

Phase IV Level Training

In Phase IV we begin to realize the physical and mental changes that occur after several years of consistent training in the Martial Arts. Part of this requires that students plan their training around the attributes and skills that they would like to have. In this way, students become responsible for their own progress, which prepares them for Phase V level training - specialization.

The following are a series of prompts designed to help students take a disciplined approach to structuring their training time. Advice will be given based on the goals set, and training methods will begin to be more specific to the student's interests.

Goal Setting

One of the most important qualities a professional Martial Artist or Athlete can have is the ability to create a workout regime designed to attain a set of realistic and clearly defined goals. Goal setting is a learned skill, the following prompts will help you define your own training objectives.

For each of the following attributes, set a goal for the next month, 6 months and year:

Strength

Timing

Flexibility

Rhythm

Endurance

Balance

Speed

Coordination

How often are you training in each of the following areas? Each Week? Each Month?
(List in terms of class hours or rounds of training.)

Weightlifting

Abdominal Work

Running

Jumping Rope

Stretching

Grounded Movement Drills

Bagwork & Padwork

Sparring

Wooden Dummy Work

Flow Drills

Stick Dummy Work

Abecedario

Carenza

Sinawali

Footwork Drills

Meditation

What aspect of training is highest in your set of training priorities?

What Injuries or limitations confront your progress?

What steps are you taking to maintain, rehabilitate or improve those injuries or limitations?

Phase V Level Training

As students spend more time training, they will find areas of the Martial Arts in which they would like to take their skills to an advanced level. This type of specialization requires a commitment to the parts of training that will develop above average skills and insights into that aspect of the Martial Arts. For some this may involve some form of competition, for others, this will simply mean developing the movement characteristics that are associated with expert performance.

The following prompts are designed to help the student bring their interests into focus, and develop a training regime that will help the student attain them.

What area of training do you intend to specialize in?

For this area of training, list 10 benchmarks that demonstrate progress in skill and ability:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Who are your role models for this type of skill and level of performance?

What training methods have you added to develop attributes for that skill set?

What other training methods are going to be a primary part of developing these skills?

What activities outside of the Martial Arts or Fitness training will also enhance your skills in this area?

What books, videos or other resources can help you develop insight into this area of specialty?

What outside training experiences would help you attain these skills and abilities?
(Seminars, training camps, retreats and intensives, etc.)

List three events that you will attend to further these goals in the next year:
(Include the costs and time involved, including travel expenses)

1.

2.

3.

As Martial Artists, we put ourselves through extreme conditions, risking injury, exhaustion, overtraining, spending countless hours in the gym, sacrificing time, money, dietary habits and energy for things that many other people find to be not more than a recreational activity. The most important question in the Phase Program follows:

What are you doing this for?