

Warrior Fitness User Guide Series Presents:

The Warrior Fitness Guide to Striking Power – Level 1



By Jonathan Haas



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Disclaimer:

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only.

You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this e manual is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The author advises readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this e manual, be sure that your equipment is well maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises in this book are not intended as a substitute for any exercise routine or treatment that may have been prescribed by your physician.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program,

If you experience any light headedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

The Warrior Fitness Guide to Striking Power – Level 1

***By Jonathan Haas
www.warriorfitness.org***

Special thanks to Jason Burns for the photography!

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Introduction

Warrior Fitness Guide to Striking Power – Level 1 is an introduction to the ultimate low-tech, no gym required, way to increasing the power behind your strikes. The exercises contained herein have been carefully selected for their ability to ramp up force production, build powerful angular and rotational strength throughout the trunk and core of the body, and balance that new strength with mobility. Additionally, they will strengthen and stabilize the body's structure to support more powerful strikes.

The goal of this manual is to train movements using simple, inexpensive, low-tech equipment and bodyweight exercise to begin to facilitate a growth in both striking power and efficiency. This is not a generalized workout program to gain muscle (although you will) or lose fat (although you will do that as well), or add pounds onto your deadlift (you probably won't do this - sorry). This program is designed to be employed with any striking art from traditional martial arts to boxing to MMA. It is specifically crafted to groove unique neuromuscular patterns in order to train your body how to hit harder, faster, and smarter with the appropriate amount of tension. We will increase strength throughout a range of motion as well as coordination, agility, and conditioning.

The Warrior Fitness Guide to Striking Power allows you to think outside the gym!

We will employ a multi-modal based approach to increasing striking power and proficiency.

- **Sledge Hammer** for force production, rotational strength, and grip strength
- **Medicine Ball** for explosive strength and rotational strength
- **Resistance Bands** for force production and rotational strength
- **Bodyweight Exercise and Isometrics** for structure and stabilization

General Physical Preparedness to Specific Physical Preparedness

The first step in ensuring you are building skill on top of a solid foundation is General Physical Preparedness (GPP). The goal of GPP is enhanced work capacity. This is the ability to run faster, jump higher, and hit harder. When work capacity increases, it allows the budding warrior to adapt more easily to increases in both mental and physical demands. In other words, it increases your capacity and level of readiness to absorb higher levels of specificity. My previous book, [Warrior Fitness: Conditioning for Martial Arts](#) is dedicated to building a solid GPP base for martial arts training and life skills.

In this manual we will begin to discuss Specific Physical Preparedness (SPP) as it applies to striking. While the goal of GPP is muscular adaptation, the main focus of SPP is neurological adaptation. Specific Physical Preparedness builds on GPP by increasing the development of characteristics necessary for a particular sport or activity – or, in our case, martial arts. Therefore, GPP helps to make you effective while SPP makes you efficient. The end stage goal is of course to be both effective and efficient in each and every movement.

Intelligent Tension

Too often in punching and kicking techniques, we find what I've come to label as "dumb tension" used either accidentally through lack of knowledge, or taught and passed down on purpose through lack of understanding. Dumb tension is defined as either the complete usage of whole body, generalized tension to attempt to power a specific strike or the complete lack of any and all tension to attempt to whip a wet noodle like strike at the opponent or target. Both of these things miss the boat, in my opinion. Intelligent tension is simply walking the middle path between the two extremes and using the appropriate amount of tension required, and only that amount, to coordinate whole body power into a strike. More tension does not necessarily equal more power in terms of striking. Actually, the more tension recruited for a movement, the less mobility you have. When we train the nervous system to fire high tension all the time, we lose mobility and range of motion. While this is perfectly fine and absolutely essential for an activity like dead lifting, it is not fine for martial arts.

Striking Principles

1. Whole Body Power

All movement happens in real life happens in three dimensions, so why train exercises that only incorporate one or two? Training muscles in isolation, unless it is used to rehab a specific injury, range of motion, or strengthen a particular muscle to add to the whole, does not work in martial art. With very few special exceptions, the majority of exercises in this manual will train movements in three dimensions utilizing diagonal, rotary, and angular strength, not muscles. As discussed above, this is the goal of SPP – neurological adaptation.

