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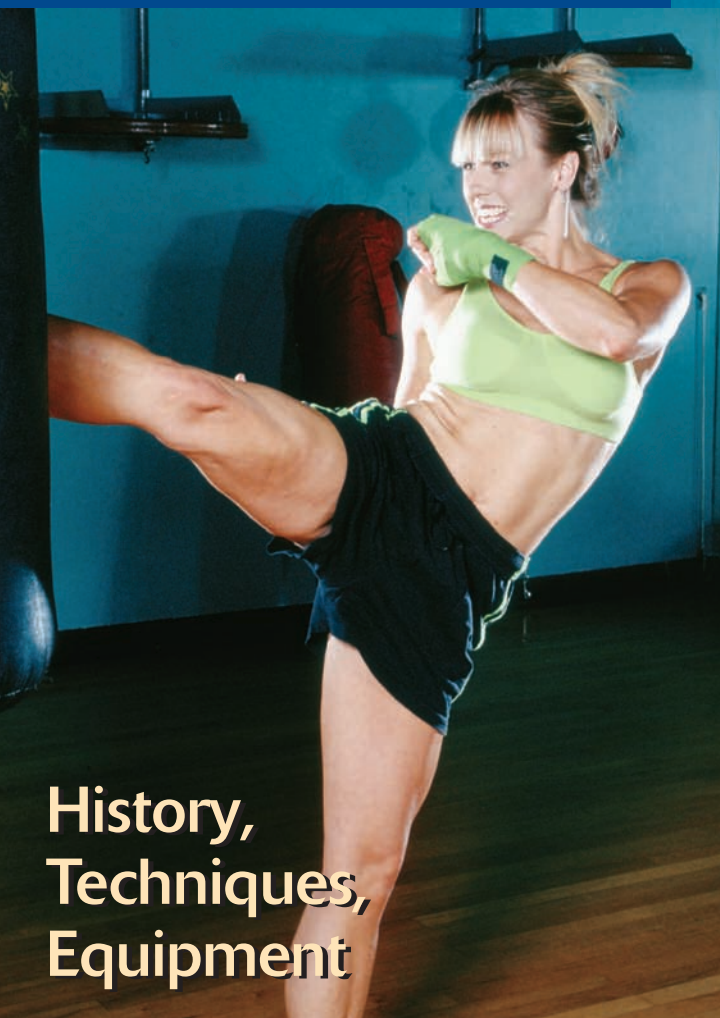
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ymaa@aol.com

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Cardio Kickboxing[®] *Elite*

For Sport
For Fitness
For Self-Defense



History,
Techniques,
Equipment

Frank Thiboutot



YMAA Publication Center

Main Office:

4354 Washington Street
Boston, Massachusetts, 02131
617-323-7215 • ymaa@aol.com • www.ymaa.com

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Foreword

The fitness industry is in the midst of tackling the Surgeon General's challenge to increase the physical activity of Americans. As such, it is evolving to become more inclusive of a wide variety of populations. Greater emphasis is being placed on programs that are based on scientifically sound exercise principles. In our culture's belated pursuit of the mind-body connection, the industry is attempting to address the "whole" person with mind-body programming. In a continuing effort to help participants find activities they find enjoyable, a wide variety of programming has been undertaken.

Cardio Kickboxing® Elite is suitable for all ages and abilities, males and females alike, those who want to compete and those who have general health and fitness goals in mind.

With the aging of our population, it is important to provide opportunities for older individuals to begin or continue to stay active. Many of us "boomers" have grown up in a culture of active living and are looking for additional ways to continue that lifestyle, and to do it in a social setting. Martial arts programs have been promoted as a way to enhance physical skills and fitness and to promote confidence of youth. Furthering that effort, this program is based on sound fitness development principles and provides for progressive mastery of skills. In the 1980s and for much of the 1990s, group exercise had pretty much been the exclusive domain of females. With the need for variety and the desire to offer programs attractive to males, exercise programming has become diversified to include such classes as "Boot Camp," sports conditioning classes, and martial arts sans equipment based exercise classes. Here in the year 2000, these programs have continued to attract greater numbers of females relative to males. With the equipment emphasis of this program, the appeal may increase for males.

Frank Thiboutot has developed a program that effectively partners the medium of kickboxing with sound exercise principles, a critical union that has been overlooked by many of the exercise videos and products available in the market today.

