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VERSA TRAINING KICKIN H.I.T.  
IDEA ONE WORLD 2022

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#### DESCRIPTION:

In this interactive workshop participant will learn how the worlds of H.I.T(High Intensity Training,) Athletic Conditioning, and Martial fitness (kickboxing) are uniquely tied together. Participants will understand the 4-points theory and show how to use its in kickboxing programming, along with drills based in athletic strength and conditioning can create a new modality for safe, effective and a positive fitness experience for all exercisers. Participants will also examine applications for small, medium, and large group trainings.

#### Objectives

- i. Overview Basics of Martial Fitness
- ii. Introduction to the 4-points theory
- iii. Format for Versa X-training
- iv. Applications

### **WHAT IS VESA-TRAINING**

A combination of Versatility and specificity of training. In this section, training (Kickboxing) that utilizes methods and application based in martial fitness to increase the demand on the body systemically to achieve an intended goal.

- I. Why This type of training?
  - a. Regular training in kickboxing will help relieve symptoms of stress, anxiety, depression, and ADHD. participation in kickboxing is shown to require and improve self-confidence, motivation, dispositional hope and optimism, mental toughness, resiliency, and adaptive perfectionism. " (MacPherson, 2022)
  - b. It is Multiplanar
    - i. Sagittal
    - ii. Frontal
    - iii. Transverse
  - c. Its energy system favorable
  - d. Muscle fiber types utilized (Saberena J, 2020)
    - i. Type 2X (non-oxidative fast) Phosphagen
    - ii. Type 2A (Fast twitch oxidative) Glycolytic/anaerobic

- iii. Type 1 (slow twitch) Aerobic Fat Burning (Slimani, 2017)
- e. Variable
  - i. Cardiovascular conditioning
  - ii. Strength, power, and endurance training.
  - iii. Upper body, lower body, vestibular
- f. High caloric yield
  - i. 8.3 calories per-minute 135lb female (ACE, 1999)
  - ii. 2014 5-week study showed improvements in:
    - 1. V02 Max
    - 2. Upper body strength
    - 3. Lower body strength
    - 4. Fatigue (Ibrahim Ouergui, 2014)

## **THE 4 POINT THERORY**

When initiating or engaging in any technique stacking the point of the shoulder and the hips will allow for the greatest expression of movement from proximal to distal.

- iii. **Shoulders**
- iv. **Hips**
- v. **Head is the compass**
- vi. **Opposites attract\*\***
- vii. Tennis Ball drill
- viii. Touch point drill
- g. Martial Fitness Basics: when initiating and engaging these techniques, what is the origin (chamber), midpoint (most power) and return (rechamber).
  - i. What muscles are associated (Saberena J, 2020)
  - ii. See chart below
  - iii. Where does a strike come from?
  - iv. Striking techniques and associated muscles
    - 1. beginning(chamber),
    - 2. middle (most power)
    - 3. end (recoil or reset.)
- h. Techniques (see table)
- II. Athletic/ Strength Conditioning (see table)
  - a. Upper body
  - b. Lower body
  - c. Core

## **FORMATTING**

### III. Stations

- a. Intervals
- b. Ratios
  - i. 1:1
  - ii. 2:1
- iii. Intervals should be functional to kickboxing and kickboxing conditioning
- c. Coaching
  - i. Be particular about technique: safety first
  - ii. Be intentional about your cueing
  - iii. Be affirming in your coaching

## **APPLICATIONS:**

- d. Small Group 2-4 people
  - e. Medium Group 5-10 people
  - f. Large Group 10+
- ### IV. Games
- a. Ladder competitions
  - b. Shadow box block
  - c. Tag\*
- ### V. THANK YOU!!!

Hand Strikes				
Strike	Agonist	Antagonist	Synergist	notes
~Jab ~Cross ~Hook ~Upper Cut ~Elbows	~Pec major ~Anterior deltoid ~internal Oblique ~Hip I.R.	~Latissimus Dorsi ~ posterior Deltoid ~External Oblique Hip E.R.	~Transversus Abdominus ~Rectus Abdominus ~Multifidus	
Lower Body Strikes				
~Knee Strikes	~Hip Flexors ~Psoas ~Rectus Abdominus ~Latissimus Dorsi ~Serratus Anterior	~Hip Extensors ~Hip Rotators ~Plantar Extensors or ~Dorsiflexors	~Transversus Abdominus ~Rectus Abdominus ~Multifidus	
~Front Kick ~Round kick	Same as above: + ~knee extensors	Same as above: + ~knee Flexors	~Transversus Abdominus ~Rectus Abdominus ~Multifidus ~Opposing leg	
~Side kick	Same as above: + ~Hip extensors	Same as above: + ~ Hip Flexors	Same as above:	

Conditioning				
~Muscle Groups	Exercise	Variations	Kick boxing Application	
Chest	~Resisted Push ups	~Push up mountain climber ~Push up Rotation	~Upper body strikes	
Back	~Band Rows	~Alternating Arms ~Lunge Row	~Upper body strikes	
Shoulders	~Lateral raise or ~Shoulder press	~Alternating arms ~Single Leg ~Kicking	~Upper body strikes	
Triceps	~Standing band Triceps ext.	~Alternating arms ~Single Leg ~Kicking	~Upper body strikes	
Lower Body				
Muscle Groups	Exercise	Variations	Kickboxing applications	
Quadriceps	~Squat in any plane ~Plyometric squat ~Combinations (plane and plyometrics)	~R/L Squat ~ Jump Squat ~12-3 Squat	~Upper/lower body strikes ~Leg power ~ Leg Speed	
Glutes Hamstrings Hip Internal/External Rotators	~ Lunge in any plane ~Plyometric lunge ~Acceleration ~Deceleration	~Forward Lunge ~Reverse Lunge ~6-12 Lunge ~Diagonal Lunge	~Upper/lower body strikes ~Leg power ~ Leg Speed	
Core				
Muscle Groups	Exercise	Variations	Kickboxing Applications	
Rectus Abdominus	~Planks (WITH MOVEMENT)	~Arm Raise ~Leg Raise ~Bear Plank	~Upper/lower body strikes ~Breathing ~Bracing	
Transversus	~Mountain Climbers	~Lateral Movement		
Internal/External Obliques Serratus Anterior/Posterior	~Rotation patterns	~Standing Twists ~Squat Twist ~Lunge Twist	Upper/lower body strikes ~Breathing ~Bracing	

CLASS FORMAT: 2:1 interval (4 min-2 min)					
ROUND	KICKBOXING	CONDITIONING	STRENGTH	EQUIPMENT	NOTES
1	JAB CROSS KNEE LIFT	R/L SQUAT (WITH POWER)	RESISTED ROW	TUBING	
2	PARALLEL HOOKS KNEE- SIDE KICK	DROP SQUAT	BANDED PUSH-UP	MINI BAND TUBING	
3	FRONT KICK SIDE KICK	SQUAT LUNGE COMBO (JENGA)	LATERAL PLANK	NONE	
4	JAB CROSS HOOK CROSS ROUND KICK	MOVING PLANK	SHOULDER PRESS	TUBING	
5	TABATA	DECELERATION LUNGE	MONSTER WALK	MINI BAND	

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