

Class # 3 - “meia lua de compasso and esquiva baixa”

Training program.

Note: the step progression in the training program differs from the progression in the lecture. The purpose of the lecture is to understand the movements, the purpose of the training program is to implement that understanding. First watch the lecture then go through the training progression.

Step # 1 “the descent”

Pointers:

From the ginga base:

- Shift both feet inwards.
- Hips forwards, until there is almost no weight on back the leg.
- Place both hands between your feet , as close as possible to front leg.
- Maintaining gaze under armpit.
- Utilize all of your body into the movement.

(10 reps each side, approximately 2 min)

Step # 2 “slow compasso”

Pointers:

From the ginga position:

- Back heel(kicking heel) leads the kick.
- Standing leg is a pivoting anchor point.
- Pedal around with your hands.
- Raise your body back to the ginga only once your kick has landed.
- Leg route: your kick will be at it’s highest point exactly in front of you, then begin its descent.

(10 reps each leg, one ginga between each rep, approximately 4 min)

Step # 3 - “power compasso”

Interchange ginga between each kick.

Pointers:

- Do not peddle with hands, kick in one go.

Powerful kick principles:

- Speed
- Balance
- Technique
- height

(20 reps, 10 each leg, approximately 4 min)

Step # 4 “3 compasso in a row”

Pointers:

- Each kick should be more powerful than previous kick.
- Use body mechanics correctly in order to achieve power.

(5 sets each side, approximately 3 min)

Step # 5 “esquiva baixa”

Pointers:

From the ginga:

- Practice both hand defense positions.
- Front leg in 90 degrees.
- Back heel up towards the ceiling.

(2 sets of 20 reps from side to side, approximately 5 min)

Good luck!