He has been prudent in addressing the American College of Sports Medicine's (ACSM) guidelines for developing and maintaining cardiorespiratory and muscular fitness. By participating in this program, individuals can improve their aerobic fitness levels, enhance muscular strength and endurance, increase flexibility and improve body composition (less fat, more muscle). With lack of time being the most common barrier to exercise and physical activity, *Cardio Kickboxing® Elite* effectively addresses these components in one comprehensive session.

Cardio Kickboxing® Elite effectively addresses the “whole” person. This is a “hot” area in the fitness industry today as evidenced by the increase in popularity of yoga, Tai Chi, and Pilates, as well as the inclusion of relaxation techniques in mainstream exercise classes. While the physical aspect of this program is obvious, less so are the positive influences on the psychological, social, and spiritual dimensions of the individual. In addition to increasing knowledge of the kickboxing sport and general fitness principles, potential psychological benefits of participating in this program include reduction of stress, reduction of anxiety and depression, and enhancement of self-esteem. By following Frank’s recommendations to undertake this program in a group setting, numerous social needs can be met. Lastly, if so moved, each individual can find a way to integrate this program with his or her own spiritual dimension.

While people may start to become more physically active for health benefits, the primary reason that people maintain active lifestyles is enjoyment, an element that is crucial to continued motivation and adherence. With a much wider variety of group exercise programming than was available a mere ten years ago, there is a much greater chance that individuals will find that one activity that meets their needs and that they enjoy. For those of us already living an active lifestyle, *Cardio Kickboxing® Elite* can serve as an adjunct to our ongoing exercise programs, offering that much needed cross-training. For beginning and experienced exercisers alike, this program can become the foundation for which other programs supplement. For those of you who already train or compete in the sport of kickboxing, training in a group setting can provide some additional motivation, camaraderie, and competitiveness.

Cardio Kickboxing® Elite is an exciting new program that will help individuals begin and continue to lead active, healthy lifestyles. Having been in the fitness industry for nearly 20 years and having participated in physical activity since prior to leaving the womb, I personally commit to expanding my “dabbling” in this medium to more active involvement.

Karen Croteau, Ed.D.
Assistant Professor of Sports Medicine
University of Southern Maine

Preface

I have had almost four decades of experience in the martial arts, twenty-three years of which involved the sport of American-style kickboxing, formerly known as full-contact karate. In 1992, I created the original *Cardio Kickboxing*[®] workout program. The primary objective was to promote the *sport* of kickboxing through kickboxing for *fitness*. My mission was and always has been to safely mainstream the workout of a fighter to the general public for its fitness and self-defense benefits. Thus, this program has always focused on *sport-specific* techniques used in boxing, kickboxing, and Thai-style boxing. It has also always been equipment intensive. Would you want to play basketball without a ball or a hoop? How much fun would that be? Using conventional boxing and kickboxing training tools, such as heavy bags, uppercut bags, double-end bags, punch mitts, focus pads, etc., provides:

1. a *resistance* component to an already demanding cardiovascular workout for greater fitness benefits, and;
2. techniques that are authentic and efficient so that they could be effective for self-defense purposes.

In order to introduce this workout concept to the market, I approached a number of fitness video companies to produce a video for me, but there was no interest at the time. Consequently, I self-produced the *Cardio Kickboxing*[®], “*The Workout with a Kick!*” video in 1993 as well as registered the name and trademark. I always believed this workout concept would be a hit. With a lot of hard work at the grassroots level sending out hundreds of press releases and complimentary preview copies of the video to various media sources, doing countless demos and interviews, I found that, eight years later, it became an *overnight* success.



Over time, the *Cardio Kickboxing*[®] workout as well as a number of other *fitness Kickboxing*[®] programs became an *alternative* to conventional aerobics, now called group fitness classes. Initially, the aerobics industry was not interested in working with my company to help develop a certification program so, as I did with my first video, we developed our own. We have certified hundreds of instructors here in the U.S. and overseas. Now that it has been demonstrated that the public is, in fact, interested in martial arts based workouts for fitness, the aerobics industry has seen the wisdom of developing and offering their own instructor certifications for “kickboxing”. However, their approach to certifying instructors in “kickboxing” comes into question for two reasons: 1) instructors

are certified in a weekend workshops and 2) eliminating the roundhouse kick because they believe it is “unsafe”. Does it make sense to eliminate the most widely used kick in kickboxing especially in Thai boxing? Or, should they find a way to teach this kick properly to minimize the risk of injury?