2. Stored Elastic Energy (SEE)

Stored Elastic Energy is basically the potential energy stored in tendons and connective tissue as a way to power movement. An easy exercise to begin to feel stored elastic energy is to stand in a natural stance with feet shoulder width apart. Bend your right arm and raise it up to shoulder height as if you were about to throw the most telegraphed punch in history (don't worry, it's just an exercise). Now, lead from the elbow and pull your fist back. Allow your torso to rotate, but keep the feet planted and the hips facing forward. When you reach the end of your range of motion, hang out there for a second and feel the tension (torque) on the spine. Now simply relax and release that torque to throw the punch. Don't add any driving forces with muscle. You can't propel it any faster; you'll just slow it down. Feel it? Try it again. Do it with the other arm. Remember the feeling. This is stored elastic energy (SEE). This point here about creating torque or stored elastic energy (SEE) in the spine is essential in being

able to move powerfully without winding up or telegraphing the movement. If you are having trouble feeling it, try to exaggerate the movement. Make it much larger than necessary to study the feeling. It should feel like a tension in the lower back near the bottom of the spine. When this tension (torque) is relaxed (released), the movement happens.

3. *Structure / Kamae*

Many people tend to use the terms alignment and structure almost interchangeably but in actuality, alignment is a component of structure. For example, looking at a natural standing posture, good alignment would be:

- Crown up
- Chin down
- Shoulders packed down
- Spine lifting up (through crown)
- Spine pulling down (through the sacrum)
- Hips under shoulders
- Knees under hips
- Mid-foot balance
- Chest is relaxed
- Butt not sticking out
- Hips are open
- Knees are over the toes
- Weight evenly distributed (50/50)
- No leaning forward or backward

This puts the whole body into proper alignment. Structure also

includes (in my lexicon) the balance of tensions within the body's soft tissues. Think of spine as the mast of a sail boat while the soft tissues (fascia) act as the stays keeping the tensional balance.

4. *Breathing*

How often do you think about breathing as it relates to striking? Yet it is absolutely essential to maintain proper breathing when in combat or simply hitting a heavy bag, mitt, or an opponent. Lack of breath control affects the rest of your body and hinders your overall performance.

You may not be aware that breathing is a bridge between our voluntary and autonomic nervous systems. Meaning breath is plugged into both. The autonomic system will keep you breathing continuously without your conscious control, or sometimes, without even your awareness of it going on. But, you also have the power to override that control and decide at any moment to take a deep breath or hold your breath. What does this mean to you though, right? Well, here's what it means, you have the power, at any time, to consciously choose to influence things like your heart rate and blood pressure which are not under your conscious control. Because breath is tied into both systems it can be used like a bridge to gain access to aspects of your body that you cannot directly control. Finding yourself becoming too tense, using too much force? Exhale. Maintain the pause after exhalation for a few seconds. Do it again. Calmer? More relaxed? Good.

S.A.I.D Principle

Why are all the above ideas important to understand in relation to striking and martial movement? The SAID Principle – Specific Adaptation to Implied Demand says every activity that we repeat consistently causes an adaptation in the body. The critical thing to note here is that it does not matter at all how we value this adaptation. It can be something that we want like how healthy exercise increases lean muscle mass and burns excess fat, or it can be something we do not want like how eating junk food to an extreme causes our body to adapt by putting on weight. Both of these are examples of activities that cause adaptations in the body. Our goal is to train adaptations we value highly like the enhanced neural connections in our nervous system that increase our skill level. Keep this in mind when training. We do not want to train bad habits!

Elements of Efficiency

Efficiency is defined as the amount of useful work divided by the amount of total work. In other words, how much cumulative effect is the amount of effort you are exerting have? Ever see a batter “swing for the fences” only to completely miss the pitch? Ever see someone try to pick something up that is really light, but they believe is heavy? How about watching someone using the general whole body tension we discussed above trying to hit a heavy bag? How much effect, i.e. force from the strike imbedded into the target, is gained from the huge effort expended? Efficient movement uses the least amount of force or energy to accomplish the mission.

