

# Self Training Guidelines/Suggestions

## Guidelines:

- 1) You are welcome to ask others for feedback, but higher ranking students/teachers may want to just train and are welcome to decline your request.
- 2) You may ask others to help you review info that you have already learned but it's not okay to ask anyone to teach you new info.
- 3) Don't forget to stretch and warm up and down.

## Suggestions:

- 1) Forms
  - a. Put on music and do all your forms.
  - b. Try to do your forms on the left, stances only, naming techniques, for power, flow, speed, low stances, focusing on transitions.
  - c. Get a partner and work out the Bunkai to the form.
- 2) PA's/GA's
  - a. Get a few others and do Punch Attacks and Grab Arts in a monkey line.
  - b. Call out numbers, do them on the left, make one up.
- 3) Basics
  - a. Put on bag gloves and work power in kicks and punches on the heavy bag
  - b. Make up combinations of basics to do across the floor
  - c. Do all your blocks/kicks/punches using all the stances you know
- 4) Sparring
  - a. Find a partner, make agreements and spar. Pick a focus for each round.
  - b. Find 2 others and practice 2 on 1 sparring (intermediates and up)
  - c. Pick a sparring principal and have your partner pick a complementary one.
- 5) Weapons
  - a. Practice the Arnis, knife, and nunchuckau material you have learned.
  - b. Use the laminated handout to remind yourself of what you have learned.
- 6) Endurance/Strengthening
  - a. Do a combination of heavy bag work and forms to increase your endurance and train your self to recover your breath in movement. (3mins of bag work, 1 minute of forms, 2mins of bag work, 1 minute of forms, 1 minute of bag work, 1 minute of forms)
  - b. Do all your forms for speed without stopping between them.
  - c. Hold horse stance for 5 minutes.
- 7) Street
  - a. Get a partner or partners and practice street fighting going thru all the principals you can think of (barrage, intention, mult techs from same limb, master circle, various ways of taking partner down, move in with first attack, targeting.
  - b. Make up Street reps (like PA's but with street techniques)