



MASTER TRAINING MANUAL

WELCOME TO THE FUZION KICKBOXING ACADEMY

We hope you enjoy training here and we look forward to helping you achieve your black belt. We have written this guide to help you in the first few months of your training. It includes advice on training, equipment, nutrition and philosophy.

Martial Arts training has many benefits, it increases fitness, burns fat, tones muscle, and develops essential self-protection skills. All these benefits are the result of regular focused training. The most critical factor in achieving the results you desire is consistency. Basically, you need to be training regularly 2 or 3 times a week to see the benefits of Martial Arts training. Inconsistent effort yields inconsistent results. If you turn up to class regularly and train hard you will see results within a few months.

The secret is to keep this consistent training going for 2 to 5 years, by which time you will be a black belt.

If you have questions or concerns, please speak to an instructor and we will be happy to help. Our goal is to get you fit, healthy and help you fall in love with the Martial Arts. ***“Black belts are only white belts that turned up regularly and did not quit.”***



Things you need to START TRAINING

Firstly, you will need a uniform. This comprises of an academy t-shirt, kickboxing trousers or thai shorts. We also recommend that you get your own boxing gloves and focus mitts as soon as possible.

Whilst we have these at the academy for you to use it is better to have your own for hygiene and safety reasons. You can order focus mitts and boxing gloves from the academy, buy them online or at a sports shop.

We do not mind where you get them from but please speak to us first to ensure you get the right size and type as some equipment out there is poorly made and dangerous.

You may also wish to invest in a gum shield to protect your teeth if you want to spar.



What to expect from each class

Our classes are **FUN**. We always make training with us entertaining and enjoyable. Why do something if it's not fun? Whilst having fun we do work hard. Fitness and health are essential for a happy, productive life and all our students get fit quickly.

Most classes typically involve four sections...

1. Warm up

This involves mobilising the joints, warming up the body and getting the heart rate up. We do this by running, skipping, shadow boxing, body weight exercises, light partner drills etc. This usually takes 10-15 minutes.

2. Technical training

This section concentrates on practicing the moves and combinations to be used later in the padwork. This usually takes 10 minutes.



3. Padwork / Bagwork

This is the fun bit, hitting things. You put your techniques into practice full power on the pads or bags. This is a challenging fitness workout, that will get you fit, burn fat and tone you up. This usually takes 20 minutes.

4. Sparring or fitness drills

If you want to spar then this is your chance to try out your techniques against a resisting partner. If you don't want to spar you will do fitness drills, stretching or conditioning.

Most classes roughly follow this structure which allows for lots of variety, fun and fitness.

Adults and Cadets GRADING SYLLABUS

We have a structured syllabus from white belt to black belt and beyond. This is specifically designed to offer progressive yet achievable challenges to both fitness and technique. If you study the syllabus, train regularly and attend gradings you can expect to achieve your black belt in 3 to 5 years.

Very few people achieve their black belt. In the Martial Arts industry it is usually less than 1%. Because of our structured syllabus, range of classes and quality instruction roughly 5% of our students achieve black belt.

Our philosophy is that a black belt is a person who understands the basics of martial arts. They are not a master, a teacher or an expert they just understand the basic concepts. Mastery comes after black belt. We therefore grade people on their individual talents and effort, not against some imaginary Bruce Lee type example of the perfect martial artist. Everyone is different and every black belt is different.

Info and training

Fitness

Martial Arts training is tough. It is demanding on the aerobic, muscular and nervous systems. Essentially this means to start with you will feel exhausted. This applies even if you are fit from other sports or go to the gym. The demands of Martial Arts training are unique and challenging and you will need a few months to build up your fitness so that you can complete a class comfortably.

Do not become disheartened if you feel tired and out of shape during or after class as this is perfectly normal – all beginners feel like this.

You can help build your fitness by training regularly at the academy and also doing some supplemental training at home or the gym. Good supplemental fitness training includes jogging, swimming, spin classes

and stretching. Just make sure that you do not overdo it as over training in the early days is common.

Sparring

After you have been training a few months you may wish to start sparring. Sparring is controlled practise of your techniques with a partner. At the Fuzion Kickboxing Academy we are firm believers in 'PPP'. This stands for 'Partner Preservation Programme'. It is your responsibility to protect you and your partner when sparring, this means controlling your power, being aware of your environment and respecting your partner. Accidents may occur during Martial Arts training but there is no excuse for excessive uncontrolled contact.