If I Had a Hammer....

Why sledge hammers? Simple. They work. Using a sledge hammer in your training is a great way to develop the movement pathways used in striking. It will aid in force production, increase angular, diagonal, and rotational strength throughout the trunk and core, and provide an excellent grip strength workout all at the same time. When you throw in the fact that they are inexpensive and easily attainable at any hardware store, you simply can't go wrong with sledge hammer training.

Since all the weight of a sledge hammer is located at the hammer head at the end of a long handle, this tool is a great example of the leverage disadvantage principle. Basically, the closer to the head you hold the hammer, the lighter it feels while the farther down the handle you hold it, the heavier it feels. So start out holding it somewhere near the middle and adjust as your strength and control increase.

Sledge Hammer Exercises

Forward Leverage Lift

Here we will use short range leverage lifts to strengthen forearm, wrist, and grip strength. Begin in a natural stance with the hammer held at your side. Keep the shoulder down and raise the hammer solely with the movement of the elbow. We are trying to isolate the forearm

muscles in order to target them specifically. If we allow the shoulder to recruit, the exercise will become much easier.



Remember that due to the leverage disadvantage principle of sledge hammer training, the closer to the bottom of the handle you grip, the more difficult the lift becomes. As strength increases try to move down a joint and use just the range of motion on the wrist to lever the hammer.



Rear Leverage Lift

Begin in a natural stance with the hammer held at your side in a reverse grip, palm facing toward the body. Again, keep the shoulder down and raise the hammer to the rear solely with the movement of the wrist. Push the first two knuckles of the fist down while pulling back with the bottom two. This will raise the hammer slightly behind

you while training the proper alignment for a vertical fist punch.



Side Lever

Hold the hammer with the elbow bent to 90 degrees. Turn the hammer to the outside then back to the inside.



Sledgehammer Clean

The Sledgehammer Clean will work force production for short punches while helping to incorporate the entire body into the strikes. To begin,

hold the hammer at your side at a comfortable distance from the head.



Remember the leverage disadvantage principle – the closer to the head you hold it, the lighter the hammer feels, the farther down the handle you hold it, the heavier it feels. Fold at the hips and bend the knees slightly. Exhale, contract the core and snap the hips forward to bring the hammer to a clean position as shown.





Sledge Hammer Clean – Side View



Sledgehammer Clean to Flag Position

This clean to flag position will require more involvement of the stabilizer muscles as the hammer will be farther from the body increasing the leverage disadvantage of the exercise. The sledgehammer clean to flag position is done exactly like the basic clean with the exception of the final component. Fold at the hips and bend the knees slightly. Exhale, contract the core and snap the hips forward and push the hammer forward locking out the elbow and keeping the shoulders packed down.





Clean to Flag Catch

This one follows all the same criteria as the above clean to flag with one notable exception. Begin to clean the hammer with the left hand. As it begins to reach the clean to order position, toss the hammer to

the right hand and extend out to flag with the right arm.



Ninja Sword Draw (standing)

This exercise resembles the stereotype image of a ninja drawing his sword from a scabbard strapped across the back. Begin in a natural posture with the hammer held in one hand at your side. Repeat the same motion as the hammer clean, but continue through the order position to bring the hammer behind your back. Exhale, contract the core and “draw” the hammer over your shoulder stopping in the order position.





Ninja Sword Draw (kneeling)

This one is the same as the above standing version but done from a kneeling posture. Here we will recruit whole body power again, but change levels to teach the mechanics from a slightly different perspective.



Side Ninja Sword Draw (standing)

Begin in a natural posture with the hammer held in one hand at your side. Repeat the same motion as the hammer clean, but continue

through the order position to bring the hammer behind your back. This time open the bent elbow to the side, exhale, contract the core, and “draw” the hammer sideways ending up in an order position on the side of the body.



Side Ninja Sword Draw (kneeling)

This one is the same as the above standing side draw version but done from a kneeling posture. Here we will recruit whole body power again, but change levels to teach the mechanics from a slightly different perspective.