The *Cardio Kickboxing*[®] program is grounded in techniques from the sport of kickboxing as well as martial arts. Having worked in the fitness industry myself, I certainly recognized the need for tailoring the program to meet the needs of those who were not necessarily as physically fit or as young as some of the competitive fighters I had worked with over the years. I also recognize that there are space and budget limitations in health clubs and martial arts schools, so we also began offering a “without” equipment option for our instructors. However, they are still required to go through and pass the “with” equipment components *first* and are then allowed to dovetail off of the original program. With so many people having already been exposed to boxing, kickboxing, and martial arts who might wind up in their classes, they had better know their stuff to maintain their credibility as instructors.

Unlike some traditional martial arts instructors who would never consider deviating from how they were taught by their teachers we actually encourage our prospective instructors to bring their own personalities and styles of presentation into the mix based on their backgrounds and teaching experiences. Otherwise, to do things my way only would certainly stifle creativity. Instead of just mimicking the moves, we provide them with the bio-mechanically correct knowledge of how to throw a punch or kick as well as an understanding of the terminology, jargon, and history of how the program evolved from a sport into a fitness program. Learning these basic and fundamental concepts has enabled our instructors to be better qualified and more confident when teaching.

Even though I felt this workout concept would be a success, I never envisioned it would become as big as it has. *Cardio Kickboxing*[®] has spawned many hybrid programs, some of which are more aerobics rather than kickboxing oriented. Many former aerobic instructors are even producing their own “kickboxing” videos. However, there has been a recent tendency by some *aerobic kickboxing* instructors to water-down the original program and simply make up movements so that they will fit neatly and tidily into an aerobics class format that conforms to the beat of the music. This is not necessary with all the additional intermediate and advanced techniques available from the sport of kickboxing.

Even though the origins of kickboxing can be traced back to ancient China, I have found that many traditional martial artists lack an in-depth knowledge of

Preface

current conditioning and safety standards that is of utmost priority justifiably demanded by the health and fitness industry. Conversely, the health and fitness industry—which is really still in its infancy, by comparison, having come into its own only about three or four decades ago—knows little about kickboxing. My secondary goal of helping to bring these two industries together is beginning to be realized.

Purpose

The purpose of this book is to provide you with all you will need to know about *Cardio Kickboxing*[®]. Not only is *Cardio Kickboxing*[®] a great means for improving your health by increasing your fitness level, but as a by-product of the workout, you will be learning valuable self-defense techniques.

The book will give you a brief history of the origins of martial arts, how the martial arts evolved into the sport of kickboxing and how the sport was developed into a fitness program. You will be given detailed information on the fundamentals needed and a workout a kickboxer would use to improve his conditioning and skill level. This is followed by intermediate and advanced techniques that will further enhance your knowledge of kickboxing. There are subsequent optional workouts that you can use for increasing cardiovascular endurance. Also provided are recommendations on equipment, instructions describing how that equipment is used, and explanations of how the equipment develops skill, power, and the ability to effectively utilize the punches and kicks you have learned on actual targets. Finally, the book is an additional resource guide for music, videos, and certification programs that are available to take the program to whatever level you wish.

Although the book was designed for those who are just getting started, it will prove very beneficial if you are already participating in martial arts style group fitness classes and want a deeper understanding of the application of the techniques you are learning. It will also be a must read if you prefer to work out in the privacy and convenience of your own home.

Although there really is not much that is new in the sport of kickboxing, the training methodology does change, however. Spending 3–4 hours a day in a gym to actually train like a professional kickboxer is unrealistic for most adults who have regular jobs, families to raise and a multitude of other everyday priorities. The *Cardio Kickboxing*[®] workout, which has now been time tested in the marketplace for eight years, can be done in a 45–60 minute session. It is a safe and effective step-by-step exercise program developed to meet the needs of the general population.

No doubt, you have seen countless infomercials or ads in supermarket tabloids touting one workout or diet after another that guarantees results with little effort. I am here to tell you up front, it is *not* going to happen. However, you might find this program interesting enough to take the first step to better fitness.

