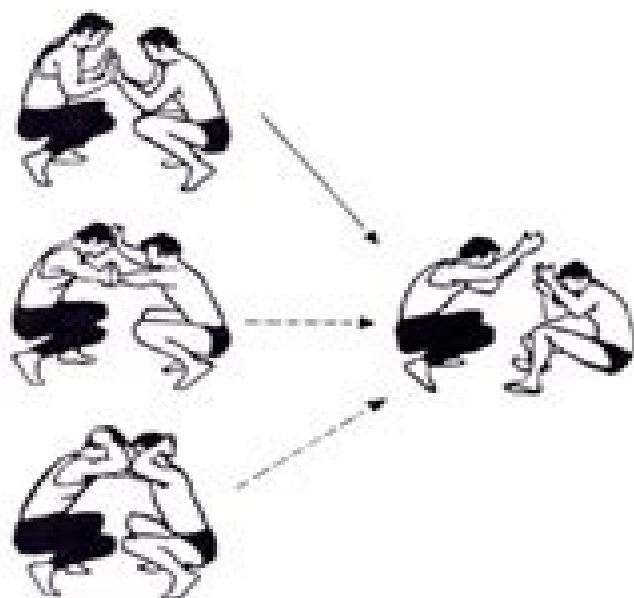


17 Squatting fight

The opponents squat about 50 cm apart. The arms are bent so that the palms touch at eye level (fig. 1); arms are stretched to the side, palms touching (fig. 2); or hands are clasped behind the head, elbows touching (fig. 3). By pressing, each attempts to force his opponent to jump backwards or to roll onto his back (fig. 4).

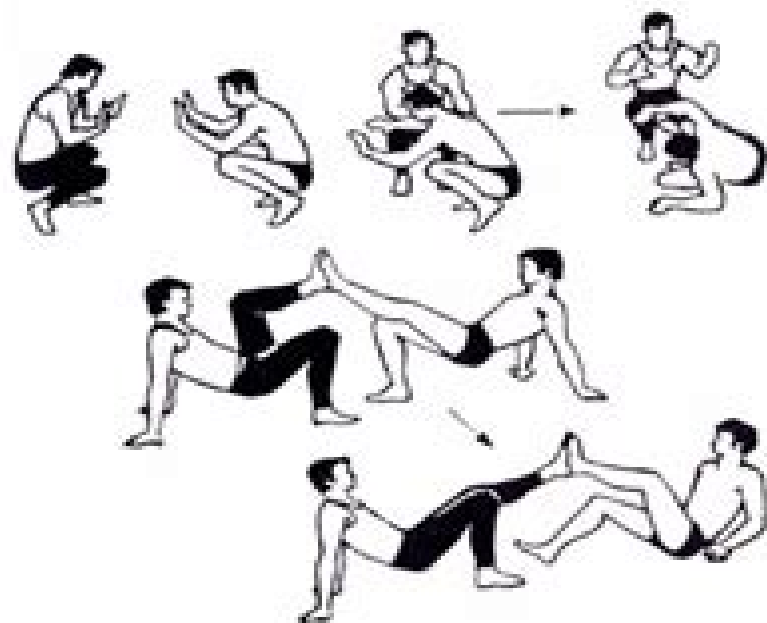
A soft surface is necessary for this exercise.



18 Frog fight and crab fight

Opponents begin in a deep kneebend position, their arms in front, slightly bent at the elbows (fig. 1). Within a set time, both opponents try to knock each other off balance by pushing against the other's arms or body. During this exercise each athlete may jump in the deep kneebend to the side or behind his opponent (figs. 2 and 3). In the crab fight both opponents face each other in backwards push-up position, with either left or right legs raised, feet touching. Each opponent then tries to knock the other off balance (figs. 4 and 5).

A soft surface is necessary for this exercise.



Strength Speed And Endurance For Athletes 100 Combative Activities For Partners

Jürgen Hartmann



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Conditioning for Combat Sports Steve Scott, John Saylor, 2013-07 IT S A FIGHT NOT A GAME This book is about training for grapplers and fighters It doesn't matter what combat sport or martial art you specialise in showing up in shape is mandatory Your work ethic your willingness to withstand harsh physical training and ability to absorb punishment all directly affect your success in grappling or fighting With these words coaches Steve Scott and John Saylor challenge you to get in the best fighting shape of your life using the workouts and training regimens they have used to train hundreds of national and international champions What's Inside What is Functional Training Periodisation how to plan your training cycles Proven workout routines designed just for fighters The science behind the exercises drills Freehand The best barbell dumbbell How the exercise ball can help you develop a rock hard core Strength training with Kettlebells Old School hard core power training Staying healthy How to plan your workouts around your fight schedule Challenging medicine ball exercises Plyometric Over 400 exercises to build strength power agility speed [The 9 Minute Combat Endurance Training Workout](#) Fred Nicklaus, 2008-07-15 The Combat Endurance Training program was originally used by the United States Army Special Forces and was shared with Nicklaus by a good friend who is a retired Major in the Special Forces The Combat Endurance Training program was originally designed to aid already highly trained and physically fit military troops to keep them in their best shape and to take them to new levels of physical excellence Nicklaus decided to market a condensed version of the entire Combat Endurance Training Workout He felt that people needed a short version of this workout in order that they could do the workout effectively when originally starting the program Nicklaus also felt that time or lack thereof was an issue for many people In an effort to give the public a workout that gives results and saves time the 9 Minute Combat Endurance Training Workout was created

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