One Hand Hammer Swing

Hold the hammer head down, palm facing away from you to the

outside. Lead from the elbow and keep the hammer vertical while lifting it above and over your head. Do not slouch! As it rounds the outside of your free arm, you can bring that arm up into a kamae (martial posture). Let the hammer come all the way around the head then tuck the working elbow into your side and allow the weight of the hammer to pull it straight. This will open up the elbow and help to decompress it. Additionally, it will strengthen the connective tissue around the elbow.







Reverse One Hand Hammer Swing

This is the same as the above exercise but traveling in the opposite direction. Begin by tucking the working elbow into your side and allowing the hammer to circle around the outside of that arm, over the head and across your back.





Two-Handed Hammer Swing

This one can really be used to generate some serious centrifugal force. Just make sure you have plenty of room away from people and objects before starting to swing! Hold the hammer with both hands; bring it up and around the head. Start slowly then increase in speed as the

movement begins to groove.





Hammer Push-ups

If swinging the sledge hammer around in all of the above exercises did not provide enough of a grip strength challenge, try the sledge hammer push-up. Place the hammer on the ground, head down. Get into a push-up position and grip the hammer vertically with one hand placing the opposite hand on the ground. Squeeze the handle and perform a push-up. For an even greater challenge, try it with 2 sledge hammers!



Pendulum Swing

Begin in a natural posture with the hammer held loosely in the right hand. Turn the spine to the right while bending the right knee and allowing the hammer to swing to the left. Reverse the motion by bending the left knee, turning the spine, and allowing the hammer to swing to the right side. Keep alternating back and forth to swing the hammer like a pendulum.



A Word on Strike Conditioning

Swinging your sledge hammer at an old tire is an excellent old school conditioning exercise for anaerobic strength and work capacity. It will insure your strikes have not only power, but endurance and as well. Old tires are fairly easy to come by, usually any Tire and Auto place will have a bunch of old tires sitting in a pile outside waiting for disposal. If you ask nicely, they are pretty happy to give you a couple

for free.

There are a few different protocols that I like to use for this exercise.

Density training is one option. The concept of Density Training is pretty simple. Do more work in the same amount of time or do the same amount of work in less time. So, for example using hitting the tire with a sledge hammer as the exercise and the last time you used this protocol you managed to do 100 swings in 5 minutes, then this session you would either try to increase the number of swings you can do in 5 minutes or strive to do 100 swings in less than 5 minutes. Not rocket science, right? What if this is your first time attempting this type of training? Pick an amount of time, say 5 minutes. Then try to do as many hammer swings as you possibly can in those 5 minutes. Crank them out. Push yourself. Remember the time limit used and amount of reps achieved, or preferably write it down, and the next time do more.

High Intensity Interval Training (HIIT) is another one. It is perhaps one of the best ways to train for endurance. It will enhance all 3 energy systems in the body (2 anaerobic and 1 aerobic – see here for an [overview](#)), as well as prime the nervous system to recover automatically during lulls in activity. Simply put, HIIT alternates periods of high intensity exercise with periods of rest and recovery. It can be performed with almost any exercise and can be utilized both with and without equipment. The variety and adaptability of this style of training is second to none in results.

No discussion of interval training would be complete without touching on the Tabata Protocol. Dr. Izumi Tabata at the National Institute of Fitness and Sports in Tokyo, Japan performed perhaps the most well known study on interval training. A group exercising with moderate intensity endurance training was compared to another group using high intensity intermittent training. Each group exercised 5 days a week. The moderate intensity group exercised for 60 minutes, at 70% [VO2 max](#). The high intensity group did 8 intervals of 20 seconds, followed by 10 seconds of recovery. They operated at 170% VO2 max.

After 6 weeks, both groups experienced improvements in maximal oxygen uptake. The biggest difference between them was that only the high intensity group gained improvement in anaerobic capacity. The high intensity group actually realized a 28% increase in anaerobic capacity AND a 14% increase in VO2max. So, the study concluded that high intensity intermittent training can improve both the anaerobic and aerobic systems simultaneously. Very impressive results!

