

# TRAINING PLAN *for training alone*



## Karate Selfdefence

Withstanding the storm  
in- and outside yourself.

- Make sure you find some time, always plan your week ahead!
- Find a spot, where you can be for yourself, with all your struggles when the trainings get difficult.
- Make sure, nobody disturbs you. Maybe you get up earlier or train, when the kids are sleeping.
- Make sure, your total result in reps becomes at least 1 rep better each time!
- Take videos of yourself when you perform Kihon and Kata. Compare it with the videos of the IOGKF senior instructors (or just watch out for a video of our World Chief Instructor Sensei Tetsuji Nakamura!). Work on your technique and posture!
- This is an example, how your training week could look like. Come out of your comfort-zone, but listen to your body. As you see I created a kind of „intensity wave“, some days are for active recovery. Use the check-boxes. Get much more inspirations here: [www.karate-selfdefence.com](http://www.karate-selfdefence.com)

### Monday (high intensity)

- Meditation
- Junbi undo
- Sanchin kata
- Workout:

date:

exercise:	repetitions per round:								smallest:
	right leg	left leg	right leg	left leg	right leg	left leg	right leg	left leg	
side lunges/kansetsu geri									
Knuckle pushups/fist lifting									
leg lifting on back			...						
backward lunges/mae geri									
neko undo			...						
lying hip swing									
<b>Sum of smallest=total score</b>									

- Kihon: train one technique 200 times each side. Then combine it with the karate stances in motion, finally with suri ashi back/forward and sideways. Suggested reps: 100 each
- Perform all the katas you know.
- Train one sequence of your current katas „focus of improvement“ for 20 minutes.
- Cooldown, stretching (important: hip flexors, pectoralis!)

### Tuesday (recovery)

- Meditation
- 30 minutes mobility, Junbi Undo, Sanchin Kata
- Additional: stretching, foam roller/fascia release, yoga.

### Wednesday (cardio)

- Meditation
- Junbi Undo
- Shadow-Irikumi (one round for 3 minutes, 1 minute break, next round...) 5 rounds at least.
- Kata & Bunkai (work on details, improve your kata & kihon bunkais!)

## Thursday (functional strength)

- Meditation
- Junbi Undo
- Strength/Hojo Undo (Chishi etc.)/Kettlebell/Abwheel.... important: compensate your bodyweight-workouts with pulling movements!
- All Katas

## Friday (high intensity)

- Meditation
- Junbi Undo
- Sanchin Kata
- Workout:

date:

exercise:	repetitions per round:								smallest:
	right leg	left leg	right leg	left leg	right leg	left leg	right leg	left leg	
side lunges/kansetsu geri									
Knuckle pushups/fist lifting									
leg lifting on back			...						
backward lunges/mae geri									
neko undo			...						
lying hip swing									
<b>Sum of smallest=total score</b>									

- Kihon: train one technique 200 times each side. Then combine it with the karate stances in motion, finally with suri ashi back/forward and sideways. Suggested reps: 100 each
- Perform all the katas you know.
- Train one sequence of your current katas „focus of improvement“ for 20 minutes.
- Cooldown, stretching (important: hip flexors, pectoralis!)

## Saturday (moderate)

- Meditation
- Junbi Undo
- Sanchin Kata
- Perform the katas slowly, work on one difficult detail for 20 minutes
- Kihon Bunkai without partner
- Cooldown

## Sunday (recovery)

- Meditation
- Junbi Undo
- Sanchin kata,
- 30 minutes mobility
- Then stretching, foam roller, yoga

**The daily mini-warrior-challenges (if you miss one day, still continue with the missing exercise!)**

Challenge:	Score/week1	Score/week2	Score/week3	Score/week4	Score/week5	Score/week6	Score/week7
1. Plank							
2. Shiko dachi							
3. L-hang							
4. Table lift							
5. Reverse plank							
6. Static pushup hold							
7. Half koshi dachi							