

Sample of Contents for Training Notebook

Things that you may consider adding are those that are above and beyond the items found in this manual. For example, new terminology that you will want to remember, specific items relating to your school, certain emails that you receive, photos/newspaper clippings, and anything else provided to you by your instructor. In addition, you may also consider adding goals for your training (both short-term and long-term), progress charts for your fitness/flexibility, favorite techniques, sparring strategies, etc.

EXAMPLE NOTEBOOK ENTRY

The following is an example of what can be added to your notebook, based upon an actual class:

Basics

Low Block ó Foot position in all techniques is critical. Many of us are prep-stepping on this block! This allows the hips to come through straight rather than turning, and is easier than the correct way. Seems like it also leads to a straight step rather than a C-step.

Knife Hand Blocks ó Instructor noted that this is the weakest technique by far of all of the ones we do. He watched our techniques and noted that some of us were stepping back away from the technique changing the distance further away, or slipping/hopping forward with the back foot, which moves you closer to the target. Either one will change the distance and cause you to miss the target or strike with the incorrect part of the hand. Power generation comes from the position of the feet prior to the strike.

Key Point to remember: Whenever you feel something is wrong, or you see a student having trouble with a technique, start with the feet and work your way up from there. Often, the problem is one with the stance.

Front Kick ó watch the pre-step, and keep hips pointed straight forward. Hips have to roll under to extend the front foot forward *into* the target. Instructor asked if we were doing snap or thrust techniques and did we know. He added that we should all be aware of how we were doing it.

Kicks Drills - Today we covered hips and did partner drills using targets. Front+side+front (same leg), out/in crescent+side (same leg) and then in/out crescent+side (same leg). The crescents were done over the target and then the holder pulled it target in to them for the sidekick. The goal was to emphasize hip rotation, which is weak while changing kicks. Usually the chamber is just moving the leg, while we forget about the hips. Also we discussed the relative strengths of the 4 leg muscles (quadriceps, hamstring, abductor, and adductor). Crescents are weak due to lack of strength in abducts and adducts. We worked for a while on crescents to help understand ó we put a hangingö Motion in the front of each kick (in/out, out/in) to allow the leg to be relaxed and then the õsnapö across can occur. Most folks don't have the snap and that is why it is a weak kick. They are relying on their abduct/adducts to break the tension in attacker's shoulder to move the arm. It won't happen with just those muscles, they are too small compared against their bicep, deltoid, pectorals, etc. You need to add in the force of the hip twist/rotation to help overpower them. Also the hip rotation is missing (and counter hip-rotation!). This helped identify differences of stretch versus combat versions. Too often we see the kicks as a õscraping back/pulling inö motion, compared to a knocking away (more sideways) motion. So we worked on not shorting the kick, but using the muscles correctly. We also discussed use of the workout machines for strengthening them and that you don't want to õpullö into or out from the groin, but bring knees together or away instead (depending on which exercise you are doing). This builds strength all along the muscle, rather than just at top (the part closest to the groin). **Forms**

Pyung Ahn Sam Dan ó push off more on the turnaround at #8 to maintain balance and to retain strength.

Bassai ó having trouble with breathing on this form (again). Falling back into some old habits from lack of proper practice and study. Need to go back and review my personal notes on slow breath control and the discovery I did last fall.

One-Steps

The instructor wanted us to go through them, alternating each side. He encouraged us to make a good effort to learn them so as to be confident and prepared. Looking for enthusiastic and energetic movements ó lots of intent and snap in the techniques. The One-Steps should handle different angles and make use defenses for of different kinds of attacks. One of the goals is learn more about distance control and probably to relate that to free-sparring. For example the crescent kick block that leads to a back kick finish requires a careful placement of the foot (between the two kicks) in relation to the target. You may need to put the foot down slightly past the standing leg foot to get proper extension for the back kick.

Sparring

I sparred with Mr. Jones and learned some valuable things about controlling distance. I was able to jam a couple of his back kicks, but he is working on moving in even closer than that for throws. He tried once and I managed to get out of it. The second time I went down hard. I noticed that he retained control of my left arm, so that I fell heavily onto my right side. Interesting effect from just hanging on to the arm with which he threw me. *Personal Notes:* Felt very washed-out after the session was over. Heat management seems to be a problem lately. It may be related to lack of breathability of the new uniform, but there's more to it than that. Short-term goal - I need to be sure to stay hydrated during my personal training and extended training periods, and even during regular work hours. This may pose some difficulty during an extended training class unless a break is called. In general, I enjoyed this class, though I was extremely disappointed in myself, and especially in my sparring level. I have the perception that I should be doing better than I am. Long-term goal - I will need to re-examine my training plans, 1) to see if I am achieving what I set out to do, and 2) to make new plans based on improving my sparring abilities.