Basic techniques with Quick Band Professional

The training can also be carried without a quick band

Contents*: 5 min jumping rope, 10 min gymnastics, 3 min specific warm-up, 40-45 min technique exercises including cool down. Total approx. 60 min.

Additional options: Individual stretching / warmup before the unit is recommended.

Required equipment: jump rope, Quick Band Professional (alternatively other bands), gym mat

Jump rope exercise, mat, Quick Band, which is attached to the upper body

Alternatives:

 • Jump rope: stepping, covering u. To deceive

• Exercise mat: clean floor

• Quick-Band: Other bands (on the foot or body) or only techniques without an additional device

Note:

• If you train without an additional device, then train individually with more speed.

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Rough process

5 min: jumping rope. Both legs, one-legged, cross turns, double jumps, etc ...

10 min: stretching

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3-5 min: put on quickband and Present alternatives.

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7 min: specific warm up 8 repetitions 20 sec break. 3 series (time 10/20 * 3)

Kneeling left / right 8 WH * 3 series (I 8 * 2)

Side step knee pull

Approach split right, set down, backstitch 8 WH * 2

Neck approach left, set down at front, 8 WH * 2 step

Cut-split approach, lower right, backstitch 8 WH * 2

Cut-split approach, set off left front, 8 WH * 2 step

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2-3 min: break and Explanations

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30 min: techniques with / without Quickband (10/20 * 2)

Push kick right / left (2 min)

Cut-Kick R / L (2 min)

Break (2 min)

Paltung-chagi R / L (2 min)

Cut-splitting R / L (2 min)

Break (3 min)

Faust, block in front R / L (2 min)

Faust, block back R / L (2 min)

Break (2 min)

Free kicking front leg R 8/20 * 2

Free kicking front leg L 8/20 * 2 (2 min)

Break (2 min)

Free kicking all techniques 8/20 * 4 (2 min)

Break (2 min)

Free kicking all techniques (2 min)

5 min: cool down with easy stitching and To deceive

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Total approx. 55 - 65 min. With previous independent warm-up and If necessary, further free rounds can be carried out for about 1.5 hours.

With sporty greetings

Georg Streif