

# trax

## FIGHT CLUB

Kick your workout into a new gear

10 ways to stay motivated

Boost your cardio with a new workout

Special  
How to stay motivated when you're bored

# 10

ways to stay motivated



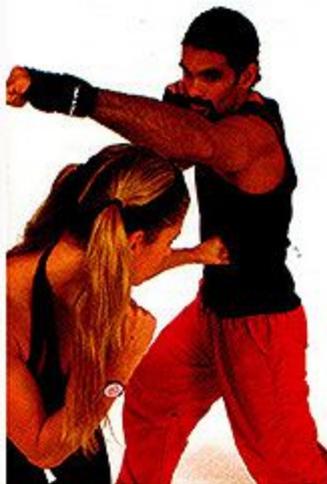
# Climb

# Fight

# World

Participants of all levels flock to martial arts-inspired classes wanting results. Janis Saffell and Guillermo Gomez explain how you can make sure that everyone leaves with a smile on their face...

by Janis Saffell & Guillermo Gomez



**T**oday's kickboxing classes have progressed dramatically due to consumers looking for more diversity in their training.

As a result of this, we now have both beginners and advanced participants in our classes.

Our biggest challenge as instructors is teaching a multi-level kickboxing class, keeping our beginners safe and our die-hard front-rowers motivated.

Creating a successful programme takes time and dedication. Patience is a very important factor for any instructor. If you are lacking patience, it will create tension in your class, causing participants to feel intimidated, discouraged and even driving them away without ever coming back. As an instructor, it is your job to make every student feel welcome, confident and successful in each class. Teaching is an art form and real teachers are rare. A real instructor considers themselves a student who is always learning, creating, and looking to improve their own teaching skills.

Multi-level teaching is a difficult task because you are required to adapt to the needs of each class participant, without interrupting the flow of the group setting. Observation is the key to knowing your students' abilities and how far to push them. But how do you motivate your class when the participants are all of different levels? And how do you make sure that everyone is safe but still excited?

## Get to know your class

Welcome any newcomers and ask them if they have taken kickboxing classes before. Create a friendly environment and introduce a new student to a more advanced one. Arrange your class and make sure everyone is comfortable before you begin. Have your advanced students come to the front of the room (if they aren't there already!) so your beginners have students to learn from and follow.

## The ultimate warm up

The warm up is the perfect time to evaluate your students without breaking the flow of the class. Work through range of motion movements similar to the ones that will be repeated in the cardio section of class. This is your opportunity to size up the class and work on terminology, proper form and technique and to find out where individuals are having trouble.

## Joy in repetition

Repetition is the key to mastering the basic movements. Reviews are great for any level participant because each technique can always be performed better. Once students are happy with the basic moves, it is safe to explore more complex cardio combinations.

## Modify

Teaching alternatives is the key to a successful multi-level class. For example:

- > Teach basic movements and techniques first, showing one movement at a time:
- :: Teach a jab and repeat the movement.
- :: Teach a front kick, by first teaching the chamber with only a knee.
- > Beginners should stay with basic moves until they have mastered good technique, whilst advanced students can work on layered movements.
- This format keeps everyone moving while working at their own pace and level:
- :: Beginners work on front kicks, whilst advanced participants perform jump front kicks.
- :: Beginners work on single squats, while advanced participants do plyometric squats.
- > Increase intensity with layers, showing two or three moves linked together i.e., "Kata":
- :: Create a combo jab, cross, hook.
- :: Create a combo with both upper and lower body movements — jab, cross, front kick.
- > Teach modification first, then progress to a more advanced layer or level:
- :: Tap side to side for low impact, progress to a jumping jack for high impact.
- :: Progress circle knee to a crescent kick.

## Open your eyes

Observe students' techniques and see how well they adapt to changes. Every class is a new scenario, with different students, levels and class size. Going to class with your lesson prepared is step one. Once in class, you must adapt your lesson to the abilities of your students. For example, having 20 advanced students and only five beginners will usually allow a wonderful flow, because beginners are able to watch and learn from the advanced students and work at their own level. In another scenario a class may consist of 75% beginners. In this case the advanced students will need more patience as the instructor caters to the needs of the majority in the class.

