



Pre-Hab, Conditioning, and Jumppa

The Trainalong Curriculum

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Introduction

- Every session has a warm-up, joint care, focus, and a cool down
- Every exercise has a range of difficulty levels, from very accessible to very difficult.
- There is an almost infinite range of exercises we *could* be doing. The key is to cover all your bases, which requires us to organise the options. There are four main areas we work on, though practically no exercises belong in only one area.
 - Breathing
 - Legs
 - Spine
 - Arms
- In every session we touch on all four areas, and focus on one.
- We also have routines for
 - Toe dexterity
 - Jaw relaxation
 - Finger strength and dexterity
 - Balance
 - Flexibility
- Some exercises are grouped into sequences, such as “the cat”, “the monkeys”, “the mermaid”.
- Every body is different, and every student is expected to be paying careful attention to their own body, and to be making intelligent decisions about what they should and should not do with it. If we’re doing something that’s bad for you, do something else. There is an underlying purpose behind every exercise, so it is usually easy to find something that addresses the same purpose but is better for your body.
- You are welcome to pick more advanced variations on whatever exercise we are doing, if the pace being set is a bit slow for you. There is always a more challenging version. Jumping one-knuckle one-armed pushups, for example. If we are going too hard for you, then pick simpler versions of the exercises, and take breaks as needed.

Equipment

- Belt
- Mat
- Long stick
- Hand weights
- Theraband
- Bladebells
- Stick and string
- Kettlebells

Warm Up

- In the warm-up part of the session, we go through the whole body, rotating the ankles, knees, hips, spine, shoulders, elbows, wrists, and neck. We also do some callisthenic-type exercises such as squats, to raise the heart rate a little and some breathing exercises to establish the right frame of mind.
- One of the functions of the warm-up is to run a diagnostic, checking where we may have problems. Be prepared to change the focus of the session if necessary.

The Warm-Up will usually be structured along these lines:

- Swing side to side
- Swing up
- Ankle rotations and toe spreading
- Knee rotations
- [Toe Yoga]
- Tailbone rotations
- Hip rotations
- Lift knee and open hips
- Shoulder rotations
 - Both arms back
 - Both arms forwards

- Opposite directions, both ways
- Roll the wrists and press back
- Squats
- Sit in the squat
- Touch your toes
- Some breathing exercises
- Theraband shoulder exercises
- [Jaw exercises]
- Cat Sequence
- Monkeys
- Ski-running, star-jumps

It will then segue into the focal point of the session.

Breathing

- All exercises can be done as a breathing exercise. It just requires you to make controlling the breath the primary object of the exercise.
- Breathing exercises that we commonly include are:
 - Separate Clouds
 - The Twist
 - Lunge and Over
 - The Crane
 - Up and Out
 - Fingers, backs of the wrists, thumbs, palms
 - Wim Hof breathing
 - Awareness of Breathing meditation
- The Health Qigong Form (this takes several months to learn)
 - 1. three hand raises
 - 2. ball left and right
 - 3. diagonal left and right

- (up-down)
- 4. open shoulders, hold keg
- (up-down)
- 5. raise the ceiling, open shoulders
- (up-down)
- 6. ankle on knee
- (up-down)
- 7. push left and right
- up-down)
- 8. bend bow left and right
- (up-down)
- 9. front leg push both sides
- 10. side kick both sides
- 11. squat left and right
- up-down)
- 12. close centre

Legs

Almost all exercises have a leg component.