Introduction

My longtime motto with regards to exercise is that, *it does not matter WHAT you do as long as you DO something*. However, to only do activities like jogging or riding a stationary bike would be too one-dimensional to suit me as well as a lot of other people. A single program that offers variety will help ensure that your motivational level stays high. Because *Cardio Kickboxing*[®] offers so many techniques to learn and the classes may change somewhat even on a daily basis, it is never boring. When you're on the equipment circuit, for example, you can also work at your own skill and fitness level. There's so much going on in a *Cardio Kickboxing*[®] class that you sometimes do not even realize you're getting a great workout until after class is over.

If you cannot find the time to get to a class or prefer to exercise in the comfort and privacy of your own home, you can also benefit from this workout. Initially, you can go through the warm-up routine and review the punches, kicks, and combinations. You can also do a number of shadow boxing and shadow kickboxing rounds and gradually increase the number of rounds you do on a given day. Learn how to skip rope and then do your cool-down and stretches to complete your workout.

The next step would be to purchase and install a heavy bag that you can hang in your garage or basement. If you live in an apartment, you could purchase a freestanding heavy bag instead. You could also invest in some skill-oriented bags such as a double-end bag that does not take up much space. By adding the resistance and skill bags to your routine, *you will* be well on your way to seeing increased fitness results as well as feeling better about yourself. Initially, I would recommend that you do your *Cardio Kickboxing*[®] workout two to three times per week and maybe add some jogging, ride a bike, or climb on a Stairmaster on your alternate days.

Since I have been doing this type of workout for so many years, I sometimes forget that it is second nature to me but suggest you do what I did when I took up golf. Get a good grasp of the fundamentals FIRST making sure what you learn is bio-mechanically sound and then go out and play. Practice, polish, and play and then do that sequence over again. It is the only way to master and become proficient at anything, especially kickboxing.

For what it is worth, I have never been on a supermarket tabloid diet and eat pretty much whatever I want. I have also never purchased an AB Roller or any other piece of exercise equipment from a TV infomercial. When I took a recent physical, my doctor said I had the blood pressure and resting heart rate of a

teenager. My HDL (good) cholesterol was off the charts. When I took a cursory fitness test I took on the treadmill, I plugged in the age of 25, which indicated my level of cardiovascular conditioning was “excellent.” In December 1999, I turned 50. Forget those bogus celebrity testimonials and let us get started with the program that will really make a difference in your health and fitness.

In Summary. Kenneth H. Cooper, M.D., M.P.H. is credited with coining the term “aerobics”.

“In 1968 *Aerobics* was published in an effort to make the American people more aware of their need for exercise and to encourage them to use exercise in the practice of preventative medicine.” Dr. Cooper’s research was primarily conducted on young U.S. military personnel. Two years later, *The New Aerobics* was published emphasizing age adjusted endurance-type activities with an emphasis on safety. In 1970, Dr. Cooper founded The Institute for Aerobics Research where thousands of patients have since been evaluated and medically prescribed exercise programs.

In the seventies, the fledgling fitness industry had begun to supplant the traditional YMCA, YWCA, and Boys Clubs with health clubs for those seeking improved fitness and recreation in a group setting. Aerobic classes were given a boost in attention by Jane Fonda videos that came into vogue. Dance oriented in design, these classes appealed especially to women who recognized the value of regular exercise. Since the mid-eighties, organizations such as ACE (American Council on Exercise) and AFAA (Aerobics and Fitness Association of America) have certified thousands of instructors to safely and professionally conduct these types of classes for the general public who were both fit and unfit. In 1999, there were approximately 13,300 health clubs in the United States that have approximately 46,000,000 members.

According to *A Report of the Surgeon General, Physical Activity and Health, 1996*:

- People who are usually inactive can improve their health and wellbeing by becoming at least moderately active on a regular basis.
- Physical activity need not be strenuous to achieve health benefits.
- Greater health benefits can be achieved by increasing the amount (duration, frequency, or intensity) of physical activity.
- Regular physical activity performed on most days of the week improves health in the following ways:
 - Reduces the risk of dying prematurely.
 - Reduces the risk of dying from heart disease.
 - Reduces the risk of developing diabetes.

