

The T.K.D. Flash

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There was a Demonstration at St. Paul Lutheran School in Grafton on March 15. Mr. Sam Van Hecke, Harley Pals, Casem Abulughod Allie Mathusek, Austin Meier Amirah Abulughod, Stephanie Brudnak, and Katie Hallanger put on an awesome display.

On Monday, March 25 at 7:00 p.m. Chodan Luke ("Skywalker") Mattias was inducted into the National Honor Society at Grafton High School. Those of us who know him believe it is the Society which has been honored.

On May 18, 2002, a Black Belt Test will be held in Huntersville NC for students and instructors in the Association's Schools in Charlotte, Mooresville, and Bluefield.

On May 17 Mr. VH will instruct a seminar at Charlotte NC, "Get to the Point!" on pressure points and their uses for release and control.

Yidan Todd Welsch is now stationed in Taegu, R.O.K. where the defense of our country still is in good hands.

Grandmaster Sereff has approved a June 8 Black Belt test date for Wisconsin.

A test will be held at the Sheboygan Academy of Martial Arts on April 20.

Second Dan Stacy Keys teaches at the Academy of Martial Arts, Princeton, at the Mercer County Commission on Aging Facility. Welcome, Academy of Martial Arts, Princeton!

Flying High: An Exercise Guide to Increasing Your Altitude

By: Mike Van Pietersom, IV Dan

[This article began in Vol. XIV, Number 3 of The Flash. It continues here.]

{Ed. note: Mr. Van Pietersom begins with a description of the process involved in a standing jump exercise.}

Start with feet shoulder width apart.

Jump with the same action and effort as the previous stage, with one additional catch... When you jump into the air (remembering to use your arms and shoulders), pull your knees tightly up into your chest so you're feet will be as far away from the ground as possible.

Landing – shoot your

feet back down to the ground in time to land properly as your body comes plunging back down. In other words, your legs must snap up to your chest and shoot down again very quickly so your feet are ready to absorb the landing before you fall to the floor. Again, use the ball of the foot only to land with. (Note: If it helps, think of jumping over a car that is racing toward you. You must get your legs tucked tightly underneath you so your feet won't get hooked up on the car as it passes underneath you. Then you must get your feet back down to the ground in time to land softly and with control.)

Slowly – stand back up and bring your heels back down to the ground.

Stage 7 – Power Jumping

This is the final stage! It is also the one that usually is the hardest to complete. If you are feeling any strain or pain in your leg muscles, save this one for later. This stage finishes off whatever energy your legs still have in them if you've been doing this exercise full force. Strength training experts say that to maximize benefits and growth of muscles, you have to "work them to exhaustion". Well, that's what this last stage should do for you.

Start with feet shoulder width apart.

Jump with the exact same action as you did in Stage

The T.K.D. Flash

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Page Two

6 (Tucking Jump), but this time don't stop between jumps. Keep moving from one tucking jump right into the next with no resting.

DO NOT reset yourself for each jump. Instead, use the landing of one jump as the starting point of the next. So, after you land from one jump by bending your knees, use that bent knee as the first part of the next jump. After all, your knee is already bent by landing, so why not use it as the initial bend for the next jump?

Keep repeating jumps until it becomes uncomfortable to do any more. Don't overdo it or you will overstrain the muscles of the leg.

When you are done, make sure to walk around the room for a while so your muscles don't have a chance to clench and cause any cramping. Keep your body moving for at least one minute if at all possible. Many people crouch down into a deep knee bend because their upper legs are worn out, which is ok, but just make sure you walk around as well.

(By removing the "rest period" between tucking jumps, we are constantly working the muscles over and over again to the point of exhaustion. This is what we do in regular calisthenics isn't it? You wouldn't stop each time you did a complete "Jumping

Jack", so why stop after each jump here?)

The Aftermath – Do's and Don'ts

Congratulations! You have completed the exercise cycle, but you're not done with the session yet. I can't emphasize this point enough – you must now stretch out your legs as much as you can. If you fail to do this, you will most likely be sore tomorrow. You have just worked out your legs in a fashion and intensity that they might not have been worked before. Make sure you stretch out before you leave this workout session, and if you feel a little tightness later on in the day or the next morning, stretch out again.

Drink plenty of fluids. Your leg muscles have built up a lot of toxins from such a workout and you need to flush them out of your body. As you exercise any muscle, lactic acid builds up along with other toxins that are the result of hard muscle contractions. This is why your muscle feels fatigued during exercise. By flushing your system with fluids, your muscles can repair themselves and get these toxins out faster which speeds the muscle building process.

Another help would be to eat water-rich foods like fruits and vegetables. Besides simply being good for you, these are the kinds of things your body needs when going through a rigorous workout

plan of any type.

Do NOT try doing any physically demanding exercise with your legs for at least 48 hours (2 days). As you may well have heard from exercise gurus, you should not exercise a muscle group more than every other day. If you worked this plan today, don't do it again until two days from now, and maybe three if you feel a bit sore by the second day. Rule of thumb, if the muscles are still pretty tender, they are NOT ready for more yet. By the way, if your muscles are still sore for more than a day, then you did too many repetitions during this program. As was stated under the heading "A Quick Note" (above), it is suggested that you phase-in the number of repetitions you complete with each stage of the process. In other words, pace yourself. Cut back on the number of repetitions you do the next time you go through this program.

Going Beyond The Call Of Duty

For those of you who really like the benefits of increasing the acrobatic ability in your techniques, there are some additional exercises that you will find to greatly enhance your technique and flexibility. It is suggested that you NOT try these right after you completed the previous workout plan, but rather separate the two.

[to be continued in the next Flash]