

Conditioning and Games for Martial Artists
PAWMA 2017
Sifus Emmy and Mariko Highsmith

Warm up/Tag games:

Touch But Don't Get Touched – Try to touch people on the x without getting your x touched. If you get touched, keep playing, and if you touch somebody keep playing. The targets can be varied (back, elbow, belt knot, top of the head, knees, and sit on ground and scoot on bootie to touch the feet).

Eagle & Mouse progression – Partners stand facing each other a set distance apart. One is an eagle and the other is a mouse. The eagle is trying to tag the mouse. The eagle initiates movement and as soon as the mouse sees the eagle move they turn and run toward an end point. If the eagle tags the mouse, both partners keep running until they reach the end point. No fakes. Lizard and fly starts lying on belly. Trout and mosquito starts lying on back. The distance between the partners can be varied.

Keep Away – Divide into two teams (or a few groups with two teams each depending on group size). Each team is trying to get ten consecutive tosses. You cannot grab members of the other team. You can block and intercept the object. You can move while holding the object. If the object touches the floor the other teams gets it and the count starts over. The object can be varied to make it less or more challenging. Teams can be asked to strategize or plan how to work as team and get ten consecutive tosses.

Everybody's It – Everybody is it and trying to tag other people without getting tagged themselves. If you get tagged you must do x exercise until the person who tags you gets tagged. Examples of exercises include jumping jacks, squats, jack squats, burpies, sit ups, stretch kicks, etc.

Band-Aid Tag – Some people are it and trying to tag the group. The first time you are tagged you use your hand as a band-aid to cover the spot tagged and keep playing, the second time tagged you use your other hand as a band-aid to cover the spot tagged and keep playing, the third time you go the hospital (a designated area in the room) to do an assigned exercise to heal you and give you energy. Exercises can be 20 jumping jacks, stretch kicks, sit ups, etc.

Red Light, Green Light – Moving in stances, shrimping, a modality of choice that builds a martial arts skill. If participants move during red light, they get sent back to beginning.

Horse Stance Tag – Some people are it and trying to tag the group. When you are tagged, you take a low horse stance. You are freed by someone crawling through your horse stance like a tunnel.

Crane Stance Tag – Some people are it and trying to tag the group. When you are tagged, you take a crane stance. You are freed by someone doing a crescent kick over your raised leg.

Triangle Tag – Break into groups of four. Three people join hands making a triangle with the fourth person on the outside. One person is picked as the point. The person on the outside in trying to tag the point person on their back. The other legs of the triangle are trying to keep the point person from being tagged. The tagger cannot go through the middle of the triangle. Everyone switches to play all roles.

Conditioning games/exercises:

A/B Exercises – break into partners (or the whole class can do the exercises facing front and alternating). Partner A does A exercise while partner B does B exercise for a set amount of time (ex. 30 seconds) then they switch.

A: jack squats	B: toe touch on stationary object on the ground (like a kick pad)
A: burpies	B: lunges/jump lunges
A: cat plank, push back, to push up	B: half moons
A: v-ups	B: high knees

Jogging Then... - Group is facing front and jogging in place. When told to they stop to do an exercise for a set time, then begin jogging again. The jogging is an active resting period. Jogging then...

- Stop and do split squats for 30 seconds... jogging
- Stop and do sit ups for 45 seconds... jogging
- Jog in place and sprawl (on “sprawl”) and jump (on “jump”)... jogging
- Stop and do arm raises from a plank for 30 seconds... jogging
- Stop and do extended walk outs for 30 seconds... jogging
- Stop and do side lunges for 30 seconds... jogging

Spell Your Name – Spell name (first, last, both, your choice) based on exercises assigned to each letter of the alphabet. See handouts.

Cool down games:

Evolution – Everyone starts as an egg (in a crouch). Participants find another person to rock, paper, scissors. The winner progresses from an egg to a chicken to a dinosaur to a super hero. The loser of the match stays the same and finds another partner to play.

Mingle, Mingle, Mingle – Participants walk around the room singing, “mingle, mingle, mingle” with a movement or dance of your choice. Numbers one through five are called out by a leader. Traditional way 1 – “ay, ay captain” with salute, 2 – do a jig in front of a partner, 3 – “person overboard” with three people linking elbows in a line, 4 – row, row, row your boat sitting on the floor and rowing, 5 – five pointed star with participants each holding an arm out to the middle and touching hands. In class we played: 1 – set, 2 – I kick, you kick, 3 – hold hands and balance outward together, 4 – row, row, row your boat, 5 – horse stance tunnel

Group Stretching – break into small groups and each person leads a stretch

Find Somebody Who... - Participants find a partner who answers the question the same as them and then shares something or answers a prompt. Example – find somebody who has the same favorite ice cream flavor as you. Tell your partner what’s been the best thing about camp this year.

