrate the benefits of consistent cross-training.

Guidelines

In order to “count” towards the 500 Rounds, the following rules apply:

1. In order to promote intense training, students must perform a minimum of 5 rounds of training per session in one area of training, in order to count towards the 500. Dabbling won’t cut it. See list below.
 2. In order to promote longevity and injury prevention, each training session must include a thorough (10-20 minute) warm up and a cool down session (10 minutes), followed by stretching.
 3. Because we favor a mixed-Martial Arts approach to training, no more than 80% of the 500 Rounds (400 rounds) may be in any one area – in other words, you may specialize, but you must cross-train.
 4. For variety, we have included a number of qualifying training formats (see below), however, the majority area must be of a Martial Arts focus (as opposed to running, yoga, weight lifting, etc).
 5. As a commitment to the challenge, students must register their official “Start Date” and “Plan” with their instructor. Students may begin the challenge at any time in the year. The “Plan” includes what their majority focus will be, who their training partner(s) will be, and when they intend to train each week. Students will track their own rounds, progress will be posted as a group to sponsor competitiveness.
 6. Students must not allow their 500 Round Challenge training sessions to interfere with their regular class attendance. This training should supplement their regular classes, not replace it.
 7. In order to promote fitness and injury prevention, we are also include other types of conditioning rounds that will benefit Martial Arts training. This includes running, rope jumping, weight lifting, and yoga. Furthermore, if an injury is caused during a training session, those rounds do not count towards the 500. It’s not enough to train often, you must also train smart.
 8. Advanced students are encouraged to attempt to meet the 800 Round or 1000 Round annual Challenge.
- Qualifying Martial Arts Training Formats

Qualifying Rounds - Primary Focus

(These formats may comprise the majority of your rounds)

Thai Boxing Drill Rounds

1 Round = 3 min. work interval, 1 min. rest interval (with kicks)
1 of every 5 rounds may be a Boxing Round, Long Count or 4 Count Combinations

Savate Kick/Combination Rounds

1 Round = 3 min. work interval, 1 min. rest interval
Repetition of a single kicks or single combinations for duration of each round
These may be striking targets with a partner, or solo training in the air

Panantukan Drill Rounds

1 Round = 3 min. work interval, 1 min. rest interval
1 focus mitt progression for the duration of each round, switching leads often.
This may include dumog, but must include hitting the mitts with a partner.

Sensitivity/Flow Drills

1 Round = 5 min. work interval, 1 min. rest interval
Focus on Hubad, Pummeling and the Plumb
May insert any other partner-based drill or variation

Partner Sinawali with Footwork

1 Round = 5 min. work interval, 1 min. rest interval, alternate pattern with each round

Stick Dummy/Tire Rounds

1 Round = 4 min. work interval, 1 min. rest interval
Single stick, double stick, dos manos (largo stick or staff), with or without the armor

Grappling - Active Open Rolling (Gi or No-Gi Randori)

1 Round = 9 min. work interval, 1 min. rest interval

Grappling - Floor Dummy Drills (may be done with a partner, who acts as the coach)

1 Round = 4 min. work interval, 1 min. rest interval
Repetition of a single drill or movement combination for duration of each round
Options: shooting/sprawling reps on a hanging bag, submissions, escapes, or reversals

Capoeira - Sequencias

5 Rounds = 100 reps of any one movement sequence done in 30 min.
This sets the proper pace and intensity level for training (average of 3 reps per minute).

Additional Fitness/Conditioning Rounds
(These formats may not qualify as majority focus)

Jump Rope Conditioning

1 Round = 5 min. work interval, 1 min. rest interval

Yoga - Vinyasa

5 Rounds = 5 forms or major sequences per session
May be Dhanda, Longi, or any other traditional solo form of Yoga

Weight Lifting - Accumulated total amount of weight lifted per session

5 Rounds = (1000 lbs + bodyweight) x 5
This assumes at least 3 major exercises, 3-4 sets each, with an average of 12 reps/set

Distance Running

5 Rounds = 5 miles

Sprinting/Stair Running

1 Round = 10 wind sprints or 10 flights of stairs, 2 min. rest interval between rounds
1 flight of stairs = minimum of 14 steps, taken one or two at a time
1 wind sprint = 20-30 seconds sprint, then return to a light jog

500/800/1000 Round Comparison

Challenge	Divided by a 5 Round minimum (per workout)	80%	20%	Average of
500 Rounds	100 Sessions	80 Sessions	20 Sessions	One 5-round session every 3-4 days
800 Rounds	160 Sessions	128 Sessions	32 Sessions	One 5-round session every 2-3 days
1000 Rounds	200 Sessions	160 Sessions	40 Sessions	One 5-round session every 1-2 days <i>OR</i> One 10-round session every 3-4 days