

Week 1

Breathing Standing Or Sitting In A Chair.

Breathe in through the nose and out through the nose. Your mouth is closed at all times and you are breathing in and out through your nose only.

As you breathe in, expand your lower stomach, specifically your belly button area. Breathe in and your lower stomach expands.

As you breathe out, contract your lower stomach, specifically your belly button area. Breathe out and your lower stomach contracts.

When performing these breathing exercises, you must stand or sit properly and be conscious of body alignment and posture. Stand or sit up tall; yet keep posture relaxed, not tense. Imagine a “midline” running from the top of your head down through the middle of your body. Keep your body weight balanced and evenly distributed in relation to this imaginary midline. Your abdominal muscles should be contracted with your rib cage lifted so your pelvis is in a neutral alignment with your tailbone pointing down. Shoulders are back and relaxed. Do not hyperextend your knees, or elbow joint. Hyperextension places excess stress on ligaments and tendons that attach at each joint, increasing potential for injury as well as decreasing the effectiveness of stretching or strengthening activities.

If you are sitting in a chair, your knees are bent at a 90° angle with feet flat on floor positioned as if you were standing. Everything else from the standing position applies.

Warm Up #1- Body Movement

#1: chest opener- back squeeze (watch video)

#2: elbows to ceiling- inner biceps to ears (watch video)

#3: heart & kidney stimulation- rotate on balls of feet- safe knees and hips (watch video)

#4: back fist- hand on chest- rotate on balls of feet- safe knees and hips (watch video)

#5: squat & look 40%- rotate fingers to sky- rotate on balls of feet- safe knees and hips (watch video)

#6: hip rotation both sides- circles (watch video)

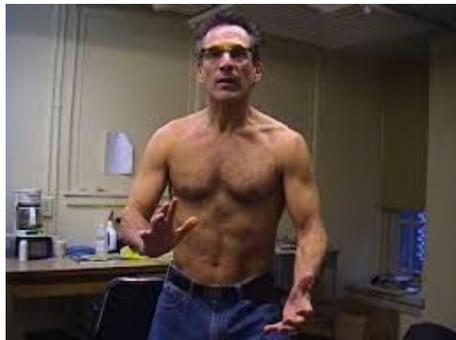
#7: tea cup bend both hands at sides- one elbow up at a time (watch video)

#8: sun salute- reach overhead to sky- back stretch and neck release (watch video)

Low heart rate. Each exercise takes 15 seconds performing 6-10 reps. That's a 2 minute warm up you do first thing in the morning. The results speak for themselves.



age 27



age 54



age 63

Warm Up #2- Martial Breathing

Your mouth is closed at all times and you are breathing in and out through your nose only.

#1: elbows touching same side floating ribs. Palms forward facing, arms bent at 45%. Front perimeter protection. Movement is tension on the extend out and softness on the retract in. No joint locking. Works bicep, forearm and chest. Fingertips shoulder height. Inward rotation. (watch video)

#2: elbows touching same side floating ribs. Palms side facing, arms bent at 45%. Side perimeter protection. Movement is tension on the extend out and softness on the retract in. No joint locking. Works bicep, forearm and lats. Fingertips shoulder height. No rotation. (watch video)

#3: hands behind head, finger tips touching. Elbows up and parallel 180% to side. Outward rotation. Then inward rotation, hand crossing palm to knuckles at chest line moving down to belt line. Targets lats, bicep, forearm and chest. (watch video)

#4: hands extended outward 180% to the side, shoulder height. Bring hands together meeting at center of chest midline. Inward rotation. Targets chest, biceps and forearm. (watch video)

#5: cover-palm strike and switch hands. Neutral rotation. Targets biceps, forearm and oblique. (watch video)

#6:
(watch video)

#7:
(watch video)

#8:
(watch video)

#9:
(watch video)

#10:

(watch video)

Moderate heart rate. 8 minute moving stretching standing or sitting. 45 seconds per position. 49 breaths first, 3 sets and then do the 10 next breathing positions.

Solo Conditioning- Stand up phase

I find quick spurts of high energy heart rate for 10 seconds with a 5 second rest targeting large muscles used in BJJ is beneficial for superior conditioning.

For example:

5 speed squats

5 speed sprawls belly to mat

5 mountain climbers

5 cross over bear crawls

Do that cycle for 6 minutes. My division is 5 minutes.

3 times a week, one round after class. On exhaust mode. Bleed in practice and sweat in competition. After 12 times or 4 weeks, you will notice an improvement in your game.

High heart rate. ***Cardiologist says don't go over 70% of maximum heart rate when training. August 20, 2018 report.***

Martial-ates

Solo martial arts based movements on the ground to enhance performance for your sport or activity.

Upper moderate heart rate first half. Upper heart rate second half.

Ginastica and Allen BJJ routine.
3 times a week, one round after class.