



# MARTIAL LORE

With MICHAEL P. KLIMENT

## "Few Simple Principles to becoming a Kumite (Fighting) Champion."

"Kumite Training Principles: Every athlete would like to perform at the highest level and every coach would like to have several students with great results but many of them focus their training principles only on a few elements of a complete training and this is the reason why athletes reach a plateau very fast and most of them finish their career early with injuries.

It is very important to focus on every single element that should be a part of high level kumite training. These elements are:

Sport specific warm-up; sport specific or functional flexibility; sport specific or functional conditioning; technical and tactical training; nutrition and recovery.

Every element has several sub elements but I will try to present them briefly so you can have a good idea how to design a kumite training for competitions. Whatever martial arts you are practicing, this will help you prepare.

**Sport Specific Warm-Up:** The role of warm-up is to prepare the body for a specific workout so it is important to focus on body parts and muscle groups involved in the workout. Never start a warmup with stretching exercises, here are the goals of warm-up, increase the core temperature of the body by a few degrees, increase blood flow in working muscles, improve muscular firing, increase oxygen flow through muscular system.

**Functional Flexibility:** First thing that many of you need to remember is that karate is not a stretching contest static and ballistic stretching are secondary in measuring flexibility goals. Functional flexibility is the ability of a joint to move through a range of motion during a performance of a movement at normal or rapid speed, how well you can perform your target movements and this should be the primary measure of flexibility goals. Every training program should include a once a week exclusive flexibility session.

**Sport Specific Conditioning:** The focus of the sport specific conditioning is to develop the physical qualities of the

athlete to excel in kumite. Requirements of specific conditioning are muscular power, muscular strength, muscular balance, aerobic and anaerobic power, speed, agility and core conditioning. Each and every element from the above list needs to be build in the kumite training to achieve a high performance.

**Technical and Tactical Training:** The element can be part of functional flexibility and conditioning but can be taken also as a separate detail and it should focus on drills that makes the athlete's techniques perfect. Tactical training prepares the athlete for any type of situation that can occur in a kumite competition and also makes the athlete ready to fight with all types of aggression, dynamics, countering, pressuring, waiting etc. of opponents. Specific agility drills help to develop specific proper nutrition, recovery and supplementation are also important parts of a high level performance in martial arts.

**Nutrition and Recovery:** Every athlete should allow their body to gear up with three important energy sources; Carbohydrates, proteins and fats. A balance of 40% carbohydrates, 30% proteins and 30% fats in every meal is needed for a optimum body function and fast post workout recovery, rest and sleep are also active parts of recovery and constant high level performance.

On the 28th of February 2009 at the Uitenhage Indoor Sports Centre, starting at 8am and running the entire day will be the 2009 Nelson Mandela Bay Karate Association trials for children, cadets, juniors and seniors. A team will be selected at this event for semi-contact karate.

If you have any news, events or stories on your martial art please feel free to either drop me a line on 0828883100 or send me a email to michael@jska.co.za  
We are here to inform all about our martial arts, no matter what style or kind."