



Article 1

Training methods, equipment and aids will naturally vary depending on the martial art style, instructor or element being shown and of course the desired end result or outcome of the session. Pad and bag work can serve as an essential training aspect of any martial art due to gaining the sense of striking a target in a controlled and specific manner. Key physical elements of speed, strength, stamina and flexibility as well as the attributes of focus/precision, timing and distance can all be developed and established using training pads and bags.

The training drill shown this month is a hand set performed on focus pad targets which came from my time spent boxing. It is a massively versatile drill which can be used and adapted to suit specific training needs.

TECHNICAL ANALYSIS

All training sessions should have a specific goal or desired outcome and over the course of a week, or appropriate time scale, sessions should rotate to involve specific needs, for example – speed and strength workouts ideally will be delivered in different sets and will require different warm ups and downs as well as stretches and so on.

Hand speed and striking can derive and develop from a number of exercises and drills, as will strength and power, but it is also important to remember that blocking and evasive drills can also be working with focus pads as well as movement and footwork. For higher level training the simultaneous use of all elements can be incorporated.

Whilst performing the following drill good body form, posture and balance must be maintained throughout for the efficient delivery of the strikes and movements. Stance and guard may vary depending on your training style.

Pad holder (left) - Tim Spilsbury
Performer (right) - John Swift



1. Assume a suitable guarding position
2. Lead jab – keep your chin and elbows tucked in

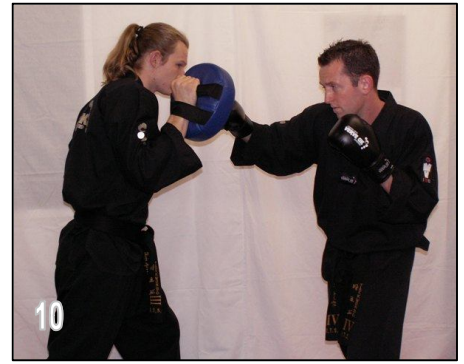


3. Reverse punch – don't fully extend the punch whilst striking as the elbow joint is subject to over or 'hyper' extension
4. Lead jab
5. Reverse punch



6. Slip right - A slip can be used in a number of situations and drills in order to evade and quickly counter your opponents strike; it can also be used with a palm pushing or checking type movement for extra efficiency. With the 'slip' element ensure you can see you opponent and do not drop your upper body too low, as you could then become subject to knee strike counters. Also, if the opponents strike is more circular than straight a 'bob and weave' style movement may be a better option.

7. Reverse punch



8. Slip left
9. Lead jab
10. Reverse punch



11. Lead upper cut – strength can even be generated from the legs
12. Reverse punch
13. Lead hook punch – twist / torsion of the hips and upper body will ensure a KO finish!

As discussed, this is a highly flexible hand drill as the first 4 movements will allow for speed, the middle section for evasive skills and countering and the last 4 movements are to encourage setting and knocking out. As with all the drills I deliver with my students and instructors, they can be broken down into smaller mini sets and delivered as short bursts or connected for more of a fitness style set.

Adding variety to your training - The 'wonders of the pyramid'

For those unfamiliar with the term 'pyramid' it normally refers to the stacking or reducing of a drill, techniques and exercises, for example building the above mentioned drill one move at a time, each time starting from the beginning and adding 1 movement.

A club favourite is the building up of a fixed drill but to include exercises in between each tier of the pyramid i.e. 1 move / 1 press up, 2 moves / 2 press up etc, they also enjoy it when we come back down!

Look out for next month where I shall be discussing some more pad and bag based training ideas and techniques.

For more information feel free to contact John via email on info@vervemartialarts.co.uk or telephone 01562 827437. Alternatively visit his website at www.vervemartialarts.co.uk