

This is a list of warmups from various arts and organizations in the MKG Seattle lineage. These are great warmups for classes but also great solo training workouts that can be done at home.

CSW Dry Swimming Warmup

CSW Gymnastic/Acrobatic Warmup

CSW Circle Running Warmup

CSW Deck of Cards Warmup

STX Kickboxing Warmup

Smash Circuit Class Format

Hand Speed Exercises

Jun Fan Gung Fu Standardized Lesson Plan - Footwork

Jeet Kune Do Inosanto Warmup

Kali - JKD - Silat - Muay Thai - Bando Warmup

MKG Seattle Panantukan Partner Destruction Warmup

Bahala Na Single Stick Warmups

Maphilindo / Madjapahit Warmups

Maphilindo / Madjapahit Ground Mobility Warmup

Ung Moon - 5 Gates

Motion Master Drills

Lacoste - Inosanto Salutation

Guide - Teaching Big Classes and Classroom Management

CSW - Floor Warm-up Exercises/Dry Swimming

1. Reach and pull (forearms down then up)
2. Lizard crawl (GI Joe)
3. Crab crawl
4. Reverse crab crawl
5. Seal crawl (on hands/drag legs)
6. Snake crawl (backward shoulder run)
7. Bear walk
8. Monkey walk
9. Frog Jump
10. Shrimping (ebe)
 - a. forward
 - b. backward
 - c. sideways (left/right)
11. Mountain climbers
12. Reverse mountain climbers

13. Broad Jumps

Gymnastic/Acrobatic Mat Warm-up

1. Front shoulder roll
2. Back shoulder roll
3. Front shoulder roll-half twist- back shoulder roll
4. Front roll
5. Front dive roll
6. Back roll
7. Back extension snap to feet
8. Back extension pitch to handstand
9. Front roll-half twist- back extension
10. Front headspring
11. Front roll- front headspring
12. Front handspring
13. Cartwheel
14. Elbow cartwheel
15. Alternate cartwheels
16. Round-off
17. Round-off back extension
18. Round-off- half twist- dive roll
19. Shoulder Cartwheel (Granby)
20. Alternate shoulder cartwheel (gamby)

Circle Running Warm-Ups

1. Forward
2. Backward
3. Side to Side
 - a. Tight-hands up
 - b. Loose-hands at side
4. Karaoke (Criss-Cross)
5. Skipping
6. Stutter- Step (Skip Knees)
7. Leap frogs over partner
8. Circle Bounding
 - a. Forward
 - b. Sideways (left/right)

Deck of Cards Warm-up

1. Hindu squats
 - a. Beginning (stationary)
 - b. Advanced (leaping)
2. Hindu Push Ups (sliders)
3. Crunches (both elbows and knees up)
4. Knee-Downs (stand on feet, then down on knees)
5. Push up variations
 - a. Wide arm
 - b. Arms at side
 - c. Reverse bridge ups
6. V-ups
7. High Box

STX Kickboxing Warm Up Drills

1. Shadow box- 15 minutes/ 3 five minute rounds
2. Leg swings- 25 forwards and 25 sideways
3. Knee bounce- single, double and triple
4. Thai pads
5. Kick shields/focus mitts
6. Focus mitts
7. Partner scenarios and timing drills
8. Jump rope
9. Heavy bag
10. Wall survival drill

SMASH Circuit Class Format

5 Stations

1. Stick Striking - Single or Double
2. Ground Striking or Clinch
3. Boxing Round
4. Kicking Round
5. Pad Round (Focus Mitt or Thai Pad SDA)

