



# **The Karobix Guide**

## **INTRODUCTION TO THE KAROBIX WORKOUTS**

The Karobix exercise (workout) program is comprised of different “Phases” which are introduced to the Student in a series of gradually increasing levels of complexity. The Student begins with a fairly easy but complete program, and within a few short weeks the student reaches a moderately high level of fitness.

Even Phase One (the most beginner phase) is a complete, all encompassing programme, in that it consists of warm-up, stretching, strengthening exercises, and aerobic components, along with a “mental component of beginning meditation”

The Student of a Karobix will make substantial gains in fitness, and will be in greater harmony with him/herself by working with the Karobix exercise program at least five days per week, and if possibly, everyday.

The Karobix workout only takes approximately 30-40 minutes per day. It is low impact, in that it does not cause undue strain on the joints, and recovery time for the Student’s body is minimal. Once the Student

finishes Phase Four of the Program, which will be approximately 7 – 8 weeks after starting the Karobix Program, the student will be at a very good level of fitness.

The student could then maintain a very nice level of fitness with three workouts per week. But, it is the founders' guess that the Student will want to continue and learn the many other and advanced exercises and programs that Karobix has to offer.

Karobix, through its special “mastery” programs will make available to the Student advanced on-line classes in Karate, Yoga, and other advance concepts in personal development. An additional feature is that, in general, no significant equipment is needed, and the student can do the Karobix exercise program pretty much anywhere.

## **THE KAROBIX DIET PLAN**

Only a brief word about the Diet will be mentioned here. The student will have access, upon beginning Phase One, to the Karobix Diet.

“Diet” is a misnomer because the student will learn a new way of eating, developed by people who have successfully lost a lot of weight and become very healthy. Please note that Karobix focuses on not just losing weight, but importantly, getting healthy. This is achieved by a tested method of eating properly and of course, working through the exercise plan.

At this point, the Student should just be relieved to know that he/she will not have to starve, or be scared of the word “diet”, but rather, the student should and will look forward to eating in a healthy fashion. The student will find that the “diet” is not a hardship, but is a positive experience that will be a very natural partner to the exercise program and will enable the Student to make substantial gains in his/her total well-being.

**KAROBIX** – its meaning and value in modern life.

Karobix is the unique and revolutionary blending of the principles and concepts of Karate (and other martial arts) with the form of exercise known as aerobics. The “user” of Karobix gets the physical exercise benefits of aerobics and the mental benefits that the martial arts confer, in one package.

Karobix is a very valuable tool for the busy person who wants a physical and mental experience. The user is able to advance through a number of levels and, if he/she desires, can take advantage of the many years of experience that Karobix instructors have to offer.

In addition, through the unique structure of the Karobix System, the user can access a wide array of knowledge and experiences through the Karobix network of masters who can provide a wealth of experience based instruction/ information. The user can immediately “get into” an exercise program that offers a total mind/body experience and if the user desires, the program expands. The Karobix System will be available on-line.

## **HISTORY OF KAROBIX**

Karobix did not simply “pop out” of thin air. Rather, it is the result of over 25 years of intense study both in the martial arts and many different forms of exercise, including calisthenics, weight training, running, jump rope (skipping), heavy bag and speed bag training yoga.

It has been developed over the last 25 years by a very experienced martial arts exponent, Dean Weber, who has been a black belt since 1973.

Founder Dean Weber, has also extensively instructed many students in Karate. The many thousands of hours of personal experience, both physically and spiritually have gone into the creation of a user-friendly system specifically designed to be easily accessible by anyone, male or female. The founders of Karobix know what works and what doesn't so that the user/student can get right into a program that has been tested for thousands of hours over a 25 year period of time.

## **BENEFITS OF KAROBIX**

Utilizing the vast experience discussed above, the student of Karobix will experience many positive effects including:

- 1). Weight Loss,
- 2). Improvement in general health – both physical and mental.
- 3). Greater ability to focus mentally.
- 4). A greater feeling of spiritual well-being.
- 5). Getting into and staying in ‘the zone.’

Of the five (5) benefits mentioned, an elaboration on “getting into and staying in the zone” is in order. The concept of the zone is itself a topic that can easily fill many volumes in its description and analysis.

However, for our purposes, it may be described as the state where a person finds him/her self in total equilibrium with him/herself and his/her environment. As for the regular practice of Karobix, there may be no more effective means by which an everyday person can get a taste of the zone, and with effort, he/she can enter and stay in the zone.

## **THE KAROBIX LIFESTYLE**

### **THE EXERCISES/WORKOUT**

#### **THE PHASE ONE PROGRAMME:**

***BEFORE ENGAGING IN THIS OR ANY EXERCISE PROGRAM, A MEDICAL CHECKUP IS RECOMMENDED, UNLESS THE PARTICIPANT HAS BEEN ENGAGED IN REGULAR PHYSICAL EXERCISE FOR A SIGNIFICANT PERIOD OF TIME.***

The Karobix student should wear loose fitting clothes such as a sweat suit. Sneakers or any special footwear are not required. Any small room is more than adequate as space. The following program will get the student started immediately.

**LIGHT WARM-UP** – It has been discovered through many years of testing, that it is preferable to lightly warm-up even before stretching. Warm-up will get the blood flowing, and enable the muscles, ligaments and tendons to properly stretch without undue risk of stretching injury (muscle pull, etc.). The Kaobix light warm-up (for beginners) is as follows:

1. Jumping jack – 20
2. Running in place – slowly, 50 total steps.
3. Slow rotation of neck – in a 360 degree type motion – first in one direction, then the opposite. 3 rotations in each direction.
4. Hands on hips, lightly squatting one quarter way down, 10 times.
5. Hands in front – clenching and totally unclenching hands rapidly, 10 times.

