



MARTIAL ART & TAEKWONDO SCIENCE ACADEMY

무도와 태권도 과학 학원

www.ipitkd.com



22. Workout Components for Greater Athletic Performance

By David Mazor
Massachusetts State Director for AAU Taekwondo

Building a workout routine, whether in class or on your own always brings up questions about what type of work an athlete should do to improve their performance. Let's look first at the physical workout.

There are three components to strength and speed training that work hand in hand. Weight training, Light resistance training, including Plyometric training, and Flexibility training. All three of these types of training help the body build the explosive quickness that we use in Taekwondo sparring.

For weight training, it not necessary to pursue maximum bulk, but rather to build the muscles for the purpose of explosive kicking and punching. The advantage to using weights is that they allow you to target and work specific muscles both in groups and individually.

Light resistance training, such as plyometrics, uses the body's own weight--amplified by the act of jumping, leaping, bounding and hopping--to add not only build muscle strength, but to combine it with coordinated motion, thus building better balance and coordination along with power. Flexibility training uses stretching and kicking routines to build range of motion and accurate placement of techniques.

Combined, these three types of training give you a balanced physical training foundation.

What's missing? The mental workout.

Add in positive visualization training and motivational training, and you have the tools you need to compete at your top level.

So, the next time you're reviewing your workout routine, make sure all these types of training are included and you'll reach your maximum potential.