Part of the philosophy of Martial Arts is developing self-control and we expect students and instructors to demonstrate this at all times. If you wish to spar, you will need a sparring kit which includes boxing gloves, groin guard, shin guards and gum shield. This equipment is to protect yourself from injury and allows you to execute the techniques learnt whilst minimising the chance of injuring yourself and your partner.

Sparring at the Fuzion Kickboxing Academy is optional. If you don't feel comfortable sparring then you don't have to. No problem.

Gradings

The Fuzion Kickboxing Academy holds gradings for students once every four months. Usually students are split by age and grade and are assessed in a situation similar to a class. We like to keep gradings relaxed and fun and we keep formality to a minimum. However we guarantee that you will work very hard to earn your belt!

If you miss a grading there may be a catch-up grading shortly after, and if you miss that you can speak to Richard about booking a private grading.

Gradings are optional, as not everyone wishes to grade. We do, however find gradings a useful tool for motivation as gaining your black belt is a worthwhile and life changing achievement.

Over-Training

Some people really get the bug when they first start Martial Arts training and sometimes we have to turn them away from class to stop them over-training. Over-training is a result of training too much and too hard.

If you have been sat in an office or on the sofa for 10 years you cannot expect to come to a Martial Arts class four times a week without feeling the effects.

Overdoing it in this way and not respecting your limitations can result in illness, injury or exhaustion.

We recommend that beginners initially train two to three times a week and do one or two supplemental sessions away from the Academy.

Once you have built a strong fitness base you can then increase the frequency and intensity of your training.

However be vigilant for signs of over-training including: frequent colds and flu, minor injuries to soft tissue (bruising, sprains and strains) and feeling exhausted. In the beginning less is always more.



What you can expect from us

- Fun, safe and informative martial arts classes
- Taught in a relaxed and professional manner
 - In a safe, friendly environment
- Focused on developing fitness and practical skills

What we expect from you

As a student of the Fuzion Kickboxing Academy we have 3 expectations for all students

- **Careful**

Please take care of yourself, your training partner and the academy.

- **Courteous**

Is another way of saying respect. Please be polite and respect all members, instructors and equipment.

- **Controlled**

Please control your contact. There is no excuse for excessive contact. Your partner is giving you their body to help you improve, don't abuse this trust.

If you can follow these guidelines you will be welcome at The Fuzion Kickboxing Academy.

THE 7 HABITS OF HIGHLY SUCCESSFUL MARTIAL ARTISTS

Regardless of how old you are or what rank you have acquired in your training, most martial arts students share a common goal... to be the best they can be. Sure, you may never be able to leap five feet in the air, flip, and accurately side-kick your target and land in a full split.

But, in reality, that doesn't matter.

What does matter is that you are striving toward your personal potential. To get there follow the seven habits of highly successful students.

Habit One – Be There:

Getting to class is important not only to continue your learning but also to provide your body with the routine of physically and mentally utilising your knowledge. Experts have determined that two classes per week is optimal for beginners and lower intermediate students, while higher intermediate and advanced students may benefit from three or more classes.

Habit Two – Practice:

Reviewing at home what you learn in class is critical to enabling you to master your skills. Home practice makes your class experience much more beneficial and comfortable. Practice anything new you learn in class for five to ten minutes as soon as you get home that day. This ensures that you practice your new material properly whilst it's still fresh in your mind.

Habit Three – Eat Right:

You are what you eat. Eat healthy and your body will pay dividends when you challenge yourself mentally as well as physically. Good nutrition is recognized as a necessity for peak performance. It's never too late to make nutrition a priority, so forget what may have happened over the holidays!

Habit Four – Stretch Daily:

Muscles that are stretched routinely become more flexible. Flexible muscles respond stronger and faster which allows your body to perform your martial arts techniques better. An added benefit is increased metabolism... and we can all use that, right? (Note: warm up your muscles before stretching.)

Habit Five – Do your homework:

Watch DVD's on martial arts. Read books about training, fitness, nutrition or even auto biographies of successful sports people / martial artists. Go to YouTube and watch videos on martial arts training, fitness etc. The more you study faster you learn and the more motivated you become.

Habit Six – Teach:

Help out a fellow student or teach yourself. The teaching process actually “hard wires” information into your brain and helps you learn better. In fact, this is a great practicing strategy. Stand in front of a mirror and verbally teach yourself how to perform a technique. While speaking out loud, make necessary corrections and positively reinforce yourself. It may sound silly, but it works!

