



Power-training for fighters

Part 2

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

In my former article (part 1) I discussed the need of power-training for fighters, in this article I'll discuss the important items of power-training. Always train aspects of speed, strength, endurance, flexibility and coordination. In this article I'll write about a sport-specific training for kickboxing, I'll discuss the energy systems, different kinds of power, coordination and stability aspects. Sport-specific training has as main purpose to raise the performance of kickboxing. The goal is to kick and punch faster, harder and more precisely, to train general endurance and to stand on with more stability. An important side-effect of sport-specific training is that it teaches you to deal with fatigue (buffer capacity) so you can stay focused longer and prevent unnecessary injuries.

Energy system at kickboxing

For kickboxing you have to train different energy systems evenly (aerobically – anaerobically and lactate system). I'll spare you the details and directly make a jump to the practice. Training in which you run an hour 1 or 2 times a week with a constant heart-rate are completely useless and even bad for a fighters muscle composition. If you do this type of training long enough it will provide you with slow muscle fibers and for fight sports you need fast (explosive) muscle fibers. With long-duration runs you also train a form of endurance that isn't useful in the ring or during training. Your sport exist of maximal or almost maximal exhaustion, some recovery and then proceeding of the exhaustion. A good alternative for a long-duration run is interval training, training that makes your heart-rate, speed, power-endurance etc., vary, below you'll find practical examples of training.

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Different kind of power at kickboxing

Maximal power, this is the power you need to lift an object as heavy as possible, it teaches your nervous system to provide more power than daily workouts require.

Explosive power, this is the capacity to develop maximum strength as quickly as possible. Maximal power is about as heavy as possible and explosive power is about as quickly as possible. If you combine these two forms of power in your training you're training straightly 'Knock-Out Power'.

Power-endurance is the endurance you need to keep providing maximum power even when tired.

Fast-power is the ability to overcome two medium-weight resistances as quickly as possible. These last two you need to train to be able to kick and punch just as powerful while tired, at the end of training of a match, as you did at the beginning.

Stability and coordination

Another highly important part of kickbox training is the so called 'core-training'. This is a form of training that's aimed at the deep abdominals and back muscles (the core of the body) to ensure stability and coordination of the entire torso. Arms and legs are attached to the torso, it is logical that the more you stabilize your body the stronger the torso, the better power can be transferred to kicks and punches. Core training can be done in different ways, on a swissball but also with cables or strong elastic bands (see www.reatsports.com). A feature of stability training is that the exercises are often performed asymmetrical so pushing/pulling with one hand or turning with your torso while you keep stabilizing the body firmly. Coordination aspects are also handy to train with, the better muscles learn how to communicate with one another the stronger they are when they're being used.

For moving images of power-training for fighters I refer to www.reatsports.com under the headline 'Power-training'.

Practical examples of training:

Interval training 45 – 60 minutes:

Outdoor:

Jogging 5 minutes and loosening exercises for 5 minutes.

100m spring at 90% of your maximum speed, after every 100m jog back to the beginning. Repeat 6 – 8 x

3 minutes running on a high tempo (maximum speed you can keep up for 3 minutes), 1 minute jogging and 1 minute walking. Repeat 3 x

20 lunges followed by 5 jumps knees to chest. Repeat 2 x

Jog for 10 minutes, after every 30 seconds you perform an exercise or 10 seconds such as shadow boxing, kicking exercises, jumps, knee lifting, etc.

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Different ways to gain power:

(Weights dependent on fitness)

- Maximum power: for example bench-press or dead-lifts as heavy as possible, 2 of 3 repeats with help of a partner
- Explosive power: for example squat-jumps or military press (push up explosively), both with a free bar and resistance. 2 – 3 sets of 6 – 8 reps, 3 minutes rest between sets
- Power-endurance: for legs 30 squats, 30 lunges, 30 step-ups, each with 20 kg of resistance. End with 15 kicks right and left on a cushion. Repeat 2 x with 1 minute rest between sets
- Fast-power: try to lift a dumbbell of for example 20 kg as quickly as possible up with one arm and hold up above your head 1 second, after lower dumbbell and repeat 15 times. Repeat 2 x with 2 minutes rest between sets

Stability and coordination:

An exercise for torso stability and power is the diagonally cable-cross. Grasp cable above at the left with both hands and pull down to the right with stretched arms as heavily as you can. Perform the exercise controlled. An exercise for coordination: stand on one leg, bend forward, lift a dumbbell of 10 kg and bring it up above the head, slowly lower the dumbbell, stay balanced on one leg and repeat 6 – 8 times.

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