



KNOCKOUT! Explosive Power Conditioning: With The BOSU Balance Trainer For MMA & Fighting Martial Arts

Sensei Piotr Szeligowski 4thDan

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'KNOCK OUT! Explosive Power Conditioning with the BOSU® Balance Trainer' presents a powerful strength and speed training system that was specifically created for the purposes of peak performance development by the competitive martial arts fighters. This entire conditioning system is based on the dynamic application of the athletic functional training principles that are presented in 80 exercises within the book.

'KNOCKOUT!' is unequivocally a pioneering work. For the very first time ever BOSU® balance trainer is introduced as an essential equipment that can measurably increase performance and effectiveness of the martial arts fighters' training regimen. Furthermore, this book practically demonstrates that BOSU® offers a very effective and wide variety of applications - other than just a static balance trainer. In fact you'll find that BOSU® can be used as dynamically challenging piece of sporting equipment, such as trampoline, agility or explosive power trainer, one that adds an element of variation and unpredictability while it progressively increases difficulty of a regular training program. In its short theoretical part, the book presents athletic functional training principles, the importance of effective balance training in the fighting martial arts, as well as the benefits of incorporating BOSU® into every peak performance conditioning program.

BOSU® balance trainer is a fantastic training tool and despite its over-a-decade-long presence on the market, it still continues to be absent in the mixed martial arts training programs. The benefits of incorporating BOSU® into the fighters' ongoing athletic conditioning have been grossly underestimated and only utilized to a very small degree (perhaps such a state of popular opinion may be attributed to its initial rehabilitation related origins as well as to its increasing presence on the 'soft' fitness market).

The practical (training) part of the book begins with the functional tests of the explosive power that measure the dynamic potential of arms, legs, and both left and right sides of the body. In the subsequent sections you'll find a multitude of sample dynamic warm up routines that also incorporate exercises with BOSU®. The main part of the book consists of over fifty explosive power exercises for both arms and legs, including the ones that expedite fighter's technical proficiency development. Explosive Power is the first part of the entire MACS™ - Martial Arts Conditioning System - series, which in its entirety will incorporate principles of athletic martial arts training, including the trend that's already present in many professional sports disciplines. This specific trend separates the athletic part of training from its technical component, while it develops a complete conditioning system that measurably improves competitive fighting performance. In sports disciplines such a hockey, football, or boxing, it is a general practice to conduct a specific training regimen that develops and improves motor skills of an athlete and it is accomplished by hiring athletic coaches who are responsible for the entire conditioning process. This trend is a result of a far reaching specialization and a professional character of those sports disciplines that employ medical doctors, physiologists, psychologists, nutritionists, physical therapists, and highly accomplished athletic coaching and equipment management staff. MACS™ aims at the introduction of this trend into fighting martial arts.

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