## **STRETCHING:**

After the warm-up, the student should perform these stretching moves;

- 1 Hands on hips, slowly raise right leg straight in a cheerleader fashion. Lift the leg straight out only to about waist level. Then, lower leg immediately. Repeat this motion slowly, 10 times.
- 2 Then, do the same exercise with the left leg.
- 3 With both arms held out to the sides of the body at 90 degrees (straight out to the sides), slowly rotate the arms about in arm circles. Circle ten times in one direction, then circle 10 times in the other.
- 4 Sitting down, extend both legs straight out, together, and slowly bend forward and try, **SLOWLY**, to come near to touching toes. Do not stretch beyond what you can easily do. Release slowly, and come back to starting point of sitting with both feet straight out. Do 5 to 10 slow repetitions.
- 5 Sitting down, put both legs straight out, as above, then spread legs to approximately 45 degrees. Do 5 to 10 slow stretch repetitions, as above, coming close to touching toes.
- 6 Standing, with both arms fully extended over head, hands interlocked, slowly bend to the right then come up. Bend again

to the right side. Continue 5 times, then perform the same side bending on the left side.

After completing both the warm-up and the stretching, the Student is ready for a few simple exercises and this will be enough for the first week.

### **EXERCISES:**

- 1) Push-ups – depending on the Student’s strength and conditioning, a wide range of repetitions may exist. All beginners should attempt to slowly perform at least 5 well-executed push-ups, and slowly work up to 10.
- 2) Sit-ups – legs must be bent and student should rise slowly and come close at the top. Student should perform 5 to 10 repetitions depending on condition.

After finishing the Sit-ups, the Student should perform the push-up exercise again, followed by the sit-ups.

Each exercise would have been performed twice.

### **SHADOWBOXING:**

After completing the warm-up, stretching, and exercises, the Student is ready to enter the Ka part of Karobix. Standing in a very relaxed posture, the Student should start moving about lightly on the toes and balls of feet. Arms should be up in a protective boxer-like fashion. Every few seconds, the Student should strike out with a quick jab (either hand). In addition, the student should lightly kick out with either leg. As this proceeds, the student can feel as if he/she's almost dancing, but an attempt should be made to remain focused.

Slowly, the student can visualize an enemy or opponent in her presence, and the Student throws a light flurry of punches and kicks to fend off the opponent.

The Student performs his/her Shadow-boxing for no more than one minute, as it can be very tiring. The Student should rest for one minute, and then, Shadow-box for another minute, perhaps adding a bit of strength and spirit to the punches and kicks in addition to substantially evasive maneuvers, including bending, sidestepping, etc. The Shadow-box will allow the Student to enter the zone on a very basic level, quickly.

A brief comment regarding Shadow-boxing: One of the unique features of the Karobix Lifestyle Exercise Program is the Shadow-boxing.

Shadow-boxing is designed to get the Student into a “martial arts” mental frame, and, it allows the Student to move around in a free form fashion. Shadow-boxing is not easy, as the Student will soon discover. It will probably take several exercise sessions for the Student to feel comfortable doing the Shadow-boxing exercise. The Student should try to pace him/herself, because this exercise can be exhausting if the Student goes all out from the start.

When the Student is up to two minutes, starting with the Phase Two Program, the Student must go slow and have only a few bursts of intense activity. The Student should attempt to maintain a fairly even rhythm, with a few seconds here and there of non-rhythmic bursts of intensity. The point is that this exercise is very exhausting and must be approached with moderation in mind.

Also important, is that some Students may have a hard time getting a real rhythm going. This is because Shadow-boxing is free form, and, has no set moves. This is mentally hard to deal with for many people, because

the Student has to invent his/her next move. It may help to form a “fighting image” in your mind. That is, the Student may want to think of “fighting around the clock.” That is, the Student can visualize that he/she is at the center of a clock, and has to fight with or against the various numbers.

The Student can go around the clock, starting let’s say with the 1, and then, work his/her way through the numbers successively around the clock (1-12). The student could, for example, through a series of quick punches at the 1, and then block a punch from the 2, followed by a quick kick to the 3, etc.

Of course, as the Students gets better at this, he/she can visualize him/herself fighting the 1, then spinning around to defend against the 9, and then whirling around to attack the 3.

This visualization system is but one example of how to deal with Shadow-boxing. It happens to be a very good mental image because it is circular in nature (like the clock face), and in being so it conditions the student to be very aware of his/her total surroundings. In addition, the circular nature of the clock helps the student to maintain a nice “flow,” rather than always performing a series of straight line moves.

**MUKSO: (Meditation)**

After the Shadow-boxing and all prior exercises have been completed, the Student will have reached the end of the program for the first week or two.

The Student should then sit in a cross legged position on the floor, or in any other comfortable sitting position. The Student closes his/her eyes, and for the first 10-20 seconds very quietly reflects on the Karobix session just completed. The Student is invited to notice any physical changes (sweating, fatigue, etc.). Then the Student should enter a very personal space of quietude, wherein the Student becomes stress free and un-reflective. The Student should “just sit” in a very quiet state for approximately 1 to 2 minutes.

The above material constitutes **Phase One of the Karobix Program**.

**Phase One of the Karobix Program** is designed to get fairly inactive people into the practice and experience of a very light amount of exercise. In addition, it includes a very basic introduction to a degree of self awareness through the tools of Shadow-boxing and Mukso. After no more than two weeks of daily practice, the Student will undoubtedly feel the need for an enlarged exercise experience – both physical and mental. Phase Two will give the Student further tools to develop him/herself and should whet the Student's appetite for a more comprehensive experience.

\*\*\*