Habit Seven – Set Goals:

Have you officially set Black Belt as your goal yet? Do you have a certain amount of weight you wish to lose? Have you set a specific time-line to achieve that goal? Have you set a goal for your next grade? Would you like to teach some day or have your own school? What are your goals? A goal set is a goal already half completed.

Follow these seven habits of highly successful martial artists and you’ll achieve your martial arts potential, have fun and develop into a great black belt.

Fuzion Kickboxing Academy Healthy Life Philosophy

Stay Hydrated, aka: “Never Get Thirsty”

No person or athlete will function well with sub-optimal hydration. How do you know if you’re hydrated? Consume enough water and / or other suitable drinks until your urine is very pale yellow or clear (even better). Dark yellow urine is BAD and means that you are already dehydrated! 1.5-2 litres a day is enough for most people. Make sure you sip water gradually as your body will expel excessive water before it is absorbed if you gulp it down.

Stabilise Your Blood Sugar Levels, aka “Never Get Hungry”

Stabilising your blood sugar throughout the day is best accomplished by eating approximately every 2-4 hours (3 seems to be optimal for many). This means eat breakfast, a mid-morning snack, lunch, a mid-afternoon snack, dinner and possibly a pre-bed snack. People who eat

in this fashion are leaner, build and maintain muscle mass easier, have better physical and mental performance, and even have lower blood lipid profiles compared to those who eat less frequently. It is important to mention that these meals must be balanced in the three primary food groups for this type of meal frequency to be effective. In general, most meals will need to be 60% complex carbohydrate (whole grains, rice, pulses, fruit and veg), 25% lean protein (fish, chicken) and 15% healthy fats (avocado, omega 3&6, fish oils, olive oil, coconut oil) depending on the time of day, what activity / exercise is about to be done or has just been completed.

Get Enough Sleep, aka: "Go To Bed"

Getting enough sleep may be the most important key to your health and wellness. According to Stanford sleep researcher William Dement, proper sleep is more influential than diet, exercise and even heredity in predicting longevity. So how much sleep do we need? Experts agree there is no magic number since people's needs will vary based on age, health, activity and stress levels. As a rule of thumb, younger children and infants need more sleep whilst adults do well getting between 7-9 hours of quality sleep in a dark, quiet, cool room. Teenagers usually need more sleep than adults possibly as high as 10-12 hours per night. Lazy buggers.

Focus On Eating Mostly Whole Foods, Aka: "The Whiter The Bread, The Sooner You're Dead"

What this means is that most of the foods you eat should come from natural, unprocessed sources with the food in its whole state with nothing added or taken away. This equates to eating real meats / fish, real fruits and vegetables (not their juices), whole grains, rice, pulses, beans, nuts and seeds and small amounts of low-fat dairy products. Exceptions to this rule would be during or after strenuous exercise where blood sugar levels could be maintained or restored better with quicker and more refined sources of carbohydrate such as consuming a suitable sports beverage, protein bar or shake.

Focus On Whole Movements, aka “The Body Knows Movements Not Muscles”

Training should be geared around large multi-joint complex movements such as running, lifting, jumping, swimming, squats, presses, pulls and play fighting. These movements use big muscles and tax the aerobic system and therefore build fitness effectively. You should aim to do some exercises every day for 30-60 minutes each session. Weight training with Barbells, Dumbbells, and Kettlebells should also be a staple in most people’s programs as they help build lean metabolic muscle, which helps burn fat.

Fuzion Kickboxing Academy Healthy Life Philosophy Continued

Be Goal Orientated

Studies show that people / athletes with specific and preferably written goals accomplish more than those who simply want to improve. I mean, who doesn’t want to improve? Deep down, I think every one of us longs for more in many facets of our lives. However, without clear and very specific goals, improvement doesn’t usually occur at the pace we desire, if ever.

In my years of fitness and martial arts, I’ve heard so many people say things like “I’d like to lose weight” or “I’d like to tone up a little”. These wishes are almost universal among unfit people and are way too vague to actually lead to any meaningful behavioural changes that would accomplish such goals.

This is where having a science based goal setting strategy comes in handy. There are several approaches out there used for goal setting but the one I find the easiest is summed up in the following acronym:

S.M.A.R.T

S – Specific

(I want to lose 2kg of fat by January)

M – Measurable

(Buy fat analysing scales and use them every week)

A – Attainable

(You can lose ½ kilo of fat each week by eating healthy and exercising)

R – Realistic

(Very achievable in 2-5 weeks)

T – Time Based

(The date gives you a time constraint to aim for)

Write out your goals using the **SMART** system and share them with other supportive people to make yourself accountable. Stay positive.



