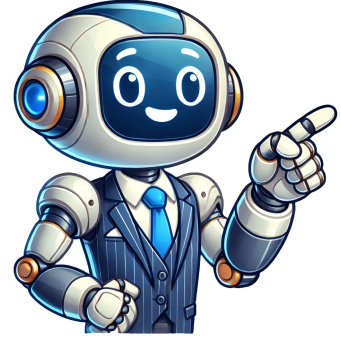


I'm not a robot































in movements. Sparring may also become a part of your regular training. Warm-up: 10-15 minutes of higher intensity cardio (e.g., shadowboxing, jump rope) and stretching. Technique Drills: More complex combinations involving strikes, footwork, and counters. Sparring/Partner Work: Light sparring with a focus on control and technique. Strength and Conditioning: Incorporate resistance training (weights, kettlebells) and plyometrics. Cool Down: Stretching with an emphasis on mobility and recovery. Technique Drills: More advanced strikes such as reverse punch (gyaku tsuki), spinning backfist, and roundhouse kick (mawashi geri). Combinations: Punching and kicking combinations with footwork and countering. Kata: Introduction to Bassai Dai, which includes more complex movements. Technique Drills: Drills against multiple opponents, focusing on aggressive close-quarters striking. Combinations: Multiple strikes and transitions from defense to offense seamlessly. Self-defense: Escaping holds or defending against weapon attacks (e.g., stick, knife). Technique Drills: More dynamic kicks like spinning back kick (dwi chagi) and hook kick (bureyo chagi). Combinations: Multi-step kicking combinations integrating speed and footwork. Forms (Poomsae): Practice Taeguk Sah Jang, which focus on stronger stances and balance. Technique Drills: Advanced techniques like multiple spins, blocks, and striking combinations with fluid transitions between defense and offense. Kata: Practice more complex kata from your program. Sparring: Begin sparring with partners. Technique Drills: Advanced elbow and knee strikes, and body kicks (switch kicks, teaps). Combinations: Multi-strike

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combinations, adding in counters and defensive techniques like checking kicks. Clinch Work: Basic clinch control and knee strikes, learning to balance control and offense. At the advanced level, the focus is on refining techniques, increasing speed and power, and developing the mental aspects of martial arts such as strategy and focus. Training routines should be intense, incorporating advanced drills and high-level sparring. Warm-up: Intense cardio and agility drills to increase speed and explosiveness. Advanced Technique Drills: Focus on precision, timing, and execution of complex techniques. Sparring: Full-contact sparring with a focus on strategy and adaptability. Strength Training: High-intensity strength circuits with heavier weights, along with specific exercises to improve explosiveness. Cool Down: Active recovery with yoga or deep stretching to enhance flexibility. Technique Drills: Refining speed and power in advanced techniques like jumping kicks (tobi geri) and elbow strikes. Combinations: Complex sparring combinations with feints, speed variations, and defensive counters. Kata: Mastery of Kanku Dai, which focus on precision, rhythm, and flow. Technique Drills: Advanced weapon defenses (gun disarms, knife and stick defense in realistic scenarios). Combinations: High-stress, multi-attacker drills with quick decision-making and adaptive techniques. Self-defense Drills: Incorporate environmental awareness and handling complex attacks under duress. Technique Drills: Focus on high-level kicks such as 540 spin kick or multiple-kick combinations (e.g., triple roundhouse). Combinations: Advanced combinations incorporating evasions, feints, and consecutive kicks. Forms (Poomsae): Perfect advanced forms like Taegeuk Yuk Jang. Weapons: Master multiple weapons and focus on speed, power, and precision. Technique Drills: High-speed weapon drills, incorporating complex strikes and defensive techniques. Kata: Advanced kata that challenge your timing, coordination, and precision. Technique Drills: Complex striking combinations including spinning elbows and high kicks. Combinations: Advanced combos integrating feints, counters, and body/head variations. Clinch Work: Advanced clinch with sweeps, off-balancing, and strategic knee placements. Each martial art and weapon system has unique training progressions, but they all share the importance of building a strong foundation, then gradually increasing complexity and intensity. Tailor your training routine to your skill level to maximize progress and mastery. The GMAU has 6 major martial-arts courses for you to choose from. Our highly qualified instructors will keep you motivated and help you learn and grow in your martial arts journey! When you navigate to any of the courses on the GMAU website you can click on the JOIN NOW FREE button to set up a FREE Beginner's Account and start training IMMEDIATELY!