

CONDITIONING EXERCISES are necessary if you wish to compete in Pushing Hands or Sparring. Stamina is especially important: once stamina goes, your technique goes and injury risk increases.

- 1) Rolling Punch - Running Thunder Hands - forward circles + variations
 - use weights 3 - 4 lbs, 150 per min.
 - 3 -10 mins. for basic conditioning - 20 mins. for comp.
 - develops speed, power & elasticity
 - can also be done open palm for palm strike training
- 2) Forward Rolls - 2 mins. (80-100 rolls) for basic conditioning
 - 2 mins. X 3 rounds (with 1 min. between rounds) for comp.
 - develops stamina & flexibility
- 3) Punching the Pad - fixed position - hold focus mitt head height
 - moving - run in circle chasing glove - one step, one punch
 - 3 mins. for basic conditioning - X 3 rounds for competition
 - develops stamina, targeting & reach
- 4) Handstand - whatever the person can hold for basic conditioning
 - 2 mins. minimum for competition training
 - develops upper body strength for striking, throwing & falling
- 5) Pole Holding - rest heavy pole across arms in horse stance
 - 2 mins. minimum
 - develops upper & lower body strength
- 6) Heavy Bag - use open hand, fist & shoulder
 - 3 X 3 min. rounds - vary angle and height of attack
 - develops stamina and ability to hit
- 7) Back Bends - Retrieving the Moon from the Sea
 - 360 minimum - develops flexibility & agility
- 8) Pounding Body - use common sense & begin lightly
 - accustoms body to receiving impact
- 9) Skipping - develops footwork & stamina
- 10) Running - develops movement abilities & stamina
- 11) Free Wrestling - first one down loses - develops close quarter abilities & stamina