SPELL YOUR NAME

And sweat while you do it!

- A. Wall sit - 30 sec
- B. Plank - 30 sec
- C. Star jumps - 5
- D. Cat plank push up
- E. Sit ups - 20
- F. Lunges - 10 total
- G. Wall sit to cat plank - 30 sec
- H. Jumping jacks - 25
- I. Cat plank - 30 sec
- J. Walk outs – 5
- K. Burpies - 5
- L. Jumping lunges - 10 total
- M. Jumping side lunges - 10 total
- N. High knees - 30 sec
- O. Squats - 10
- P. Push up + knee to elbow - 5
- Q. Side lunges - 10 total
- R. Half moons – 30 sec
- S. Bunny hops - 20
- T. Jack squats - 10
- U. Plank shoulder touches - 30 sec
- V. 8 count push up - 5
- W. Plank leg splits – 30 sec
- X. Plank bunny hops - 30 sec
- Y. Tricep dips - 10
- Z. Push ups - 10

Star jumps / flying jumping jack - *Start in a crouch, knees bent, jump as high as you can w/ legs apart, arms open and land back into crouch*

Cat plank → push back → push up - *Start in a cat plank: on all fours, hands underneath shoulders, knees underneath hips, knees are off the ground about a fist distance or less. Push back so that knees stay off the ground, arms are extended, bottom is over heels. Push forward into a plank/push up position (arms and legs are now straight). Complete 1 push up, go back to cat plank. This is one repetition.*

Wall sit to cat plank to wall sit - *Start in a wall sit with knees bent at 45 degree angle. From there use core to tip body forward to a cat plank right in front of you, feet stay in the same place. Try to land exactly in the position you want and not adjust. From cat plank, push yourself back into wall sit. Easy: use your hands to walk yourself back to the wall; Difficult: use core and push yourself from floor to wall in one movement.*

Walk outs - *Start standing up, reach down to ground, walk hands all the way out in front of you to push up position, walk hands back, stand up. Feet stay in same place.*

Burpies – *Crouch to ball with hands in front of feet, jump into plank, do a push up, jump back into ball, jump into air with hands reaching over head*

Push up + knee to elbow - *One repetition is: start in a plank, lower your body into down position of push up, then bring your right knee to right elbow, put it back, then left knee to left elbow, push back up to return to original plank position.*

Half moons - *Start on the ground in a plank on your elbows. Staying in plank, w/ elbows staying in one place, walk feet all the way to once side (45 degrees from starting point), then all the way to the other side, so the path of your feet are making a half circle, while your elbows stay stationary.*

Jack squats - *Jumping jack into a squat.*

Plank shoulder touches - *Hold a plank position, keeping hips square and level, alternate touching your right hand to left shoulder, and left hand to right shoulder. Try not to move hips.*

8 count push up – *Start standing, crouch to ball (1), jump to plank (2), jump to feet twice shoulder width holding plank (3), jump to feet together holding plank (4), lower to bottom of push up (5), raise to top of push up (6), jump back to crouch (7), stand up (8)*

Plank leg splits - *Start in plank on your elbows feet together. Keeping your upper body stationary in plank, jump your feet open - about twice shoulder distance - and closed.*

Plank bunny hops - *Start in plank on your hands, feet together. Using your starting position as an imaginary center line, jump your feet up and over that line to the right, and then the left.*

SPELL YOUR NAME

With Kung Fu!

- A. Hold horse stance - 30 sec
- B. Plank - 30 sec
- C. Straight leg lifts – 20 total
- D. Quick feet – 30 sec
- E. 1-2 punches – 30 sec
- F. Jumping jacks - 25
- G. Sprawl – 30 sec
- H. High knees – 30 sec
- I. Inside crescent kicks – 20 total
- J. Hold cat stance – 30 sec
- K. Burpies - 5
- L. Side drop stance -10 total
- M. Twist/untwist twisted horse – 30 sec
- N. Outside crescent kicks – 20 total
- O. Squats - 10
- P. 1-2 punches – 30 sec
- Q. Plank – 30 sec
- R. Sprawl – 30 sec
- S. Bridge reaching across – 30 sec
- T. Jumping cross over – 30 sec
- U. Hold horse stance – 30 sec
- V. Straight leg lifts – 20 total
- W. Alternating sweeps – 10 total
- X. Quick feet - 30 sec
- Y. Jumping jacks - 25
- Z. Push ups - 10