I know that after reading the amazing results achieved by Dr. Tabata you'll be ready to try using his protocol, I sure was! The protocol itself is pretty simple, in theory. Choose an exercise – say sledge hammer swings, for example (since we're talking about them). Perform the exercise for 20 seconds as fast as possible while still keeping good form. Rest 10 seconds. Complete 8 rounds.

There are several different ways to swing the sledge hammer. I don't care which way you do it – vertically, diagonally, hands apart, hands together, all are fine. Just make sure that no matter which way you choose, you do not bend your back – we do not train bad habits!



In this particular example, notice the slight turn of the spine where I store energy (SEE) in my lower back. The hammer swing is powered by the release of that energy, not by my arms. Also, notice the knees bend as I squat down to hit the tire and not bend my back. Keep good structure throughout the movement.





Restoring Breath

This breathing technique is literally a life saver when doing high intensity anaerobic workouts! It can be used in between exercises as well as in between sets, during the rest period, and at the end of the workout to normalize breathing and dramatically lower heart rate.

1. Forcefully exhale as deeply as possible by rolling your shoulders forward, tilting the pelvis up, and contracting the core strongly.
2. Pause before the inhale for a few seconds.
3. As stated above, do not actively inhale. Allow the breath to be sucked back in through the nose as your body returns to a natural standing posture.
4. Repeat for about 60 seconds, or as long as needed.

Good Medicine!

Medicine balls are another relatively inexpensive piece of portable training equipment that you can use pretty much anywhere and purchase at almost any sporting goods store. The one I am using in the pictures, I bought at Dick's Sporting Goods for about \$25. It's a 12 lb. medicine ball. For our purposes choose a non-rebounding medicine ball since we will be doing a lot of slamming it into the ground. You really don't want to have to interrupt your exercises session to go chasing a med ball that bounced out of your grip.

Medicine Ball Exercises

Medicine Ball Overhead Slam

Start by bringing the medicine ball up above your head. Inhale as you bring it up. Exhale, contract the core tightly and slam the ball as hard as possible onto the ground. Catch it on the rebound or pick it back up and continue at a furious pace. Picture slamming the ball through the ground.



This is a great exercise for developing



explosive power.



Medicine Ball Side Slam

This is a fantastic rotational strength exercise for teaching the spine to store and release elastic energy. Using a split stance, lead with the left leg and hold the medicine ball in your right hand. Left hand confirms the grip. Pull the right elbow back and turn the spine to create torque. Keep the head facing forward. Exhale and release the torque on the spine to slam the medicine ball into the ground with the right arm. Repeat on the left side.



Medicine Ball Rock Up and Catch

Begin in a natural stance with the medicine ball held in front of you. Squat down to a flat foot squat. Keep the spine long; lift through the crown. Sit down and rock back bringing your feet up and over. Exhale as your core is compressed by the motion. Reverse the movement and come back to a seated position throwing the medicine ball up and

catching it. Stand without using your hands and continue.





Med Ball Dragon Walk

Stand in a natural posture with feet slightly wider than shoulder-width

apart. Hold the ball in front of the stomach area. Keeping proper crown to coccyx alignment, turn on the spine and drop the right knee in line behind the left heel. Do not allow the knee to touch the ground. Reverse the movement by turning again on the spine lifting the ball above your head creating a straight line from the ball down the back through your rear foot. Continue from side to side.



Two Hands on the Ball Pushups

Place both hands close together on the medicine ball and perform a pushup. These are great for working the stabilizer muscles plus for an added bonus try crush gripping the ball with the fingers as you raise yourself up.



One hand on med ball:



Resistance is Not Futile...

Resistance bands are yet another extremely useful training tool that can be used anywhere with a variety of exercises. Resistance bands can be bought from Jump Stretch, Inc., Iron Woody Fitness, or Elite FTS. They are highly versatile tools that can be used to enhance many martial movements. Seeing a theme here yet with the equipment choices?

Resistance Band Exercises

Rotational Strength Twist

Secure the resistance band to a tree, pole, or support as shown. Here I simply tied a rope to the pole then looped the rope through the band and tied it again. Grab with both hands and walk backward to pull the band taut. Obviously, the farther you pull it back, the greater the resistance. Once you reach the appropriate resistance for you, keep your hands in place and rotate side to side. Do not pull with your arms – turn with your body.