- Toe Yoga
- The Mermaid. This starts with 7-way legs, and then goes to spine exercises:
 - 7-way legs, adapted
 - Flutter kicks front and back
 - Plank
 - Climb up and down
 - Long plank
 - Side plank
 - Tailbone curls

- Side stretches (knees side to side)
- Knees to chest and extend
- Starfish
- Shrimp
- Kicking practice
 - Front kick
 - Back kick
 - Round kick
 - Hook kick
 - Side kick
 - Stomp
 - Inside crescent
 - Outside crescent
 - Combinations
- Footwork practice
 - Longsword:
 - acrescere, discredere,
 - passare, tornare,
 - volta stabile, meza volta, tutta volta,
 - acrescere fora di strada passo ala traversa,
 - combinations.
 - Four guards drill
 - Adding kicks
 - Rapier:
 - Passing
 - Leaning
 - Lunging
 - Stepping

- Step-lunging
- Scanso della vita
- Scanso del pie dritto
- Sbassi
- Squats
 - Regular squats
 - Slow squats
 - Kicking squats
 - Wide squats
 - Slow squats
 - Jumping squats
 - Squat-push-ups
 - Pushup twisting squat jump burpees
 - Ski Running
 - Star-jumps
 - Star-jump squat-thrust.
- Monkeys:
 - Side Monkey
 - Front Monkey
 - Long Monkey
 - Upside-down Monkey
 - Happy Monkey
 - Turning Monkey
- Standing sequence: quad stretch, hip stretch, hamstring stretch, balance
- Hip stabiliser test: hold and drop knee
- Stretches:
 - Quad
 - Hamstring

- Frog
- Pigeon
- Flying kick: straight, side bend, and twist
- Box split
- Hamstring special, with belt
- Knee-ankle-foot massage

Arms

- Breathing: Up and Out; Fingers; Separate Clouds
- Push-ups
 - Regular push-ups (starting from kneeling, working up to one correct push-up, then up from there)
 - Wide push-ups
 - Staggered push-ups
 - One-armed push-ups (starting from using mostly the legs. Also working our way up to the full position).
 - Rapier push-ups: prima, seconda, terza, quarta
 - Slow push-ups
- Hand weights (starting with eg 500g in each hand)
 - Wrist turns
 - Wrist rolls
 - Roll-ups (with stick and string)
 - Wings
 - Jefferson curls (much more spine than arms)
 - Squats (more legs than arms, but combine with overhead press, and/or wings)
- Long stick:
 - Let go and catch
 - Swap hands

- Hands switch palm up-down
- Walking along the beam
- Point control
- If space: twisting squats
- Bladebells:
 - Roll and squat
 - Inside circles
 - Figure eights with underarm
 - Figure eights in the wrist
 - Krump-Shiel-Zwerch
 - Other sword practice
- Therabands:
 - Archery
 - Archery up and down
 - Open shoulders
 - With open shoulders, neck turns, tilts, and up/down
 - Granny's scarf
 - Pull-downs
 - Overhead presses
 - Rapier extensions
 - Play
- Kettlebells:
 - Clean and Press
 - Turkish Get-ups
 - Squats
 - Snatch
- Stretches:
 - Wrist stretches: inside twist, outside twist, inside curl, outside curl

- Fingers: magic hands
- Shoulders, with the stick or theraband: flexion, front shoulder, tricep
- Pec stretch on the floor
- Forearm massage

Spine

These exercises are usually integrated into the workout as a whole, and many of them already appear in the Mermaid and other sequences such as Turning Monkey.

- Cat sequence:
 - Cat stretch
 - Ocelot
 - Side bends (ocelot)
 - Jaguar
 - Jaguar chased by Bear (often segues into Monkeys)
- Tailbone curls
- Jefferson Curls
- Starfish
- Supermans
- Shrimps
- Twists:
 - Feet together
 - Ankle on knee
 - Ankle under knee
 - Extending top leg
- Jaw exercises
 - Open wide
 - Push down, both sides
 - Down and side to side
 - Forward and back

- Head back
 - Jaw to ceiling
 - Tongue back and side to side
 - Push down with tongue
 - Jaw left, right, and up
 - Massage
- Leg stretches can often be used to address the spine.

A Typical Session

Literally every session is different, because our bodies are different every day, and so will have different needs.

A typical session will usually include:

- Warm-up as detailed above
- Focus on arms, legs, breathing, or spine
- Warm down, which is usually the leg stretching sequence minus the Hamstring special, ending with a couple of minutes of awareness of breathing, then swinging side to side, and we're done.