25 or 45 Minute Classes

25 Minute Class - 5 to 7 Stations

45 Minute Class - 2 Full Circuits

2 Minute Rounds

30 Second Rests

Class Size - Enough Stations - 1 Per Bag

Class Size - Not Enough Stations - 2-4 Per Bag

30 Second Intervals with Active 'Rest'

Standard Warmup

Boxers Shuffle 30 Seconds

7 - Eight Count Body Builders

High Knees to Stretch

Trunk Twists

Hip Circles

Standard Cool Down

1 Minute Pushups

1 Minute Abs

Cobra

Down Dog

Shoulder / Rhomboid Stretch

Frog Stretch

Crossover Back Stretch

Hand Speed Exercises

1. Alternating opening and closing hand to fists
2. Rear hand punching on both sides of front open hand
3. Rear hand parrying both sides of closed fist
4. Wrist chops
5. Arm chops
6. Small arm circles- forward and back
7. Big arm circles- forward and back
8. Arm chops- horizontally
9. Arm chops- vertically
10. Hubud- 6 count L/R
11. Speed bag roll forward
12. Speed bag roll backward
13. Shoe-shine roll-vertical fist
14. Speed bag figure 8's- forehand/backhand
15. Jab- high, low, high- alternate (1 arm at a time)
16. Hook- high, low, high- alternate (1 arm at a time)

17. Jab, cross- straight out Jab, cross- overhand

Jun Fan Gung Fu: Organized Lesson Plan: Footwork

- A) Shadow Boxing
- B) Stretching
- C) Footwork

- 1) Step and Slide Advance
- 2) Step and Slide Retreat
- 3) Slide and Shuffle Advance
- 4) Slide and Shuffle Retreat
- 5) Push Shuffle Advance
- 6) Push Shuffle Retreat
- 7) Step Through Advance
- 8) Step Through Retreat
- 9) Side Step to the Left
- 10) Side Step to the Right
- 11) Curving to the Right
- 12) Curving to the Left
- 13) Circle to the Right
- 14) Circle to the Left
- 15) Replacement Step (2 Ways)
- 16) Heel and Toe Sway
- 17) Pendulum Shuffle (2 Ways)
- 18) Lead Step (3 Ways)
- 19) Triangle Pattern
- 20) Rocker Shuffle (Front and Back), (Side to Side)

Jeet Kune Do

The Way of the “Stopping Fist”

Chinese Boxing – Jun Fan Gung Fu

Instructor Dan Inosanto

- 1. Side Straddle Hop
- 2. Alternate Splits
- 3. Double Hop
- 4. Right Leg Hop
- 5. Left Leg Hop
- 6. Running in Place
- 7. Forward Bends

8. Straight Leg Kicks
9. Side Leg Raises
10. Shoulder Circling
11. Sit-Ups or Alternate Jack Knives
12. Waist Twisting
13. Leg Raises
14. Push-Ups in (2-5 Sets)
15. Knee Bends

Kali - Silat - JKD Muay Thai - Bando

1. Slip Left
2. Slip Right
3. Slip Back
4. Bob Left
5. Bob Right
6. Bob Right -Weave Left
7. Bob Left - weave Right
8. Duck
9. Shoulder Roll
10. Shin Shield Left
11. Shin Shield Right
12. Cross Shin Shield Left
13. Cross Shin Shield Right
14. Bob Right - weave in - weave out
15. Bob left - weave out - weave in
16. Lingkod back & up
17. Lingkod forward & twist out

MKG Seattle Panantukan Partner Destruction Warmup

Warm-up flows/indexes I strung together.

Jab and Cross Counters

1. Split Entry Left
2. Split Entry Right
3. Sliding Deflection Left
4. Sliding Deflection Right
5. Inside Gunting Left
6. Inside Gunting Right

7. Horizontal / Backhand Gunting Left
8. Horizontal / Backhand Gunting Right
9. Outside Blind Left
10. Outside Blind Right
11. Vertical Gunting Left
12. Vertical Gunting Right
13. Diagonal Secoh Left
14. Diagonal Secoh Right
15. Vertical Secoh Left
16. Vertical Secoh Right
17. Waslik Left
18. Waslik Right
19. Knee Hand Left
20. Knee Hand Right