Ichimonji Pull

This exercise is useful in teaching yourself how to pull using the entire body, not just the arms. Hold the band in the front hand while moving

into a kamae (martial posture). Do not allow the band to pull you off balance. Move the whole body as a unit.



Rear Hand Punch

Hold the band in the rear hand. Generate power from the rotation of the body around the spine, the knees bending and the core contracting. No arm punchers need apply!



Lead Hand Punch

Same as rear hand punch. Sink the weight down and turn the spine as the punch drives forward.



Kicking

This one is a lot of fun as it requires you to be stable on one leg against the resistance of the band. Allow the force to travel through the body and into the ground rather than pull you back and off balance.



Bodyweight Exercise to Build Structure

In this section we will work through many different push-up variations and isometric exercises to fortify the structure of the strikes. Do these push-ups slowly and purposefully with full attention to the movement. These are not meant to pump up your beach muscles, rather they will strengthen the connective tissue in your hands, wrists, forearms, and shoulders to build structure and encourage the correct alignment for all of your strikes.

Fudo-ken (fist) Push-ups

Place the weight of the body on the fists. Make sure the wrists do not bend.





Shuto (sword hand) Pushups

Hold the hands in the form of a shuto strike. They should be closed to a 45 degree angle with the thumbs supporting the fingers. The weight is on the meaty, inside portion of the hand.





Fingertip Pushups

Place the finger tips on the ground like you are clawing it. Do not allow the finger tips to bend backwards.





Wrist Push-ups

These will be very difficult at first if you have not done them before. Take them slowly. If necessary, perform them on your knees to build strength.





Knife Grip Push-ups

Hold hands like you have a knife in each one. Place the top of the fist onto the ground like this:



Once the fists are stable, lift the body up into a push-up position. This one is different from normal push-ups. Here you will roll the fists from the top all the way across the knuckles to the bottom of the fists. Do not allow the elbows to touch the ground. Reverse the motion and

continue. Enjoy!



Isometrics

Isometrics are a great way to work on increasing strength, or shoring up a strength deficiency in a certain movement or exercise, with virtually no equipment and very little time. They are both effective and efficient – good news for us!

So what exactly are isometrics? Basically, isometric exercise is exerting force against an immovable object. The idea is that the length of the muscle does not change, but the tension remains constant during the exercise. There are 2 general types of isometric exercise:

1. Holding yourself (or a weight) in a static state. For example holding the mid-point of a push-up position or the mid-point of a squat. Or, holding yourself statically on a pull-up bar
2. The other type of isometric exercise consists of pushing or pulling against an immovable object.

For our purposes, when training the first type of isometric drill, try holding the mid-range or hardest point of the exercise (use the push-ups above) for 30 to 60 seconds. Make sure to keep breathing! Then shake it out – try the vibration exercise below and go again.

Vibration Exercises

These are very simple, yet highly effective exercises which have been used for centuries in yoga and qigong to shake out and release residual muscle tension in the body. So how do you do them? Stand naturally, feet shoulder-width apart, knees slightly bent. Spine held straight. Lift up from the crown of your head. Begin to bounce gently

with the legs shaking the whole body up and down. On each down bounce allow the body to exhale – don't force it. Don't try to breathe; just let the motion breathe the body. Slightly round the shoulders and tuck the pelvis to help the motion push air out. Continue shaking the body up and down for about 30 seconds to a minute. Stay loose. Stay relaxed. Shake out the tension.

We will use much shorter time frames for the second type of isometric exercise. Here we will be pushing or pulling against an immovable object (tree, wall, lamp post, etc.) as hard as possible (maximal contraction) for 1 to 3 seconds each rep. Exert force as quickly as possible to improve speed strength. Studies have found that the intention to move fast was more important for speed development than the actual speed of the movement. Interesting, eh? Train about 4 to 6 reps per set and use the vibration exercises referenced above to remove residual muscle tension between sets.