- Reduces the risk of developing high blood pressure.
- Helps reduce blood pressure in people who already have high blood pressure.
- Reduces the risk of developing colon cancer.
- Reduces the feelings of depression and cancer.
- Reduces the feelings of depression and anxiety.
- Helps control weight.
- Helps build and maintain healthy bones, muscles, and joints.
- Helps older adults become stronger and better able to move about without falling.
- Promotes psychological wellbeing.

By now it should not be a secret that exercise is good for you. Yet, the same report states:

- More than 60 percent of adults do not achieve the recommended amount of regular physical activity. In fact, 25 percent of all adults are not active at all.
- Nearly half of young people aged 12 to 21 are not vigorously active on a regular basis.
- In high school, enrollment in daily physical education classes has dropped from 42 percent in 1991 to 25 percent in 1995.

It is clear from the above information that:

1. For those who are not exercising at all, that you have to take the first step to get started in some type of program. As I mentioned in the earlier, it does not matter what you do for exercise as long as you do something. There are no shortcuts as touted by the numerous infomercials *you will* see on television. Low to moderate intensity workouts can improve your health; however, for increased fitness benefits, you can gradually increase the frequency and intensity and duration of your workouts. It is a simple formula. Move more; eat less. It is your good health that's at stake.
2. For those who are already involved in an exercise regimen whether it be aerobics, jogging, Spinning®, and so on, you've recognized that there is value in incorporating fitness into your lifestyle not just as a New Year's resolution. But, are you working out at an appropriate level to increase your level of fitness or are you mainly socializing? And if you are, in fact, working out, how do you stay motivated?

You need a regimen that provides an efficient cardiovascular and resistance workout that is interesting, motivating, varied, fun and gets results. *Cardio Kickboxing*[®] fits the bill.

It is what has worked for me for over nearly four decades. Occasionally, I do some running, biking, or lifting weights but my main method of staying healthy and fit has always been boxing or kickboxing workouts. It is not a cure for cancer, but it may prevent you from getting heart disease. It is what works for me and thousands of other fitness kickboxing enthusiasts. I am sure that it will work for you!

The Final Word. Perhaps you are thinking *Cardio Kickboxing*[®] is just a trend?

The advent of *Cardio Kickboxing*[®] workouts during the last decade has, in some fashion, benefited the following industries:

1. Health clubs are able to offer an effective fitness program that is an exciting alternative to conventional aerobics classes. There was and always will be programming options such as the slide, pilates, group cycling, yoga, boot camp, and fire drill classes. How much longevity they have is another issue. Martial arts-oriented fitness classes, especially those that utilize equipment, bring more men into the group fitness setting. For those women who want more sports rather than dance oriented classes, they are a sure-fire hit.
2. Many martial arts schools now offer these classes in conjunction with their regular class schedules whether it be Karate, Tae Kwon Do, Kung-Fu, or Ju-Jitsu. Most classes are full in the evening. This program helps generate additional revenue especially in the morning and during the noon hour when the school is rather quiet. These classes are also appealing to adults who do not have the time or inclination to study for a black belt, but desire some sort of self-defense based activity.
3. Boxing gyms in the past were frequently difficult to operate financially. Unless there was a successful stable of professional fighters, the gyms were generally run down. Most aspiring world champions were from lower economic backgrounds and could not afford to pay much in dues to help contribute to the rent or training equipment. Nowadays, many gyms are supported substantially by those paying for fitness boxing and kickboxing classes. They are not there necessarily to become as skilled or conditioned as a professional fighter, but they can certainly train like one. It is not uncommon to find gyms that offer boxing, kickboxing, Muay Thai, cardio boxing, and *Cardio Kickboxing*[®] classes seven days a week. They are all related activities.

4. The manufacturers of boxing and kickboxing equipment have seen the wisdom in developing and supplying equipment for the recreational user in addition to the competitive fighter. There are 26 million golfers in this country buying billions of dollars of equipment annually. Would it make sense for manufacturers to cater only to the hundred or so elite golfers? Everlast used to be *the* name for boxing equipment. Now there are dozens of companies out there making gloves, bags, focus mitts, and apparel; namely, Ringside, Century, TKO®, as well as numerous foreign equipment manufacturers trying to tap into this market.

