



Power-training for fighters

Part 3

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When I'm talking about power-training for fighters I hear almost everyone call there has to be trained explosively. If I then ask 'what is explosive training?' the answers vary from useful to complete nonsense. In my last article I discussed the different forms of power followed by some examples. In this article I want to discuss the aspect 'explosive power-training' more extensively. Explosive power is the capacity to have maximum power at your disposal as quickly as possible. To develop explosive power you also need stability and starting-power next to basic-motoric skills. Start-power is the power you need at every sport that requires fast movements, the power to move from standstill to an explosive movement.

Explosive training has to be done by a policy. This form of training can be extremely injury sensitive and is not recommended to a beginning sportsman. But also an experienced and professional top-sporter should deal with explosive training with policy. Too many reps or a wrongly chosen weight can lead to injuries of tendons and affixtures even with top-sporters. Especially in the kickboxing sport many seem to think that the more and the harder you train the better you get. This idea has been undermined by many sports scientists, sometimes a little less training will have a lot more training-effect. Current science teaches us that 'right dosage' of versatile training impulses gives the best training-effect. What the right dosage is differs from person to person. For this right dosage many factors are important (age, gender, fitness, genetic predisposition, etc.).

What should you keep in mind with explosive power-training?

Before beginning with an explosive exercise the sporter first has to be able to perform the right technique. It doesn't matter if it's about an explosive push-up or squat-jumps. You also need to have a solid basic strength and have to be able to make a controlled fast movement with a good balance in your torso muscles.

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



Explosive power-training can be done best with loose dumbbells, bars, medicine balls, thick elastic cords and sometimes it can also be done very good with your own bodyweight. The attributes mentioned give your body the ability to follow its own range of motion. You train in a more natural way and work on a better overall active stability.

If you want to do a good power-training at the gym as a kickboxer it's important not to only do explosive exercises but perform these as an important part of training. To benefit optimally from explosive power the composition of your training is very important. Try to also pay attention to core-stability exercises (torso stability) and coordination aspects of shoulder- and hip muscles. Don't forget that maximum power is also a determining factor for a good explosive training.

Practical examples of an explosive power-training for a kickboxer

Chest and arms:

1. Push-up on a soccer ball, from front lay lean on the ball with your hands, push up, lift the ball from the ground and catch. Next to explosivity you also train coordination and balance of the shoulder stabilizers. The more stable the shoulder, the less energy is lost during punches, the more powerful the punch is.
2. Push-up: front lay hands on 2 heightenings on each side of your body (for example 2 steps), quickly move arms to the middle and flexibly catch your upper body, push arms back explosively on the heightening

Legs, butt and back:

1. Squat-jump: bend your knees to seating position, hold there for a moment and jump up explosively. At landing catch shock subtle by bending your knees and ankles a little.
2. Stride-jump: stand in a lurch position, one leg curved at the front and the other curved at the back, jump up and change position at landing. With this exercise you train coordination and balance of the hip, knee and ankle joint next to explosive strength.

For more advanced sporters these exercises can be made heavier with a bar with weights, with dumbbells or a weight-jacket.

Shoulder muscles:

1. Explosive military press: keep a loose bar with weight in front of your chest and push up as explosively as possible while exhaling, lower controlled and repeat. Perform exercise while standing.

Core stability and balance:

1. Stand on one leg with a disk of 5 kg in front of your chest, bend over with your upper body and pull other leg actively towards your stomach. Stretch out 1 leg to the back and two arms to the front explosively, you're in a 'floating' position, pull back calmly and repeat.

