

Wisconsin Martial Arts Camp - Training Regime

If you have what it takes, you might just be able to get in shape for the camp:

Weight Lifting	3x/week Minimum - 5 Routine Cycle <ol style="list-style-type: none">1. Chest, Triceps, Abdominals2. Back, Biceps, Calves3. Deltoids, Traps, Neck4. Legs, Calves5. Support Work: Lower Abdominals, Hip Flexors, Intercostals, Inner Abdominals Lower Back, Upper Back Support Rotator Cuff, Forearms
Running	5 Miles/week Minimum
Stretching	4x/week for 30 Minutes Minimum Proper and Thorough Warm-Up Routine each and every workout
Bagwork	20 Rounds/week Minimum (Hanging Bags, Thai Pads, Focus Mitts) 10 Rounds/week Minimum Stick Dummy Work (Extra Focus on Left Hand) 50% Kicking and Knees (½ Foot Jab & Thai Kicks, ½ Savate/TKD & High Kicks) 50% Punching, Elbows and Head Movement Drills
Carenza	2 Hours/week Minimum (Extra Focus on Left Hand) Solo & Doble Olisi, Solo & Doble Daga, Olisi y Daga, Sibat, Empty Hand Footwork Drills (Shuffling, Triangle, Pivoting, Tyada) 3x/week Minimum Basic Body Mechanics (Striking, Solo & Doble Olisi) before Each Workout 200 Rail Kicks/Leg/week (Kicking Delivery Form Isolation Drills)
Grappling Movement Drills	Scout/Shrimping 10 Laps/week Minimum Shoulder Rolls (Forward and Back) 10 Laps/week Minimum Sit-out Drill 15 Minutes/week Minimum Svasana/Ardhasvasana Divebombs 25/week Minimum
Conditioning	100 Squats/week Mimimum (In addition to weight lifting) 50 Lunges/Leg/week Minimum (Triangle Footwork Lunging) 200 V-ups/week Minimum (In addition to Abdominal Work) 200 Push-ups/week Minimum 50 Pull-Ups/week Minimum 50 Body Builders/week Minumum (Work to 50 each workout, adding one daily) 10 Rounds of Jumping Rope/week Mimimum
Dummy Work	1 Hour/week Minimum (½ Mook Jong Sets, ½ Free Flow)
Sinawali	Either with Partner or on Stick Dummy 30 Minutes/Week Minimum
Flow Drills	Hubud, Sumbrada, Knife Tapping, Punyol/Punto Sumbrada, Pummeling Focus on Switches and Transitions, Even Cadence and Good Body Mechanics As often as you can before the camp

Abecedario

Solo Olisi - (Extra Focus on Left Hand) 20 Minutes/week Minimum
Picking up 2nd Hand/Dagger
Guntings, Double Tap, Block & Check, Umbrella, Cambiada, Palisut/Follow

Disarms Twice/week Minimum:

Lines 1-5 (Cinco Teros) - 25x from each line
Snake, Vine, Wave, Strip, Eject, Snatch, Pinch - 25 x each type

Jun Fan Trapping Sequences (Either on Dummy or Partner) 20 Minutes/week

Diet

.85 X bodyweight (lbs) = grams of Protein (minimum daily intake)
.65 X bodyweight (lbs) = oz. of water (Daily Base Rate)
+ 1 Liter of water per hour workout
5 Meals daily
Supplementation Recommendations
Creatine Monohydrate (Pre & Post Workout) - Growth & Development
GABA (Gamma Aminobutric Acid) - NeuroTransmitter Support (Nightly)
Glutamine (Amino Acid) - Muscular Recovery/Anti-Catabolic
Daily Multi-Vitamin

Rest & Recreation

1 Day each week of no workout whatsoever.
1 Letha Yoga Session/week minimum
15 Minutes Daily Meditation/Min Zin
7 Hours Sleep/night minimum
1 Massage just before the camp
(For more information contact Jeoff Hutcherson, Kari Post or Bill Anderson)