



# Power-training for fighters

## Part 1

Rayen Bindraban has been a physiotherapist for 21 years, has gained experience in The Netherlands as well as in foreign countries at grand tournaments (European – and World Championships), was physiotherapist of the Suriprofs (team of professional Surinamese soccer players) for 5 years and is closely involved in nutrition and training of many top-sportsmen (professional soccer players, athletes, fighters). Because his ambitions reached further than what physical therapy and its specializations have to offer. He specialized in aspects of training, coaching and nutritional science at among others the KNAU (National Dutch Athletics Union). He has many diplomas and certificates such as top-sports coach since 2002 in which his specializations are sprint training, power training, mental supervision and talent development. Momentary Rayen accompanies some professional fighters with specific power training and right nutrition from his three practices in Amsterdam. For more information about Rayen's resume or company you can visit his website [www.reatsports.com](http://www.reatsports.com)

In my next articles I'll discuss power-training for fighters.

The aim of these articles is contributing to challenge sporters up in the world of power-training. Power-training has become more and more important in topsports. We can see this in all different types of sports. In many sports world-records are broken, think of sprint at the previous Olympic Games. I'm convinced that a large part of the successes are the outcome of improved training methods, especially specific forms of power- and conditioning training.

Every serious athlete that wants to reach the top will have to follow adapted power-training programs next to their own sport.

There are many misunderstandings and myths when it comes to power-training. The biggest misunderstanding is that power-training makes you slower and heavier because power-training is often associated with bodybuilding. Power-training has as its goal to make the fighter's entire body stronger and not just one particular muscle group or one movement. My own experience is that I'm usually amazed at how weak some parts of the bodies of 'strong fighters' are. If these parts ( the weak links) were to be strengthened, the fighters would be going forward with large steps.

### **The main goals of power-training for fighters:**

Increase of explosivity/speed, stability/balance, power-endurance and coordination.

Prevention of injury; with a versatile trained body you'll get injured less quickly and recover more quickly.

A fighter can also have extra goals:

- Weight-gain or weight-loss
- Changing of body-composition (for example more muscle, less fat)
- Training for stronger back and abdominal muscles, so called 'core-stability'
- Getting more supple and flexible

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**Always consult a certified or professional trainer even your physician in case of any doubt.**



Always remember that power-training is a means to reach your goal, in other words, kickboxing is still the most important part of your training and power-training will help you become a more complete fighter.

When you want to compose a power-training scheme there are some important factors you have to keep in mind: what are your goals? Are you a beginner or do you already have experience with power-training? How often can you train? Once a week is the absolute minimum.

It's important to first learn and control a good technique before starting with explosive and complex training forms. A badly performed training can cause injuries, ask for professional guidance. Power-training has to be done concentrated and is often custom work.

**Important is that the power-training schedule's contains the following items:**

Explosivity, this is necessary to be able to develop power and speed as quickly as possible. Stability and balance, these are important because they make punch- and kick power more efficient.

Coordination, this is very important, it teaches your different muscles to work together.

My common advice is training with loose weights (halters and bars) as much as possible. With this form of training you're not attached to a machine but you train in your own natural range of motion and you rely more on stability and coordination of the body.

**What kind of exercises do we choose to do?**

Exercises that give you the opportunity to train as many muscles in the body as possible at once, such as squats, dead-lifts, bench-press, lat-pulleys and good-mornings. With these exercises we train muscles that go over many different joints which is why these exercises are also called multi-joint or compound exercises. The advantage is that you teach your muscles to work mutually together (inter-muscular coordination).

What I don't recommend is performing isolated exercises such as bicepscurls, hamstringcurls and leg extensions. These are nice bodybuilding exercises but are not really functional for a fighter (they are nice for the beach).

Also recommended are exercises that lay an accent to core-stability. These are the muscles in the area of your stomach and back, especially deep abdominals and back muscles that are responsible for the central stability in our body. Without stability of the central core it's impossible to punch or kick really hard. These exercises can be done on a swissball and in many variations on a cablestation (see [www.reatsport.com](http://www.reatsport.com) for these exercises).

Try, when you control the technique, to perform explosive forms of the exercises such as squat-jumps.

In my next edition I'll discuss training and specific training forms more extensively. For moving images of power-training for fighters I refer to [www.reatsports.com](http://www.reatsports.com) under the headline 'Power-training'.

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