To increase the effectiveness of the isometric punching exercises, we will incorporate what's known as the Static-Dynamic Protocol. This protocol uses the isometric holds to prime the muscles, increasing the effectiveness of the explosive exercises performed right after them. So, for example, try the isometric punches below then use one of the explosive medicine ball exercises from the last chapter to create that after-burn.

Isometric Punch



Training the starting point of the isometric punch:



Isometric Shuto (sword hand)

Train both omote shuto and ura shuto.



Isometric Kicking

Use your hands to increase the amount of resistance. This also has the side effect of stretching the leg and increasing range of motion for kicking – bonus!



Striking Power Workouts

Workout 1

- Two-Handed Hammer Swings – 1 minute (30 seconds each direction)
- Fist Push-ups - 10
- Hammer Cleans – 10 reps each arm
- Ninja Sword Draw (standing) – 5 reps each arm
- Medicine Ball Slams – 10

Rest 1 minute between rounds. No rest between exercises. Complete 5 rounds.

Workout 2

- Isometric Rear Punches – 3 second holds, 4 to 6 rounds
- Medicine Ball Side Slam – 5 each arm
- Vibration exercises
- Isometric Front Punches – 3 second holds, 4 to 6 rounds
- Medicine Ball Side Slam – 5 each arm
- Vibration exercises

Repeat 3 to 5 rounds.

Workout 3

- Sledge Hammer Swings into a tire – 2 minute rounds

Rest 30 seconds. Complete 4 rounds. Switch sides each round.

Workout 4

- Sledge Hammer Clean to Flag – 5 each side
- Side Ninja Draw (kneeling) – 5 each side
- Medicine Ball Rock Up and Catch – 5
- Medicine Ball Dragon Walk – 5 each side
- Shuto Push-ups – 10

Rest 1 minute between rounds. No rest between exercises. Complete 5 rounds.

Workout 5

- Fist Push-ups – 10
- Shuto Push-ups – 10
- Finger Tip Push-ups – 10
- Wrist Push-ups – 10
- Knife Grip Push-ups – 10

Finish with a 5 minute density protocol hitting the tire with a sledge hammer.

Workout 6

- Perform each sledge hammer exercise from the hammer chapter for 10 repetitions each with the exception of swinging the hammer at the tire.
- Repeat 1 to 3 rounds

The above workouts are sample templates that I have successfully

used with both myself and my clients. As you can see, each tool can be used in a workout separately or in combination with one or more of the others described here. Please feel free to create your own workouts using the exercises in the manual. Don't forget though that supplemental training, no matter how awesome, is supplementary to your martial arts training.

About the Author

Jon Haas is a certified Underground Strength Coach and has been involved in the martial arts for over 30 years. He has been training in the Budō Taijutsu arts of the Bujinkan for more than 22 years and is currently ranked as a Kudan (9th degree black belt) under Jack Hoban, Shidōshi.

Jon is the Head Strength & Conditioning Coach for VX Global and is a certified VX Sport Coach.

He is the owner of Warrior Fitness Gym in Hainesport, NJ and founder of Warrior Fitness Training Systems and the author of Warrior Fitness: Conditioning for Martial Arts.

Jon is featured in "The Art of the Ninja," an instructional video produced by Black Belt Magazine and Jack Hoban Shidōshi.

Jon Haas is also a certified conflict resolutions specialist through Resolution Group International (RGI)

Additional Recommended Resources

[Warrior Fitness: Conditioning for Martial Arts](#)

Warrior Fitness will help you and your students attain a new level of strength, flexibility and endurance — quickly and with little chance of injury. **Warrior Fitness combines old school fitness with modern exercise science.**

[Dad Strength Program](#)

A full 10 week program to go from Dad to Super Dad! **A Three-Phased approach to Recover and Sustain Strength.**
Awesome for men in their 40's, 50's, 60's, and beyond!

[Evolve Your Breathing: Essential Techniques for Optimal Performance](#)

Learn unique and powerful breathing exercises drawn from martial arts, qigong, and yoga that will teach you how to **Adapt AND Perform Under Stress!**

Gambatte Kudasai!! (Keep Going)

Open your mind... Invigorate your spirit... Make fierce the body!!

