

Zoom training session 04/02/2021

Footwork-Sport Chanbara

Duration : 30-40 minutes

Warm-up

In overhead position (hold a bokken/chokken above the head with straight arms)

- 20 knee raise
- 20 hip abduction
- 20 calf raise
- 10 squat

Rest the arms then go back into overhead position

- 20 front lunges
- 20 side lunges
- 20 back lunges

Plank variation :

20''/10'' 3 times

Hands under shoulders (straight armes), knees under the hip, on toes. Keep the knees off the ground

1. Classic
2. Extend one segment (keep the chest steady, looking towards the ground)
3. Extend opposite arm and leg (keep the chest steady, looking towards the ground)

Break

Balance exercises (all in chudan no kamae stance)

- One leg balance exercise ; 20'' on each leg, eyes open and eyes close (keep a straight knee to be sure to work on the ankle proprioception)
- Skatter balance exercise ; 6 reps per leg, on one leg, regroup opposite knee and elbow, bend down while extending arm and leg. Try to aline arm, back and leg. Keep the knee of the grounded leg a little flexed
- Lunges + knee raise ; back lunges 10 times per leg ; side lunges 10 times per leg

Jumping exercises

- Jump with both legs, land on one leg ; always facing forward ; 2 times, forward, on the right, backwards, on the left.
- 180° jump (be careful on the landing)

Footwork exercises ; 20''/40'' 3 times for each exercise

- Quick small footing ; moving forward and backwards ; feet shoulder width stance.
- Side steps ; start on one leg, do 2 quick steps to the side and absorb on the third step (on one leg). Then repeat the side steps to the other direction. The rythm is 1,2...3 (absorb) ; can add a kaeshi on the third step.
- Double split squat jump + men forward ; kamae stance, double small split squat jump, on the landing of the second one, absorb the energy of the landing and push forward while

striking in Men. Maintain a good stance throughout the exercise. Especially during the Men strike. You must project your hips, your hara forward using the energy you generated with small double split squat.

- Squat jump + men forward ; squat, then jump, land in kamae, use the absorbed energy of the jump and attack forward. Maintain a good stance throughout the exercise. Especially during the Men strike.

Owari da 😊

Arthur Cetaire