This is going to be the best journey of your life, see you at training...
Rich and The Fuzion Kickboxing Academy Team

PAD WORK DRILLS

FUZION NUMBER SYSTEM

- 1. JAB**
- 2. CROSS**
- 3. HOOK**
- 4. OVERHAND**
- 5. LEFT UPPER CUT**
- 6. RIGHT UPPER CUT**
- 7. LONG KNEE**
- 8. FRONT KICK**
- 9. ROUND KICK**

BOXING COMBOS

1. DOUBLE JAB – CROSS
2. JAB – CROSS – HOOK
3. CROSS – HOOK – CROSS
4. HOOK – CROSS – HOOK
5. OVER H – UPPERCUT – OVER H
6. LEAD HK – REAR HK – LEAD HK
7. REAR UPPERCUT – HOOK – CROSS
8. JAB - SPIN BACKFIST – SUPERMAN

SET COMBINATION THROUGH BELTS

**FRONT KICK – JAB – CROSS – HOOK –
UPPERCUT – LONG KNEE - ELBOW L&R –
PUSH AWAY – ROUND KICK L&R – GRAB
2 SKIP KNEES – SPIN BACKFIST – 720 KICK
– SPIN SIDE KICK – JUMP CROSS –
DOUBLE JUMP KICK – HAMMER SERIES 3**

BLOCK COVERS AND COUNTERS

Right side head cover – cross hook cross

Left side head cover – hook cross hook

Right side body cover – uppercut uppercut
cross hook

Left side body cover – uppercut uppercut
hook cross

EVASION SLIPS AND ROLLS

Slip outside the jab – cross hook cross

Slip outside the cross – hook cross hook

Roll the left hook – cross hook cross

Roll the right hook – hook cross hook

*Counters can be same or opposite side
first and evasions can also add in ½ beats.

2 COUNTS – OPPOSITE / SAME

- 1 Opposite / Same – JAB, ROUND KICK
- 2 Opposite / Same – CROSS, ROUND KICK
- 3 Opposite / Same – HOOK, ROUND KICK
- 4 Opposite / Same – OVERHAND, ROUND

4 COUNTS

- 4 Count – Jab, Right Kick, Cross, Left Kick
- Advanced 4 Count – As above with ½ beat

6 COUNTS

- 6 Count – 4 count plus any 2 Count
- Rebound 6 Count – Rebound last kick
- Spinning 6 Count – Spin last kick
- Switching 6 Count – Change stance

BLACK BELT 25 PUNCH COMBO

1. JAB HEAD
2. CROSS HEAD
3. LEFT HOOK BODY
4. RIGHT HOOK BODY
5. LEFT UPPERCUT HEAD
6. RIGHT UPPERCUT HEAD
7. LEFT HOOK HEAD
8. RIGHT HOOK HEAD
9. LEFT LIVER SHOT
10. RIGHT SPLEEN SHOT
11. JAB BODY
12. CROSS BODY
13. LEFT SWING HOOK
14. RIGHT SWING HOOK
15. LEFT SHORT OVERHAND
16. RIGHT LONG UPPERCUT
17. RIGHT OVERHAND
18. LEFT LONG UPPERCUT
19. LEFT BACKFIST
20. RIGHT HAMMERFIST
21. RIGHT BACKFIST
22. LEFT HAMMERFIST
23. SPIN BACKFIST
24. JUMP CROSS
25. MACATOON

BLACK BELT SECTORS

- SECTOR 1** – OFF JAB – SLIP OUTSIDE + CROSS
- SECTOR 2** – OFF JAB – SPLIT + JAB
- SECTOR 3** – OFF JAB – SLIP INSIDE + CROSS
- SECTOR 4** – OFF JAB – DUCK UNDER + JAB
- SECTOR 5** – OFF CROSS – SLIP INSIDE + JAB
- SECTOR 6** – OFF CROSS – SPLIT + CROSS
- SECTOR 7** – OFF CROSS – BRUSH AWAY HOOK
- SECTOR 8** – OFF CROSS – DUCK UNDER + CROSS



I FIGHT!

I fight.

Not simply with my opponent.

I fight with exhaustion.

I fight with my injuries.

I fight with my past failures.

I fight with my mediocrity.

I fight with the demons of doubt.

**I fight with the unrelenting violence
that tells me to quit.**

But I am a fighter.

And on thing is sure.

I will be victorious.

I fight.