

As a coach of a competitive kickboxing club in Orangeville, Ontario I find that 95% of those who come through the door what to train in authentic kickboxing to improve overall fitness and learn proper self defense, but aren't interested in the full contact competitive side of the sport. We completely respect that that and never push our participants to take part in sparring or competitions .Our philosophy is that "YOU" know when you want to compete, we are here to prepare you for the decision that only "YOU" can make.

Training for competitive kickboxing is not for the faint of heart or those with a casual interest in the sport. The athlete must adopt a lifestyle including physical training for strength and endurance in both muscular and cardiovascular, diligently work on developing superior techni-

Here is some insight and tips into Steve's rigorous training that often goes overlooked.

R u n n i n g / C a r d i o Training- 30 minutes a day 6 days a week within 6 weeks of a competition: The cardio vascular system is categorized into two energy systems, Anaerobic which produces energy in the absence of oxygen and lasts from 20 seconds to approximately 2 minutes at a very high, almost "all out" intensity and the Aerobic which utilizes oxygen and generally can be maintained at a moderate intensity for 2



Kickboxing Competitive Training

cal skills in both boxing and kicking techniques, adhere to a proper nutrition and hydration plan and mentally focus on the upcoming competition. For many that's just too much to handle, for the ultimate warriors who step into the kickboxing ring...it a way of life.

One such athlete who made that choice early on in his training was 22 year old Steve Scarfe. Steve started in our Fitness kickboxing program and enjoyed it so much he wanted to test his newly acquired skills in sparring. After just a little over 2 years Steve has ascended to the top ten "Cruiser Weight" rankings of the CASK (Council of Amateur Sport Kickboxing), earned a spot on the Canadian National Kickboxing Team , won a gold medal at an international kickboxing event in Trinidad and captured the 2007 Ontario Kickboxing Championship for -81 kilogram weight class. Not bad for a kid who just came in to get in shape.

minutes to an hour or more. Many trainers fail to recognize that you must train the proper energy system to prepare the athlete for the specific task. Long moderate intensity runs for 45 minutes that used to be the prescribe cardio routine for boxers prepares them for a 45 minute moderate continuous bout but does not adequately replicate the actual bout conditions. 30 to 60 second intense stair runs, sprints, skipping as well as speed, agility and quickness drills with agility ladders, mini hurdles, pylons and weave poles are much more effective and train the athletes system to be able to function and metabolize at a high level and recuperate fast between rounds.

Strength- 3 times week always resting at least 1 day between workouts, 2-3 sets of 10 different body part exercises: Ya, we know boxers and kickboxers don't like lifting weights. There are other more innovative and challenging methods for strength

by Ross O'Donnell





training. One of the newest most effective training tools for overall body strength is “The Equalizer”. It is a multi-purpose and versatile piece of strength training equipment that works arms, chest, back and core muscles like no other can. You use your own body weight as resistance and decide what level is right for you by “self-spotting”. It has a simple versatility that allows the user full control over the amount of body-weight used for any given exercise.

Focus pad work, 3-4 times a week 3-4 two minute rounds: Just like it says, focus pads...not power pads! How many fights do you see on TV where the computed punch count to punches landed is not even close in number? The athlete should focus on precision in striking the target. The focus pad should replicate the part of the body that you intend to hit. Throwing blind power punches and kicks will not prepare the athlete to see the opening and hit it. Just as a sharp shooter wouldn't practice hitting a barn door but instead he would aim for a small exact spot on a target, so should the athlete and coach by utilizing the pads for accuracy. By having the coach move the pads and display them for the athlete to either

punch or kick, the result will be an increase in reaction, speed, timing and accuracy. As the accuracy of the punches and kicks landed increase, so will the judges points per round and eventually the knockouts as the power and accuracy combine.

Kick Shield or Heavy Bag work-3-4 times a week 3-4 two minute rounds: Kick shields and Heavy bag work is the best way to develop bone shattering power into your kicks. You don't need to practice your “Jackie Chan” Hollywood stunt acrobatic kicks, just raw power combined with accuracy and proper technique on push kicks, side kicks and roundhouse kicks. Practice remaining balanced and in a solid stance while delivering the strikes and not throwing everything into the attack and landing awkward and in a poor defensive position. Practice throwing flurries of 4-5 punch combinations. Stick to straight jabs and crosses with hooks on the traditional heavy bag and use a wall mount or uppercut bag for the uppercuts to avoid wrist injuries when throwing the power.

Sparring, 2-3 times a week 4-8 two minute rounds: Try to conduct your sparring in a ring. Remember, it's

sparring...not fighting. Use control, work the angles, and practice controlling the center of the ring. This is your chance to work the corners either by strategically manipulating the opponent into the corner or practicing escape and counter attacks. Keep the contact light to moderate and use it as a training opportunity and be responsible. Use proper equipment, head gear, mouth guard, low blow protector, shin guards, foot guards and at least 16 ounces gloves. If an athlete shows up without the proper sparring equipment he should be offered a great spot to sit and watch the others who are properly equipped...no exceptions!

Diet, as important as physical training. If you don't fuel your car it will stall and stop part way through the trip...so will the body without proper nutrition and hydration. Each day drink about 6 litres of water. Before your training session drink one bottle of water one hour before the scheduled start of the training, one bottle 20 minutes before and ? bottle for every 15 minutes of training. Try to consume your carbs like oatmeal and rice, protein like chicken, fish or steak and healthy fats at every meal breaking it down to 4-6 small meals. Think of it like fuelling a fire...keep throwing on small logs and it with keep the fire burning hot. Eat fruit up to mid-day and then vegetables in the last half of the day. A good rule of thumb is if it doesn't grow or eat something that grows...don't eat it...no, chocolate bars don't grow!

Train hard and train regular, remember, when you aren't training...your opponent probably is!

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