High Hook Counters

1. Secoh Cover Left
2. Secoh Cover Right
3. Secoh Body Left
4. Secoh Body Right
5. Shoulder Stop Secoh Lift Under Left
6. Shoulder Stop Secoh Lift Under Right
7. Shoulder Stop Secoh Scoop Over Left
8. Shoulder Stop Secoh Scoop Over Right
9. Wrap and Wrench Left
10. Wrap and Wrench Right
11. Arm Drag Left
12. Arm Drag Right
13. Cover/Secoh/Wrench Lift Left
14. Cover/Secoh/Wrench Lift Right

Body Hook

1. Elbow Cover Left
2. Elbow Cover Right
3. Elbow Cover and Hammerfist Left
4. Elbow Cover and Hammerfist Right
5. Cut Left
6. Cut Right
7. Cover and Wrench Left
8. Cover and Wrench Right

Uppercut

1. Elbow Cover Left
2. Elbow Cover Right

3. Cut Left
4. Cut Right
5. Stifle Left
6. Stifle Right
7. Cross Stifle Left
8. Cross Stifle Right
9. Double Stifle Left
10. Double Stifle Right
11. Scoop Left
12. Scoop Right

Bahala Na Single Stick Warmup

Twirling Exercise (forward and reverse 2 minutes)

All exercise use a 20 count right foot lead unless noted

1. Forward figure 8 with hand check
2. Reverse figure 8 with hand check
3. Aldabis to Taga (#9 to #1) with hand check
4. Saboy to Bartical (#11 to #2) with hand check
5. Tabas Kanan to Tabas Kaliwa (#3 to #4 heavy) with hand check
6. Sankcete (#6 and #7) with hand check
7. Forward windmill left foot lead, hand check
8. Reverse windmill left foot lead, hand check
9. Fanning right foot lead, hand cross check
10. Horizontal strikes to the head
11. Vertical strikes to the head
12. Jabbing strikes to the head
13. Snap hits (#1 to #5), with hand check
14. Redonda (low-high)
15. Deliveries #1 to #12 (foot work)

Maphilindo / Madjapahit Silat Warmups

1. Meditative Breathing
2. Childs Pose to Cobra
3. Childs Pose to Cobra to Pushup Position to Downward Dog Knees Down Childs Pose
4. Childs Pose to 3-Point Stance (Facing Backwards 180)
5. Hurdle Position - Seat Spin to Face Backwards Push Up Position
6. Seat Spin to Hurdle Position By Rolling to Belly and Switching
7. Roll on Belly to Lunge

8. Left Side Sickle Kick Helicopter to Switch
9. Right Side Sickle Kick
10. Helicopter Kicks
11. Alternating Rocking Chair
12. Alternating Rocking Chair With Hip Lunge
13. Old Harimau Stretch (Leg Way Back)
14. Rocking Chair Evasion

Maphilindo / Madjapahit Ground Mobility Warmup

1. Seaweed Switch
2. Windshield Wiper - (lift butt up)
3. Seatspin (use post)
4. Horseshoe - Lay back flat and come up other way
5. Rolling Tripod Switch - Walk Over Legs
6. Sickle Kick to Windshield Wiper
7. Helicopter Switch
8. Tuklao Switch to Rolling Tripod Switch (dum tek/side kick thing)
9. Tabletop w/ Front Kick Rolling Tripod Switch to Tabletop w/ Front Kick

Ung Moon (5 Gates)

Salutation - (Left then Right Step)

Opening - (arms cross down then up then chamber at hips, toe then heel open, arms cross down then up then chamber at hips, bai jong hand position then step back into right lead)

Salutation and Opening

Left then Right Tan Da (palm up)

Left then Right Biu Da (palm down)

Left then Right Ha Woang Pak Da (low cross slap)

Left then Right Goang Sao Da (low cutting arm)

Left then Right Ha Pak Da (low slap)

Left then Right Loy Woang Pak Biu Gee (inside crossing)

Left then Right Gnoy Woang Pak Biu Gee (outside crossing)

Left then Right Gnoy Biu Gee (outside)

Left then Right Loy Biu Gee (inside)

Left then Right Toy Sao Biu Gee (retreating hand same biu gee)

