

Rick Faye's Tire Training!

The ultimate impact training for your weapons!

You can use any type of weaponry that you learn in class on the tires. Hitting the tires will make your strikes heavier and your combinations more effective. The tires give a 'bounce back' effect that trains your forearms. Start with light impact and then build slowly over a period of weeks. Try to simulate all your weaponry motions. The following is a short outline to get you started. Remember, your imagination is the only limitation. You do not need years of training. Just use the basics you know. If you wish to get a lesson on this great training method, schedule one at the desk. Now get to work.

Single Stick

Use these Striking patterns as a base.

Figure 8 Family:

- Downward 8
- Upward 8
- Bulan side of the X (forehand upward)
- Adlau side of the X (forehand downward)
- Flat figure 8

Abanico Family

- High Horizontal
- Low
- Diagonals

Redondo Family

- High Diagonal
- High Horizontal
- Vertical
- Low/Shin

Flourite

- Diagonal
- Horizontal
- Backhand

Double Stick

Abecedario

- 4 Counts - Kob Kob
- 6 Counts - Kob Kob

Siniwalli

- 4 counts
- 6 counts
- 8 counts
- 10 counts
- 12 counts

Long and Short

Tuo Basics

- 3 count - upward
- 3 count - downward
- 4 count
- 5 count
- 6 count

Wala Basics

- 5 count
- 6 count
- 7 count

The above lists should help basic coordination. Once these are comfortable, begin to attack and defend as you visualize an opponent. Work extra repetitions on the strikes and defenses you find awkward.

Jab it! Hit singles strikes that flash out and retract instantly. Begin with a backhand jab and then move on to hit from any angle.

Combine all the methods.

Learn to flow easily from one striking method to another.

Then shift positions and stances.

Then from defense to offense.

Then from offense to defense to offense.

Then from right hand to left hand.

Then from Stick to Kicking.

Then from weapon to weapon.

Have Fun and Train Hard!



