

Advanced Concepts In Fitness

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This Fitness Guide is for members who have gotten into very good shape, through the Karobix Guides- at least through Advanced Level I, or, it can be utilized by any member who is already at a good fitness level. The techniques and concepts contained in this adjunct GUIDE may help you get to new, higher levels of fitness. This Guide may also help you in your search for a few new ideas- something to break out of the mold- to get you to do new things- and that can be very important. Sometimes, we get stuck at a level, and we seem not to be able to get past it. Don't worry too much- the most important thing is that, if you are here- reading this, you are probably in pretty decent shape- don't lose that- don't stop if you get stuck- always keep doing SOMETHING- any of the Karobix GUIDES are good. But, you can find some new ideas here to help spur you along- in your never ending- and always interesting quest for fitness.

1) Going Beyond Your Normal Training or Exercise Regimen:

a) if, for whatever reason, you are stuck at a level of fitness from which you just don't seem to get beyond- try one of these new goals or techniques:

A)- wind sprints- do 50 yard dashes- run full blast- then, rest; and do it again- full blast- as fast as you can- 50 yards; rest (one minute at least)- and do it again. You may want to do the breathing exercise- as outlined in the Karobix GUIDES in between dashes. Make sure that you are warmed up before you do this 50 yard dash thing. This will get you very pumped up- and is a great addition to any workout!

B) 100 pushups- put simply- try to do that- 100 good pushups- with your eyes looking forward, and your chest almost touching the ground as you go down. If you normally do up to 50 pushups in your workout, a goal of doing 100 pushups is a good goal to work towards- it will mean that you are more than adequately strong- nothing is better than pushups for total strength. Work your way up to getting to 100- it may take a few weeks- depending

upon where you are starting from- but it's a great fitness goal.

C) 1000 jumping jacks- this was something that I remember well- when I taught a karate class way back in college, during the late 1970's- very few members of the class ever got to this point- they stopped at around 500- but a few of us managed to do a full 1000 jumping jacks. If you can get to this level, you will be at a very nice level of aerobic fitness.

D) 200 situps- bent knee, done not super fast- but with good form. This is a good fitness goal- and it builds good core strength- along with pushups.

Pick any- or some- of the above extra-tough goals, and you may find yourself at a whole new level- and it can re-ignite any slowing interest in whatever you were doing. These goals were not picked at random- I have personally done all of them- as have my students- and you can do one or some of them, should you care to reach for something pretty high. Make sure that you are warmed up- and that you are already in good fitness shape- that is **VERY IMPORTANT- DON'T DO ANY OF THESE GOALS-**

the ones just described- IF YOU ARE A BEGINNER – you should be at least at an INTERMEDIATE level- or advanced- that means that you have finished the equivalent of phase 4 of the main Karobix Guide- or better yet- the Advanced Level 1.

- 2) The Karobix Guides do not require any special equipment- except for a simple jump rope. Here is another small piece of equipment that you may want to add to your fitness inventory- hand grips. There is no other more effective way to strengthen you hands and also adjoining wrist and lower forearms. Buy a medium set of hand grips- one for each hand. Another way to exercise- particularly the fingers, is to line the fingers up – of each hand- against each other- and press against them- pulsing against each finger- ten, or twenty times, then resting, and repeating. This, along with hand grips, will get your hands- and fingers- in good shape. This is an often neglected area- along with the wrists. Another good way to add finger and hand power- is to do pushups on your fingertips- this is a favorite of karate students- because one of the strikes in karate is called a spear hand strike (nukite, in Japanese). You need very strong fingers- and wrists- to do this strike with any real

effectiveness. Anyway, fingertip pushups are a great addition, along with hand grips, to your fitness arsenal.