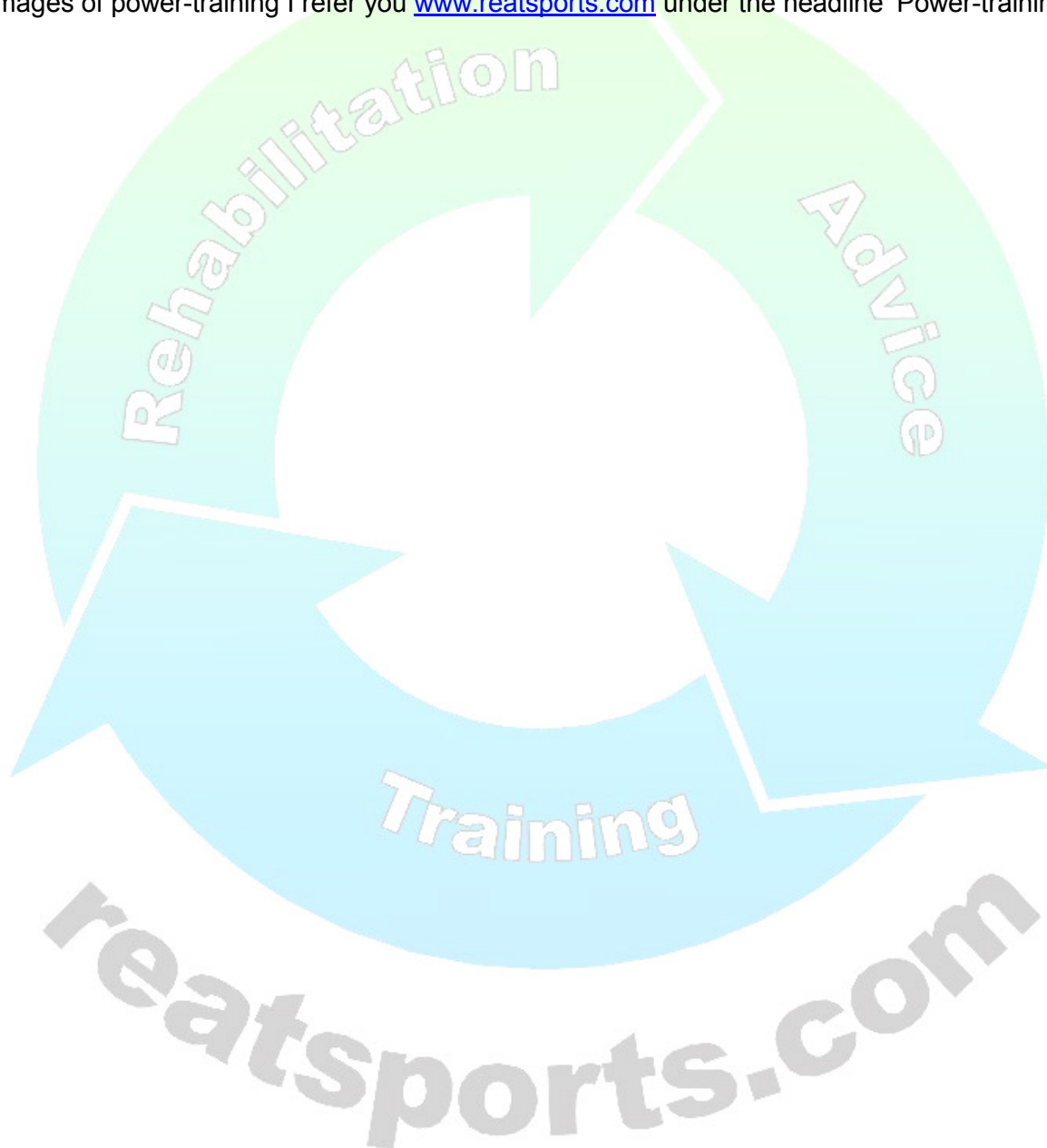
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Remember:

When it comes to explosive training some principles from classic power-training are not applicable: the overload principle (do a little more than you can) is not recommended, it significantly increases the risk of injuries. When performing explosive exercises the quality of the exercise is much more important of the quantity, so limit the number of reps. After explosive exercises the body needs a longer period to recover than after normal power-training. Limit the number of explosive trainings to 2 or 3 times a week. For more moving images of power-training I refer you www.reatsports.com under the headline 'Power-training'.



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