

BY KATALIN RODRIGUEZ ZAMIAR

Sample Class: Cardio Target Training

LEVEL:
Intermediate

Take your kickboxing class to the next level.

Are you looking for a multidimensional class that will challenge your participants? Take a fresh look at kickboxing. Not only does it provide a great cardiovascular workout; it also helps develop balance, strength, flexibility and power. Like many other fitness formats, kickboxing has evolved over the years and has developed a group of core enthusiasts. It has earned its place as a staple in facilities around the world. This, however, doesn't justify complacency. Enthusiasts deserve a class that progresses their training to higher levels of athleticism. "Cardio Target Training" provides this progression.

This timed interval program supersedes traditional kicking and punching target drills with nontarget drills and combinations facing the mirror. Instead of leading the class in a choreographed routine, the instructor plays the role of coach. Using paddles or clapper targets as props and teaching devices, participants are challenged to stay focused, precise and controlled. The sound of contact is addictive and motivates participants to outperform their last sets. Be prepared to see your class turn into a group of kids on Christmas playing with new and noisy toys!

CARDIO TARGET TRAINING DETAILS

FORMAT: a superset interval class for 18–30 people

TOTAL TIME: 60 minutes

EQUIPMENT NEEDED: one paddle target for every two participants

MUSIC: 125 beats per minute or above

WARM-UP (7–8 MINUTES)

Guide the class through general calisthenics, rope jumping or a "traditional" group fitness warm-up—or some combination of these. Include dynamic stretches for the legs and arms plus balance exercises to increase proprioceptive awareness. Low-intensity shadow boxing and kicking will get the class ready for the fighting stances. Use this time to reinforce technique over speed when using the paddle targets.

CORE SECTION (42–46 MINUTES)

Assign the class into two teams: "A" and "B." Line participants into rows behind each other. Instruct the "A" team to pick up paddle targets. Announce the technique, which side of the body is being used, the beginning position and a tip. For example, "Lead jab, cross jab with your left arm from right fighting stance. Remember to take off your rings."

Each target interval represents one side of the body for participant A and participant B. The next interval repeats the same technique(s) on the opposite side (4 minutes). Insert the 2-minute supersets (nontarget drills and combinations) after two intervals on the targets (6 minutes total).

Perform supersets facing the mirror. After 1 minute, cue the class to repeat on the opposite side. At the end of each interval, participants turn and face their partners. The As pick up the paddles and the next technique begins.

COOLDOWN (6–10 MINUTES)

Experiment with a combination of static poses from yoga, active lengthening move-

class tips

- Each round on the paddle target is 2 minutes total for each technique or combination per side.
- Each individual works for 1 minute before switching sides, unless the drill calls for alternating sides.
- Use your microphone to reiterate technical cues.
- Use a whistle to keep the class organized. Blow once to have participants hand the targets back and forth. Blow twice to have participants turn and face the front and place targets on the ground.

safety guidelines

Share these safety cues with participants:

- Hold paddle no higher than hip, steady for each rep.
 - Do not put your hand through the strap on the end of the target (it is used for hanging).
 - Hold paddle with two hands, extended away from the face when punching.
 - Point the toes for all kicking drills. (Laces make contact.)
- Also, follow these tips to ensure the class's safety:
- Block out the distance between partners before beginning the drill.
 - Demonstrate the drill before assigning it to class.

ments from Pilates and dynamic stretches common to runners, basketball players and martial artists. Include exercises for the hip flexors, adductors, gluteals and hamstrings.

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Interval	Technique	Body Parts Executing Move	Position Alternate R, L	Tip
TD 1	front kick, rear leg	R leg / L leg	R fighting stance / L fighting stance	“Point your knee at the target.” “Don’t swing the leg.”
SS 1	lead jab, lead jab, cross jab, bob and weave			
TD 2	lead jab, cross jab	L arm, R arm / R arm, L arm	R fighting stance / L fighting stance	“Don’t wear rings.” “Close your fist tight.”
SS 2	lead-leg front snap kick, cross jab			
TD 3	lead-leg front snap kick	L leg / R leg	R fighting stance / L fighting stance	“Keep your weight on your back leg.” “Do not lean back.”
SS 3	lead-leg front kick, lead jab, lead jab, cross jab			
TD 4	jab, jab, cross jab, duck	L arm, L arm, R arm / R arm, R arm, L arm	R fighting stance / L fighting stance	“Keep your hands up when you duck.” “Pull each punch back.”
SS 4	side-leg lifts 10x; finish minute with pliés			
TD 5	lead roundhouse—front leg	L leg / R leg	R fighting stance / L fighting stance	“Lift your leg from abduction.” “Recoil the kick each time.”
SS 5	split squat in place, with front knee lift			
TD 6	lead front kick, rear front kick, lead jab	L leg, R leg, L arm / R leg, L leg, R arm	R fighting stance / L fighting stance	“Don’t reach for the target.” “Don’t rush your techniques.”
SS 6	double lead roundhouse, cross jab			
TD 7	double lead roundhouse (2 kicks in air, lower to stance)	L leg / R leg	R fighting stance / L fighting stance	“Make sure your base foot is turned out.” “Keep your hands up toward target.”
SS 7	balancing roundhouse extensions (hold leg up and balance; extend at medium speed)			

TD = Target Drill. Partners perform 1 minute each side (4 minutes total).
SS = Superset Drill. Partners perform 1 minute each side (2 minutes total).