



Martial Arts Thailand

Sharing and Promoting Martial Arts activities in Thailand

Exercises to improve speed, power and explosiveness in legs and lower body.

These workouts are meant for who train mostly static low stances usually performed in traditional Martial Arts as described in the article: [“Speed up your low stance in Traditional Martial Arts”](#).

Long Jump Burpees

This is the exercise to provide the explosiveness to your legs to get power steps forward when sparring.

1. With your feet together place your hands on the ground.
2. Jump your feet into a plank position (like a push up)
3. Jump your feet back in (knees near your body)
4. Jump forward as far as you can.
5. Repeat.

Make sure you keep a good posture and place your feet all the way in before you jump.

Backward Jump Burpees

This exercise is perfect for improving performance in marital arts. It strengthens the body and develops explosive power in the legs.

1. With your feet together place your hands on the ground.
2. Jump your feet into a plank position (like a push up)
3. Jump your feet back in (knees near your body)
4. Jump backward as far as you can.
5. Repeat.

Make sure you keep a good posture and place your feet all the way in before you jump.

Don't jump to far and avoid falling down.

Jumping Lunges Moving

Lunges in general are quite hard to perform. make sure you have plenty of rest between your workouts when you engage in these exercises (at least a couple of days).

1. Stand with your feet at shoulder width, holding your hands in front of you as in relaxed guard position.
2. Step forward one foot about 16 to 20 inches and low your hips while descending.
3. Jump forward and immediately switch foot position.
4. On landing, absorb into a lunge by bending your knees and lowering your hips again.
5. Jump forward and immediately switch foot position.
6. Keep repeating for the specified times.

If you are in karate training you can use Zenkutsu Dachi stance. Keep your front foot and knee pointing forward.

Matrix Lunges

These are lunges in multi-axial directions and will create an awesome full body exercise.

Even if this exercise can be performed slowly for emphasis on muscular development we prefer to use it faster to develop the neuromuscular system and speed up our legs.

1. Stand with your feet at shoulder width, holding your hands in front of you as in relaxed guard position.
2. Step one foot out to the side about 16 to 20 inches and low your hips while descending.
3. Drop your shoulders forward, touch the ground with your hands.
4. Push back to the start position while thrusting your hands overhead.
5. Repeat with the opposite leg.
6. Step one foot backward about 16 to 20 inches and low your hips while descending and turning your position backward.
7. Drop your shoulders forward, touch the ground with your hands.
8. Push back to the start position while thrusting your hands overhead.
9. Repeat with the opposite leg.
10. Step one foot forward about 16 to 20 inches and low your hips while descending.
11. Drop your shoulders forward, touch the ground with your hands.
12. Push back to the start position while thrusting your hands overhead.
13. Repeat with the opposite leg.
14. Repeat the drill for a specified number of time.

Allow the shoulders to drop and the back to round forward while reaching down.

Zigzag Run

The zigzag run will develop hip flexibility, body balance, and increase body awareness.

1. Run in a zigzag pattern, using long steps each side.
2. Swing your elbows from side-to-side.
3. Lean the body forward in the direction of motion.

Be relaxed and remember to swing your elbows. Make your feet bounce and not slide on the floor.

Line Drill

Line drill develops speed, agility and quickness. It's a great dynamic exercise to increase body control and awareness.

You could use Line Drill together with the previous Zigzag Run for a different workout.

1. Set two points at a certain distance from each other.
2. Sprint from one point to the other as fast as you can.
3. When you reach the second point, lower your center of gravity and quickly change direction to sprint back to the first point.
4. Make sure you turn to both the left and right for the this drill.

Add always 10-15 minutes of Jumping Rope to train your calves and improve your cardiovascular resistance, you will have a complete body workout assimilated in your Martial Arts training.