- 3) Making faces- sounds strange, but another area that is very often neglected, are the facial muscles. In yoga, there is a pose called, the lion- that is, contort your face so that you are growling like a lion- mouth wide open- and even stick your tongue out! Focus on all of the muscles of your face- lips, eyebrows, chin, under your chin- you'd be amazed how many muscles there are- how you never really FEEL then!! HOLD the LION pose for about 5 seconds, then release and relax; then, hold the lion pose again- for at least 5 secs. Relax, and do it again. Most people work out most of their body (those who are into fitness)- but almost none remember to workout their facial area. In addition to the Lion pose- just make faces- move your facial muscles around- twisting, up and down with the lips. It seems strange- but it is good for your face- and, one of the greats- Jack Lalane, used to exhort his audience (on his show on tv years ago) to make faces. The lion pose is more isometric- that is- a holding of the muscles in one position. Making active faces moves the muscles around. Try both modalities- the lion pose, and, making faces.

- 4) Add some yoga to your fitness routine; Yoga is a great way to feel and develop muscles and joints and various parts of your body. It is a great way to relax, but it can also be a very rigorous workout. Think about adding a few postures to your workout. I'd recommend, as a start, the cobra, the camel, and the plough- three easy poses, or postures, and they stretch the spine, and are otherwise very healthful. There are many good yoga books out there- Richard Hittleman's 30 day yoga plan is an old one- but a good one. Key thing- just read about these three poses just mentioned- and try them for a few weeks- go slow. I always added yoga poses at the end of my karate sessions- they were- and are- a great way to end a fitness session.

- 5) Add a sport to your routine- tennis, racquetball. Basketball- something like that- something aerobic- you will see vast benefits from your exercise program (Karobix) – your tennis game, for example, will be much better- because you can get around on the court better- faster, and with just more ease. And, your strokes will be more powerful. Having a sport to play- learning one and doing it once a week or so- will make the fact that you are in shape more fun, more real, and it will give you even more of an incentive to stay in shape- and that

is very key- very important- realizing that you can do and enjoy things- like sports- that you might not have been able to if you weren't in decent or good shape. Tennis is one of the best- it has everything- hand/eye coordination demands, aerobic demands, and it is good for developing reflexes.

Adding any of these sports mentioned is a great way to complement the very fact that you care about fitness- and it can be very enjoyable- and it is a social event, too. And last, but not least, is the competitive nature of sports- that can serve to spur you on- to try to get better at the sport- and in doing so, you inevitably will get more fit. That extra edge that you get from the competitiveness of sports can also serve to aid you mentally, by making you sharper- perceptually, and just all around quicker thinking.

- 6) Pushups- probably the best all around exercise for total body strength. You should know about the several types of pushups that exist- not discussed in the main Karobix Guides. First, there is the “normal” pushup” but then, there are wide- arm pushups- where the hands are placed on the floor- wider apart than normal; then the closer-pushup- where the hands are placed closer than regular; then, the “diamond pushup- where the thumbs and index finger of

each hand touch and form a triangle in the middle; then there is the “marine-clap” pushup- where you go up on the push, and, when you are up, you clap hands, and then come down- this is tough. Then, there are pushups done on your fingertips- not easy at all, and finally- there are pushups done on the back of the wrists (bent- wrist pushups). You can exercise with all of these variations- and it will be very good for you- because pushups are the best exercise of all!

- 7) When you are doing the Karobix Guides- wherever it calls for punching- as in the self sparring sections, or the jabbing sections, add a very light dumbbell- like a one or two pounder- even better if it’s the type of weight that has a handle to grip. By adding a small weight, you are multiplying the benefits of the punching exercises- but you also have to be careful to protect your elbows- do NOT overextend. The extra weight will ultimately make you stronger and your punches- without the weights- will be much faster- and your arms will seem more like feathers.
- 8) Try the following routine: rope jumping- perhaps 200 jumps; then immediately after, do 25 – 35 pushups; then, after a 10 second rest, do 150 rope jumps, followed by

another 25 pushups; rest 15 seconds; then repeat; do this up to 5 “rounds”. The combination of aerobic exercise plus the immediate follow up of strength exercise exercise is particularly invigorating. It’s also good for martial artists- you can think of each cycle- rope jump, then pushup, as a “round”. It is very tough to do this more than 3 times. It’s a great combination.

