

Martial-Arts Goal-Setting



Improve Your Martial Arts in 30 Days!

**by
Keith Pascal**

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It is sold with the understanding that neither the author, the publisher, nor anyone involved with the book is engaged in the rendering of legal advice, or advice and expertise for your specific situation, environment, or set of circumstances.

Martial training is serious and injuries are possible, even when “just” practicing.

Safety should always be a number-one priority.

Services of competent professionals should be sought, to help you gain more expertise in judging self-defense situations and learning appropriate training techniques.

Martial-Arts Goal-Setting:

(Improve Your Martial Arts in 30 Days!)

by Keith Pascal

Introduction: Oh no, not more goals!

Don't close this pdf file just yet.

Last year, my in-box filled with article after article about setting goals.

My computer tells me when it's the beginning of a new year — not by the date in the upper, right-hand corner, but by loading my in-box with more than a few reports on setting goals and New Year's resolutions.

And here I am, adding yet more goal-setting information to the mix. Let's just heap this ebooklet on the "electronic pile."

I assume that you practice martial arts all year long, not just at the beginning of a new year, when we see all of those goal-setting articles.

This means that any time of the year can be the "perfect time" for you to boost your martial skills with a little goal improvement.

Are you still with me?

Good. Goals 'are' important. Without them, many martial artists flounder around with only minor improvement in their training.

With clearly defined goals, you can speed your path towards proficiency, or greater proficiency, in the martial arts.

Here are five exercises to help speed you towards achievement in your art....

1) Goal: Strength and Speed

How would you like to add strength to your technique ... and speed too?
Would you like to punch and kick with more power 30 days from now? All you have to do is **add some intensity to the end of your set.**

I practice with this minor adjustment anyway. So do my students.

It's a simple, effective tip.

Whenever you are practicing a repetitive exercise — like punching 200 times, or rhythmically throwing out the same kick over and over, why don't you make the last ten repetitions more intense?

I am sure that many of you do this already.

For example, at a certain point in our punching routine, I yell "Last 10 coming up."

Then I count off the last 10 repetitions at a much faster pace than normal. Everyone matches my speed.

They know to punch harder and faster.

Eventually, we increase the intensity on the last twenty.

You want it to be a small enough amount that you can do a 'final burst of energy.'

On the other hand, you want a big enough number that you can add some extra burn to your muscles.

Try it. For the next thirty days, commit to 100 kicks a day with each leg. Up the intensity with the last ten kicks on each side.

Maybe you'd rather work on harder punches.

Or you could increase the intensity on both your kicks and punches.

2) Goal: Add Precision to All Martial Arts Techniques

As martial artists, we practice the same technique over and over.

We are training our brains and our muscles to know precisely where to go, in order to defend ourselves and others.

One of the best principles that I learned from Wing Chun Gung Fu is to do my form (kata) slowly. I do the first form of wing chun, Sil Lum Tao, about twenty times slowly for every one time that I do it at full speed.

I can't believe the improvement. It's like giving your muscles an extra dose of training.

Once, my teacher had us do the form 'painfully' slow. **It took us over an hour-and-a-half to go through the form once.**

He slowly corrected our positions. As our muscles cramped, we shook them out, and then went right back into position.

Would you like to trick your mind into believing that it has had hundreds of practices of proper technique?

Try doing a form painfully slow everyday for a month. You'll be amazed at your improvement.

And no, you don't have to take an hour to go through it once. You be the judge. Experiment.

3) Goal: Build *Punch Stamina*

Here's another training exercise to try for just thirty days:

Before you start your 30-day experiment, do a 'pre-test.' Assess your starting point.

Do the test, to see how many punches you can do comfortably. (OK, the test is to see how many punches you can do — period.)

Punch to exhaustion — more or less (maybe a little 'less'). Just start punching, and continue, until you can't. Be sure to count your punches.

Now, tomorrow, punch to your starting number, plus FIFTY more.

The next day, up the level by fifty, yet again (100 more than the pre-test).

Each day, add fifty.

Don't worry if you can't do them all at once. Just keep going as long as you can on that first set. Then take a rest and do some more.

Need another rest?

Fine — as long as you complete the total number — eventually.

Just think about it — if you were to add 50 punches a day for a month, even taking one day a week off, you'd still be able to ... punch 1200 times more than your starting number.

Note: Don't injure yourself. I am doing vertical punches, which don't stress the elbows as much. Don't over-train. Build — don't destroy.

4) Goal: Improve Your Kicks

Is “Enter the Dragon” your favorite martial arts movie of all time?

Isn't it great (awesome, cool, and ‘nifty-groovy’), when Bruce Lee is in his room and throws out a side kick and just holds it there. It hangs ... almost forever.

Did you notice the tribute that classic film ‘The Matrix’ gave by having Keanu Reeves execute the same kick? And since then, a score of movies have copied both the hanging kick and the “beckoning with his fingers” from *Return of the Dragon*.

Why not spend five minutes a day, for the next 30 days, practicing your balance. Throw a kick out in the air and hold it.

Don't waiver. Don't wobble. Hold your position. Be as motionless as a statue.

Practice. You'll get better as the month progresses.

And for those of you who have mastered this technique, why not expand your repertoire — practice holding a different kick in the air. Hold your kick at a different height, or at a different angle.

Hold it out there even longer.

And don't shift your body weight, once you have extended the leg. No fair adjusting.

Achieve the perfect balance 'before' you actually kick.

5) Goal: To Live a Long, Healthy Life

Looking out my window, as I type, I can see two men walking up and down our hill. Both can walk faster than I can, for a longer period of time.

And both men are at least 30 years older than I am. They are in their 70s.

Across the street, Ruth is doing her gardening. She's 90. There is nothing geriatric about her. (She hauls her own dirt.)

She drives her car to the garden shop. She digs and plants her flowers by herself. And she is 90 years old.

OK, so I am dropping the weight. And I know I need to start walking — I have three models in front of me. And Ruth takes walks too, when she isn't gardening.

Did you know that martial artists have a secret weapon against aging?

No, I am not talking about doing Tai Chi, although I have heard of the wonderful anti-aging benefits of doing the form.

I am talking about weapons practice.

No, I haven't lost my mind. I am serious.

Follow my logic:

Orchestra conductors are known to live a long time.

A scientific study found evidence that the raising and waiving of the arms to conduct music is beneficial to the heart muscle. You get aerobic benefit and a massaging of the organs too.

And conducting with a baton, even though weighing only a couple of ounces, adds to the effect.

Now, here's the connection to martial arts — The Filipino Ecrimadors (stick fighters), when not dying in death matches, also lived a very long time.

And guess what? They shadow boxed with their stick, sticks, knife, or sword — every day.

Like the conductors, hey were also getting aerobic benefit from waiving their arms around. But they moved their legs too. They practiced footwork.

So, I need to start shadow boxing with a weapon for the next 30 days.

Why 30 Days?

Maxwell Maltz posited that it takes 21 days to create a habit. He believes that this is the minimum amount of time necessary. He based his study of Psycho-Cybernetics on this theory.

For me, 21 days flies by. A month has a more solid feel. Or maybe my body needs more time to develop a habit.

Either way, 30 days from now, I will see marked improvement in at least one area of my martial arts.

Now, the most important question — was this ebooklet just a 'good read,' or are you going to improve too?

About the Author

Keith Pascal is a full-time martial arts author and senior editor of the Free ezine,

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If you are looking for all-around massive martial-arts improvement, try Keith's *The Punch eCourse*. It's new and guaranteed to help you achieve your punching goals ... **developing explosively-powerful, super-speedy, and devastatingly-effective punches.**