

AKKA Karate USA

7504 N. Oak Trafficway | Gladstone, MO 64118 | 816-682-2428

AKKANorthland@gmail.com | www.AKKANorthland.com

Fitness | Family | Fun ... Whatever it takes!

Training tips

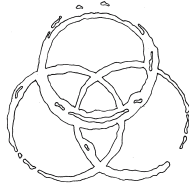
How to get the most out of your lessons and training

After taking your Intro Lesson and getting your White Belt, read through the History Booklet. A basic knowledge of martial arts history can be helpful as you begin your training. Much of what you are going to learn at AKKA Karate USA is rooted in past traditions that have proven themselves over time; knowing a summary of that history will make it easier to submit to the process that one undergoes while learning a traditional martial art. (Parents, you will benefit by gaining an understanding of what it is that your child(ren) will be learning...you might even find that you become interested in training yourself.)

If you have any questions or concerns, please don't hesitate to speak to your instructor. Nothing is "too trivial" if it causes you a problem. We want to make your training with us rewarding and effective.

It is important to establish a training regimen that allows your body and physical skills to develop. After warming up, begin your training with the most sophisticated portion of the curriculum. As you become fatigued, fine motor function will degrade. For that reason, we suggest the following order in training and practice.

- 1) **Warm-Up:** At the beginning of each workout, start with the same set of loosening and warming drills. The specific repetition of the same movement will encode itself in the body's memory; when you begin with that movement the body begins to know "what's up" and prepares itself with more and more facility. As a general rule, intense stretches designed to increase range of motion are not suitable for this purpose; such stretching is best done at the end of a workout. Ask your instructor any specific questions you may have before beginning a comprehensive stretching program; better safe than sorry.
- 2) **Basics:** The Basics listed in the requirements for Gold Belt (Pa Chi) are the best way to begin. Running them as a standard drill when you begin your workout aligns the mind and body, making the rest of your workout more effective. An experienced student can run these drills from memory in 6 or 7 minutes.
- 3) **Kata:** Kata is the "pearl" of our system. It is important to begin each practice session by running each kata that you know. In the beginning, when you have few katas in your repertoire, run them more than once. The major psychological attributes of an accomplished martial artist are developed and polished by the diligent practice of kata. Juniors, remember you are never "done." Make a game of it to see how fast, how slow, how high, how low, or pick a different direction ... you get the idea.



AKKA Karate USA

7504 N. Oak Trafficway | Gladstone, MO 64118 | 816-682-2428

AKKANorthland@gmail.com | www.AKKANorthland.com

Fitness | Family | Fun ... Whatever it takes!

Training tips...

4) **Techniques:** Practice techniques in the order that they are listed on the charts. Encode that order as a body memory. In the time it takes to read the name of a technique off the chart, you could have run it twice. If you practice in this way, you will not need to memorize the order of the system, **YOU WILL KNOW IT!**

5) **Specialized skills:** Specialized skills can be many things. It could be a favorite technique or sparring combination that you want to improve, or just play with. It could be a particular area of growth in your constitution that is not adequately developed and is undermining your performance in different areas, e.g. flexibility or speed. Whatever it is, is your choice, but it does not need to be a part of every workout.

6) **Conditioning:** This is anything you need to do to improve your overall physical conditioning. As a beginner, you should try a set number of traditional calisthenics at the end of each workout. As students advance, many begin to cross-train with weights or road work. In the end, conditioning is best addressed as a separate workout.

It is important that you recognize that you are the one most responsible for your progress. Take yourself and your training seriously. Moreover, your training habits have a large impact on the school as a whole. Just participating in a lesson to your fullest is a difficult undertaking, and is a skill that needs to be developed by you. Don't shortchange yourself or underestimate the positive influence you can have on the students around you.