## Be safe

- > Start slowly and progress gradually, ensuring that students perform new movements correctly in order to avoid injuries.
- > Go over basic techniques in every warm up and address form as you go.
- > Avoid fully extending the elbows and knees.
- > Incorporate only a few new moves at a time.
- > Make the right decisions for your students and avoid rushing anyone who is not ready to move forward with techniques.
- > Use the strength section or cool down to go over new techniques half time.
- > Keep music speed within established industry guidelines (130-140bpm). Remember the slower you go, the more muscle control it takes to execute a movement (which in turn can make a technique harder). Faster tempos limit range of motion and can increase the risk of injuries.

## Inject some energy

When your students connect and work together in class, the energy generated is tremendous. The class will feel intense and alive, and everybody will want to keep coming back for more. ■

## Choreography

Some martial art programs depend heavily on choreography, described as "Kata", a series of choreographed movements performed against an imaginary opponent. Kata's help to develop student's reaction time and adaptation to changes either directional or reaction time. Kickboxing classes should be designed to build and develop inner-strength, flexibility, focus, awareness & muscle tone for the entire body. Kata's are a great way of combining both the mind and body to work in harmony.

### Kata combo 1 (Modified version)

Double Jab R 4x, bob & weave 4x, step touch side to side around in a circle 4x, Step R lift L Knee, Step L lift R Knee, Repeater 3 L Knee (just like alt. Knees on the step) Step L lift R knee to corner of room, Step R lift L knee to corner of room Repeat combo L  
\*Note the repeater 3 switches your lead leg to repeat the pattern on the left

### Kata combo 1 (Advanced version)

Double Jab R 1x, bob & weave 1x, circle roundhouse 2x (step touch circles) Step R, L Front Kick, Step L, R Front Kick, Repeater 3 L Knee (One knee, One side kick, one knee) Step L, R Round house to corner of room, Step R, L Round house to corner of room Repeat L \*Note the repeater 3 switches your lead leg to repeat the pattern on the left

### Kata combo 2 (Modified version)

Combo starts in horse stance 1, feet parallel moving side to side Jab side R, Cross side L, Upper R, upper L Step L foot in towards R foot, lift R knee, step L foot back to horse stance Repeat L

### Kata combo 2 (Advanced version)

Combo starts in horse stance 1, feet parallel moving side to side Jab side R, Cross side L, Upper, upper, Step L foot in towards R foot, Roundhouse kick R, step L foot back to horse stance Repeat L

### Kata combo 3 (Modified version)

Horse stance 1, feet parallel, Jab R, Jab L to front 2x, Hook R, Hook L 2x, Squat slow 1x, Circle R knee to the outside, Circle L knee to the outside, Repeat L

### Kata combo 3 (Advanced version)

Jab R, Jab L to front 2x, Hook R, Hook L 2x, Squat quick 2x Crescent Kick R, Crescent Kick L, Repeat L



Janis Saffell is known worldwide for her innovative workouts. She is the star of 15 top-rated fitness videos and the sportswear designer for *Contour Active Wear*. Janis also consults, writes and presents for many TV channels and magazines including *CVC*, *Shape* and *Fitness*.



Guillermo Gomez is the owner and Chief Sensei of Coconut Grove Aikido in Miami, Florida. He currently holds the rank of third degree black belt, certified by the United States Aikido Federation and is a first degree black belt in the full contact karate system.



Janis & Guillermo's Combo Workout CD is available now. Featuring tracks by Beyonce, Adamski, 2 Unlimited and Frankie Goes to Hollywood, this is the ultimate soundtrack to any kickboxing or martial arts class. Call 0870 60 80 001 to order your copy or listen to samples at [www.mullitruks.com](http://www.mullitruks.com)