- 9) If you like to run or jog, here are a few things to consider. One day, or session, run faster- instead of a 12 minute mile, try for an 11 minute mile, and so forth; Another option, add distance to your run- let’s say an extra half a mile. Speed and distance are two main factors that can be altered to mix it up when it comes to your running routine. Also, while you are running or jogging, you can break it up- that is, change speeds- run normally, then sprint for a while, then run normally again. By altering your training program as mentioned, you can keep your running from getting boring- which can and does happen. I like to run every day- but for most people, running 3 times per week is fine- along with any of the Karobix Programs, or as a partial substitute for them at times. A final concept- run on different terrain types- flat ground, hills, valleys- these can greatly affect

your muscles and also your breathing, making the run more interesting. You may consider running outside as much as possible, instead of indoors. Being outside is much better, in my opinion.

- 10) Breathing- most people never really breathe in the correct manner- their whole lives! The real mechanism of breathing is that the diaphragm causes the lungs to fill- not by sucking in air- from the chest- as most people do- but by a low pressure to happen- by releasing the abdomen- and allowing the lungs to fill- then, after the diaphragm- and abdominal area relax, this causes the lungs to fully fill; then the diaphragm can start its work- which is, pressing in and causing the air in the lungs to be expelled- it really is different than what you almost definitely have been doing. You have, in all likelihood, been sucking air through your trachea (windpipe)- and, “pulling air” out of you lungs. The problem with that, is that it only removes maybe 25-35% of the air that is in your lungs. So, try this: consciously distend your lower abdomen- by relaxing your muscles- your diaphragm- this negative pressure will cause your lungs to fill up. Keep doing this- then, when seemingly full of air (lungs), force your abdomen in- and keep doing this-

consciously using your muscles to aid your diaphragm in expelling ALL of the lungs' air- then, when all air is expelled, then, once again, relax the abdominal muscles- so as to relax the diaphragm- and air will once again, rush into your lungs. Consciously practice this a good ten times per day. You will be surprised to discover that you are normally breathing only very shallowly. This is a yoga type of breathing- full intake of air- and at least as important- full expulsion of air- from the lungs. Do this every day- for a few times- it's a good way to also catch your breath- another breathing technique for you to master. You may very well experience for the first time, what it is like to get rid of all of the air in your lungs. It is a good feeling- because, after that, you can also learn what it's like to fully re-charge your lungs with air- totally re-inflating them- by fully relaxing your abdomen- and diaphragm. It's something that you should experiment with. You won't, of course, breathe like this ALL of the time- although it would be good if you did- but again, try to do it a few times a day- just to totally re-fresh your lungs and to fully oxidize your blood.

- 11) All of the Concepts aforementioned, can be used to aid in your fitness training- pick and choose a few of them, from

time to time, to keep your workouts fresh. Remember, even if you screw up- by failing to work out for a few days- or more- the main thing is to get back into it- at some level- choose any of the Karobix Guide Materials- from basic through the most advanced level. As you go through life, there will be times, no doubt, that you fall into mental traps- you let yourself go and get fat, or out of shape. Don't get down on yourself. One of the great sayings, that I like a lot- is from a great martial artist- Chuck Norris- it's from one of his old movies- he said, "I always told you, attitude- that's what counts". And, you know- it is true- your mental state will determine much of what you are and do- and the same with your fitness level- just get back into it- and you will be back- back to where you want to be- healthy and in shape. And, as Norris said, it all starts with "attitude". That may be even more important than any physical concept that was mentioned in this GUIDE- and that is why I included it here- because it IS so important. Best of Luck and Success to all of you.

Dean