The martial arts and fitness based martial arts programs including *Cardio Kickboxing*® collectively provide millions of people with some form of exercise, discipline, and self-improvement. The training can certainly be used for self-defense purposes under certain circumstances. However, we should be intellectually honest about believing that the acquired knowledge makes someone invincible. Confronting someone with a weapon, especially a gun (unless it is an absolute last resort), is not prudent no matter how much martial arts training you've had. Perhaps you recall the scene in the *Raiders of the Lost Ark* where Indiana Jones nonchalantly shoots one of his pursuers who was waving the sword? On a larger scale, without sounding facetious, if every single one of the 1.2 billion people in China were Kung-Fu or San Shou experts, it would not matter much against just a handful of nuclear weapons. This is, after all, the 21st century, not the feudal Far East.

Thus, it would follow that it is not necessary to view the traditional martial arts as anything much more than a physical art form, kickboxing as anything more than a sport or *Cardio Kickboxing*® as anything more than a fitness program—but they are what have worked for me.

Finally, I would recommend choosing an ominous sounding nickname for yourself and pretend to be a world-class fighter when you are working out. Maybe even have your name embroidered on your workout shorts. Have fun with it, take it to whatever level you wish. But, above all else, at least give *Cardio Kickboxing*® a try.

Introduction

Cardio Kickboxing[®] is what it says it is...

- It is kickboxing.
 - It is kickboxing for fitness.
 - It is kickboxing for fitness in a circuit training format.
 - It is kickboxing for fitness in a circuit training format using equipment.
 - It is kickboxing for fitness in a circuit training format using equipment for *everybody*.
-
- It is *not* karate.
 - It is *not* karate and aerobics.
 - It is *not* karate and aerobics choreographed to music.
 - It is *not* karate and aerobics choreographed to music on a step.
 - It is *not* karate and aerobics choreographed to music on a step just for *hard-bodies*.

Frank Thiboutot

*AKA "Sandpiper" (my "ominous"
nickname derived from my skinny
bird legs)*

The Sport of Kickboxing

Kickboxing is a ring sport very closely related to the sport of boxing. As a backdrop to this book, I will take you on a brief historical journey from the origins of the martial arts to the evolution of American kickboxing and, finally, to the evolution of kickboxing from a sport to a fitness program.

TRADITIONAL STYLES OF MARTIAL ARTS

Unlike most other sports, the skills that you learn and the skill you acquire as you practice kickboxing can also be used for self-defense purposes. This is because kickboxing is a sport that is rooted in martial arts traditions.

The martial arts encompass thousands of different styles and disciplines of fighting arts, most of which have their origins in the Far East. Many of these martial art systems can trace their roots back to the Shaolin Temples in China. The original temple was built in 495 A.D. northwest of Dengfeng County in Henan province. In 527 A.D. the Indian monk Bodhidharma, also known as Da Mo, arrived at the temple and initiated the Chan (Zen) sect of Buddhism there. Bodhidharma found these monks to be very weak physically and developed exercises that helped to make them healthier and stronger. The Shaolin priests further developed these exercises by replicating the fighting movements of animals. These exercises were used for self-defense as well as self-preservation. Initially, these techniques were handed down from generation to generation in secret, but over time they spread to other parts of China and neighboring countries thus, forming Shaolin kung fu and eventually the multitude of martial arts that are available for study today.

Most martial art systems include similar techniques, and these techniques can be slotted into four basic categories: strikes (with the hand), kicks, wrestling, and submission holds. The following is a simplified breakdown of what each category contains:

Cardio Kickboxing®

“Fitness club members are hearing and heeding the call of martial arts workouts, which are quickly becoming what step aerobics was to the early 1990s. Participation rates in martial arts exercise are so high that the demand is surpassing that of some of the most firmly entrenched group exercise formats of this decade.”

—ACSM’s Health and Fitness Journal, *December 1999*

Having witnessed many training systems practiced by martial artists, boxers, and kickboxers over the years, I have found several things to be evident:

- Most traditional martial arts styles were passed down from instructor to instructor with the teaching methodologies being very similar within a particular style, but not necessarily similar from style to style.
- There appeared to be no specific clear-cut system or plan to train a boxer or kickboxer. The training methodologies varied from trainer to trainer since most boxers and kickboxers did their training alone (except when sparring), not in a group setting.

Thus, it was evident to train a large group of martial artists who aspired to become kickboxers there was a need to have a specific format for them to follow.