Left then Right Go Lan Sao Da (hi rising block) (Rick Faye says gum sao)

Left then Right Lan Sao Da (Rick Faye says gum sao)

Left then Right Lan Sao Da - Go-Ha-Go - (Rick Faye says gum sao)

Left then Right Pak Sao Jik Dum Tek (opposite slapping arm/front stomp kick)

Right then Left Kao Sao Ha Juk Tek (same slapping arm/side kick)
Left then Right Biu Gee Boang Sao Lop Sao Chung Chuie (straight punch)
Left then Right Biu Gee Boang Sao Lop Sao Gua Chuie (backfist)
Left then Right Biu Gee Boang Sao Lop Sao Lao Sing Chuie (Vertical Backfist)
Left then Right Biu Gee Boang Sao Lop Sao Sut Sao (knife hand)
Left then Right Biu Gee Boang Sao Lop Sao Sot Kiu (hammerfist)
Left then Right Biu Gee Boang Sao Lop Sao Gin Chuie (uppercut)
Left then Right Biu Gee Boang Sao Lop Sao Jik Jurn (vertical palm)
Left then Right Biu Gee Boang Sao Lop Sao Juan Jern (horizontal palm)
Salutation

Motion Master Drills

- 1) Pop Up to Low Knee Mount Grab or Posture
- 2) Pivot and Push (spin around the head)
- 3) Pendulum (shuffle across body)
- 4) Alternate Knees (lr/rl or 6 knee walk)
- 5) Step Around & Spin
- 6) Circle Over the Head (think pop-up armbar)
- 7) Mount to Knee Mount
- 8) Knee Push Counter Backspin
- 9) Knee on Floor to Kosure Kesagatame (step over North/South to switch)
- 10) Helicopter Mount (kese gatame to switch sides and switch to go to legs 4 ways total)
- 12) Knee Switch to Helicopter Mount (big jump push knee you switch backspin has heavy impact)
- 13) North/South Knee On Belly (pop up to knee on belly)
- 14) North South Pop Up Knee Slide Across Face to Knee Mount
- 15) Flip Flop (guard pass jump over to knee on belly)
- 16) Cartwheel (around head or foot/knee/butt on face)
- 17) Striking Patterns
 - a) criss cross elbows high
 - b) hockey punch (one handed holding chest/throat)
 - c) hockey punch (2 body 1 to head and vice versa)
 - d) straight blast
 - e) hook side to side
 - f) punches to knee/elbows
 - g) fake one hand to punch knee or kick
 - h) hammerfists any way
 - i) punch from all positions especially knee over
 - j) knee switches to kicks and stomps
 - k) kick it around the ring standing
 - l) grab it and knee it standing

Thai Boxing Form Warmup

50 Jumping Jacks

Boxing Stance

Kick Stance

Kick Right (don't go all the way around)

Kick Left (don't go all the way around)

Step Into It Left

Hop Kick Right

Hop Kick Left

Cut Kick

Regular Long Footjab

Regular Short Footjab

Long Leaning Footjab

Short Leaning Footjab

Straight Knee

Knee #1

Knee #2

Long

Skip Knee #1

Skip Knee #2

Side/Curve Knees

Left Snap Elbow

Right Snap Elbow

Left Down Elbow

Right Down Elbow

Left Up Elbow

Right Down Elbow

Left Spinning Back Elbow (counter clockwise)

Right Spinning Back Elbow (clockwise)

Matkattoon

Sawkattoon

10 - 8 Count Body Builders

Lacoste – Inosanto System Salutation

As Heaven and Earth as my witness. (hand up stick down)
(Also means, I stand before the creator and mankind)

I will strive for knowledge and wisdom with the five senses and beyond the five senses (stick on forehead)

I will strive for the love of all mankind and there will be no needless shedding of blood (stick in palm)

I bow, not in submission, but in respect to you (on knee)

I extend the hand of friendship to you over the hand of war and I look to the creator for divine guidance. (hand up stick down on knees)

I am trained to be a warrior with wisdom, if my peace and friendship is rejected (wrist on head on knees)

