



# MARTIAL ARTS FOR HEALTH & WELLNESS, LLC

## November 2020 Newsletter



### You Don't Need to Get in Shape to do Martial Arts

Sometimes when people find out I am active in the martial arts they will say that they would like to get into the martial arts but need to get into shape first. Another thing I hear from people who used to train but do not currently or are doing very little training currently is that they want to get back into to class more often but first they need to get into shape. To both of these comments I have in the past just accepted it on good faith that they will follow through on what they say. After a lot of time however I have seen a pattern where the vast majority of these people, however good their intentions are, do not follow through.



I believe one of the reasons people do not follow through is simply the amount of available time they have to commit between family, work and other activities. I can understand the lack of time in the day and the efforts to allocate it appropriately. If somebody is going to do something well they are going to need to have enough time to put into it. If people are not getting into the martial arts, or back into them, because of legitimate time constraints I can respect that.

However, if they are saying they need to get into shape first it seems more like an excuse to me. To get into shape a person is generally going to take part in some sort of exercise program that should include resistance (strength), cardiovascular (aerobic) and flexibility training. Here is a little secret... all of those can be part of training in the martial arts. I am not implying that a person can just train in the martial arts and not do other forms of exercise to work these three areas. I feel a person should train in the martial arts AND workout in other ways to effectively strike a level of balance in their resistance, cardiovascular and flexibility. If you are going to workout in other ways in addition to martial arts classes and are unsure where to start working with a personal trainer is a safe way to ease into a program.

Here are some brief examples of how these areas can be worked on in a martial arts class and in another workout at a gym or at home. Resistance training in martial arts can be achieved by just doing the workout getting your muscles firing with basics, forms and 1-step sparring. To increase the resistance aspect bag work and hand held target work, sparring (especially partner work with throwing or grappling). If you were to work with a trainer they could lay out a program that would be best suited toward your goals. Some options if you are doing it on your own are free weights, resistance bands, weight machines and kettle bells to work on your resistance training outside of class.



Cardiovascular exercise in the martial arts can be achieved by just doing class at a pace that pushes you with whatever drills you are doing. It is okay for your training to have some camaraderie but it should not turn into a social hour where you just work your jaw. Away from class try running or walking outside or on a treadmill. You can adjust the incline of the treadmill to push yourself more. Ellipticals and bikes are good if you want to avoid jarring impacts to your joints.



Flexibility can be achieved in your martial art classes by safely working on increasing the range of motion (ROM) with whatever techniques you may be doing. This should be a gentle process as opposed to forcing the muscle to lengthen beyond what it is able to safely do without causing injury. If





you are going to stretch in class for increased flexibility it should be after working out and giving the muscles time to properly warm up. This could be a cool down period during the end of class or take the time to do it after the class is over. Stretching for ROM can and should be done after any workouts. Another way to work on flexibility is yoga, which will also help to an extent with resistance training and proper breathing.

So the next time somebody says to you that they would like to get into the martial arts or get back into the martial arts but need to get into shape first explain to them they by joining a class or getting back into class they will get in shape. Life is too short to sit on the side lines and wait to do something or make excuses. If you really want to start something then do it now but do it at a pace that is safe for your body. As things start to get easier then start to challenge yourself more.

Take care,

*Kirby Strissel*

Kwan Jang - Martial Arts For Health & Wellness, LLC  
Administrator - Korea/USA Simmudo Association

관장  
트리장  
커비셀

무술  
스승  
헬스  
웰니스

## 10 Healthy Lifestyle Tips For Kids

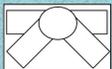
Below are ten lifestyle tips for children I came across from a gentleman named Chris Casamassa.

1. Food is Fun... Enjoy your food.
2. Breakfast is a very important meal.
3. Eat lots of different foods everyday, variety is the recipe for health.
4. Which group would you tip for the top? Protein, carbs or fat?
5. Gimme five! Eat fruits and vegetables with each meal and as tasty snacks!
6. Fat facts. Too much fat is not good for your health.
7. Snack attack! Eat regularly and choose a variety of snacks.
8. Quench your thirst. Drink plenty of liquids.
9. Care for those teeth! Brush your teeth at least twice a day.
10. Get off the couch & Get moving! Be active every day.

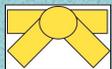


### 9. Care for those teeth! Brush your teeth at least twice a day

Brush your teeth at least twice a day. Eating foods high in sugar or starches too often during the day can play a part in tooth decay. So don't nibble foods and sip drinks all day long! Sugar-free chewing gum can help you keep your teeth healthy. However, the best way to keep a nice smile is to brush your teeth twice a day with fluoride toothpaste. Also, after brushing your teeth at bedtime, don't eat any food, or drink anything but water!



## Thursday December 3, 2020 Promotion Test



**White & Yellow Belts**

**5:00 PM**



**Green Belts**

**6:00 PM**



**Blue & Red Belts**

**7:00 PM**



**If you have any questions contact Kirby Strissel.**