If they already had the basic skills, they needed to polish them until they were so ingrained that the basics became natural. For those just starting out, they needed a routine to practice kickboxing techniques that were effective in the ring, not martial art skills needed for self-defense.

In any event, both the seasoned as well as inexperienced kickboxers needed to systematically do sport-specific warm-up drills that covered footwork, bobbing and weaving, a review of their basic punches and punching combinations followed by a review of the basic kicks and kicking combinations. They then needed to blend their punches and kicks together in combinations. From there, they should work on the various pieces of boxing and kickboxing equipment on a round by round basis replicating an actual bout. Afterward, they would do some strengthening and conditioning drills such as plyometrics or skipping rope combined with push-ups and crunches. To cool down, they would stretch. This was my particu-

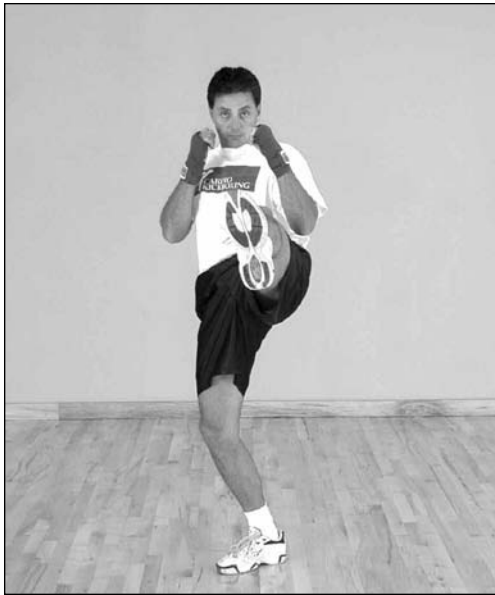


Figure 3-49

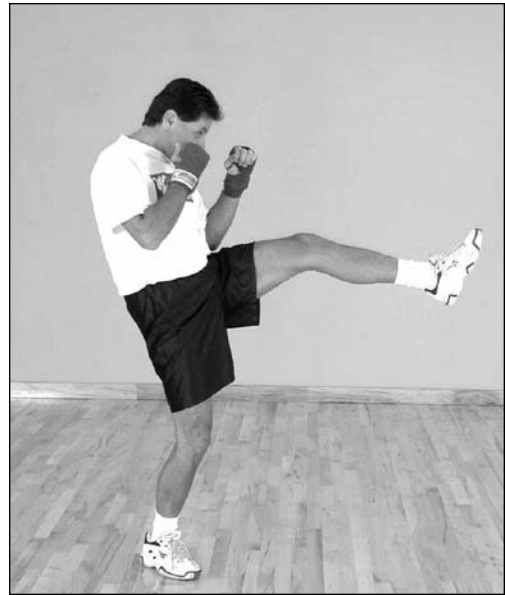


Figure 3-50

Front Kick

The use and execution of the front kick varies depending upon which leg kicks. A lead-leg front kick, like the jab, is executed quickly to set up other techniques and to gauge distance. A rear-leg front kick is similar to a cross punch in that it is a power strike, which takes longer to arrive at and travels further to the target.

1. To execute using your lead leg, put your weight on your right leg and keep the knee slightly bent. Raise the left foot at the left knee as you snap the ball of your left foot mid-level into the air or against a heavy bag or kicking shield. Imagine your target to be the torso of your opponent. Be careful not to hyperextend or lock the knee. Then, return your foot to its normal position in your neutral kickboxer's stance. See Figures 3-49 and 3-50 for step-by-step illustrations of this kick. Figure 3-51 illustrates



Figure 3-51



Figure 3-52



Figure 3-53

execution against the bag; 3-52 shows the kick against a kicking pad; Figure 3-53 against an opponent (or adversary).

2. To execute a front kick using your rear leg, raise your right knee and then thrust the ball of your right foot mid-level toward your target. Return your foot back to your normal stance. See Figures 3-54 and 3-55 for step-by-step illustrations of this kick. Figure 3-56 illustrates execution against the bag; 3-57 shows this kick against a kicking pad; Figure 3-58 against an opponent.