I stand in symbolism, for I serve only the creator. And I bow to no foreign king for my allegiance is to my people (tribe) & to my family (stick down hand up on feet)

With my mind and my heart I cherish the knowledge my instructor has given me. For it is my life in combat (up to the head ___ palm)

I am prepared to go against you even if your skill is greater than mine (stick back right leg krewar)

And if my body falls to you in combat-you have only defeated my physical body. (stick down rear leg up)

For my fighting spirit and soul arise to the heavens for they are unconquerable (bring the stick up put in left hand right hand up)

Running Big Classes and Class Management

We will lose students to confusion and claustrophobia
The more students the slower the class can go!

Eliminate chaos

Control with voice

Keep the floors clear
Gather them around when speaking - under utilized in BS
Down on one knee to listen if the class is full
Teach from the center

Line drills/Walking Drills/Shadowboxing Create Order

Line up down the middle
To break into even rows
 1,2,3,4.. (3 steps forward, 5 steps forward, 7 steps forward for example)
To break up by experience level
 1-10 in Groups
To pair people up appropriately by size
 Line up by height and grab the person next to you
To pair people up by skill
 Experienced people to one end of the line and grab the person next to you
Line Drills Can Be Stationary
Line Drills Can Be Walking

Walking Drills

Knees
Footjabs
Jab Cross
Footjab - Jab Cross
Hook Stepping Right and Left
Step and Slide
Slide and Step
Zig Zag
Etc...

Teaching Hints

Yell!
Tell people as they are doing moves what it is for. This is a groin kick, get in and get out, stun the nerve in the leg, you would use this in self defense, etc...
Ways to keep them moving/heart rate up
 Boxers shuffle during demos
 Triangle footwork during demos
 Jumping jacks during demos
Don't give up!
Only 15 seconds left.
Don't be the first person to quit!
Water only at 20 and 40 minutes. It's an excuse to quit. (my advice but Nicole rules the roost)
Your demos absolutely must be a minute and 1/2 at maximum. Good teachers are always a

minute or less.

Demonstration Formulas and Ideas

Demonstrate 4 times maximum - no exceptions

Assumed knowledge - turn your back and turn on the stereo and help individually

You want to inspire them by showing the performance when possible.

With a good holder

1st time fast and hard

2nd time slowly

3rd time slowly but change angle at least 90 degrees

4th time fast and hard

With a brand new person

1st time - 1 piece at a time

2nd time - rest of the pieces

3rd time - All the way through

4th time - moderate speed

Equipment Ideas

Thai pads on one side focus mitts on the other. One side Thai Kicks and the other Nou Tek

Boxing Warm-Up

Boxers Shuffle and Pivot 1/4 at Will

Boxers Shuffle

jab

double jab

triple jab

C Head Movement

I Head Movement (duck)

W Head Movement

O Head Movement

S Head Movement

V Head Movement

U Head Movement

Z Head Movement

Slip

Bob Left Weave Right

Bob Right Weave Left

Heavy Bag Combinations

Beginning Combinations:

Jab
Double Jab
Jab Cross
Jab Low Cross
Jab Cross Hook
Jab Cross Uppercut
Jab Cross Body Hook
Jab Cross Low to High Hook

Combinations with Kicks:

Groin Kick Jab Cross
Jab Cross Hook Right Thai Kick
Low Side Kick Jab Cross Hook
Jab Cross Low Side Kick
Oblique Kick Thai Kick Hook Cross
L. Thai Kick Cross Hook

Close Combinations:

Uppercut Cross Hook
Uppercut Hook Cross
Uppercut Uppercut Cross Hook
Uppercut Uppercut Hook Cross

Trapping/Destructions:

Low Pak Sao Cross Hook Cross
Inward Gunting Cross Hook Cross
Backhand Gunting Cross Hook Cross

Infighting:

Forearm Elbow
Forearm Punch Forearm Elbow
Straight Blast Grab and Elbow
Elbow Knee Forearm Elbow