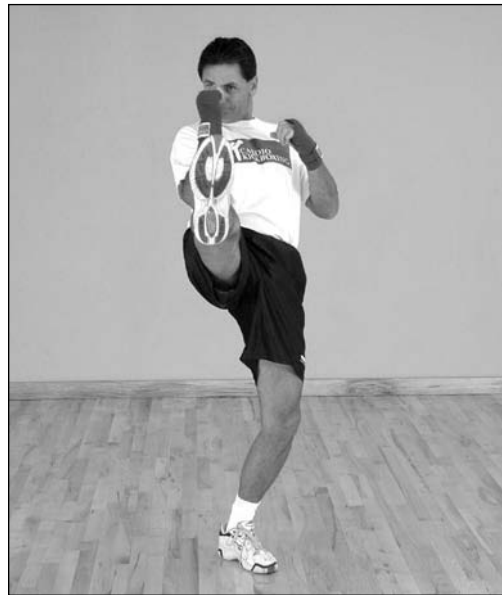


Figure 3-54

General Description of the Workout

Now that you have covered the basics, you need a general understanding of the flow of a class. You need to know what to expect and to understand why you are doing it.

CLASSES

In my program, the classes last one hour each—and the instructors and students strictly adhere to this timeframe. Additionally, the protocol for *Cardio Kickboxing*[®] classes in a health club versus learning kickboxing in a martial arts school or gym is different. These differences are described below.

1. You often learn the basics by imitating your instructor who will have little time for detailed explanation or application of the techniques you are learning during the warm up and review component of the class.
2. The class format will include the following phases:
 - warm-up
 - review
 - workout
 - conditioning and strengthening
 - tapering and cool-down
3. *Cardio Kickboxing*[®] classes are much less formal than martial arts classes. There are no belts awarded, and no uniforms are worn. Whatever you normally wear to work out is acceptable.
4. Athletic shoes (especially cross trainers that do not have as much tread as running shoes) are a must for these classes, particularly when skipping rope or kicking the bags.
5. Music is a great tool for motivating you to work a little harder. It also adds excitement to the class.



Figure 5-38



Figure 5-39a



Figure 5-39b



Figure 5-40a

Step 8. Knee-ups. Knee-ups warm-up and stretch primarily your hamstrings. This exercise also trains you to initiate the front kick by bringing up the knee (similar to bouncing a soccer ball off the knee).

- a. Bring the knee straight up into the chest, 8 times each knee. See Figure 5-38.
- b. Circle the knee toward the center of the body and out, 8 times each knee. See Figure 5-39a, b.
- c. Circle the knee away from the body and toward the center, 8 times each knee. See Figure 5-40a, b.



Figure 5-40b

About The Author

Frank Thiboutot's experiences span three decades with involvement in every aspect of the martial arts. He began boxing in high school in 1966 and began training in the martial arts in 1969. Frank taught karate at the University of Southern Maine in 1970 and at the University of Kabul in Afghanistan in 1973 as a Peace Corps Volunteer. Later, from 1974–1976, Frank studied Tae Kwon Do while serving another two years in the Peace Corps in South Korea.



Frank received his 2nd degree black belt in Shoto Kan Karate in September 1975 and his 4th degree black belt in Tae Kwon Do in April 1978.

Frank became involved in Full Contact Karate (American style kickboxing) in 1979 as a trainer, cornerman, and manager of amateur and professional kickboxers. In fact, he managed the entire career of three-time world champion, Danny Melendez. He is a certified “A” rated judge by the International Sport Karate Association (ISKA).

Following are additional highpoints in Frank's career.

- Incorporated Sport Karate, Inc. May, 1984.
- Initiated a bill which became law for the State of Maine to regulate kickboxing by the Maine Athletic Commission, July 1986.
- Appointed ISKA northeast regional representative, June 1990.
- Began promoting professional kickboxing events, 1985.
- Promoted eight title fights televised by FNN/Score, ESPN, and SportsChannel America.
- Hired to give color commentary for several televised shows.
- Matchmade world title fights between U.S. and European fighters.
- Traveled extensively to Canada, the Far East, Europe, the former Soviet Union, and the Caribbean in various capacities relative to the professional side of the sport.
- Opened the first *Cardio Kickboxing*[®] studio in the Bay Club, One City Center, Portland, Maine to offer “fitness kickboxing” workouts to the general public, October, 1992.

The *Cardio Kickboxing*[®] logo was first used and the *Cardio Kickboxing*[®] video was produced for retail distribution, 1993.

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