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MMA

TRAINING

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Hybrid Circuit Training

Tiger Schulmann's Unique Workout Improves the Power, Speed, Reactions, Endurance and Accuracy of Your Stand-Up and Grappling Skills

Story by Steven Bosyk/ Photos by Chris Murray

Many martial artists are unhappy today. Have you noticed that? Look around. You're sure to see a melancholy martial artist.

Why are they unhappy? Their skills are not as well-rounded as they would like. Maybe their stand-up skills are strong, but their grappling skills are weak. Or vice versa.

If you're one of the unhappy ones, wipe that frown off of your face. I've got a program that is designed to strengthen the power, speed, reactions, endurance and accuracy of your stand-up and grappling skills.

You Will Need ...

To perform this routine, you will need the following items:

- A jump rope
- A double-end bag
- A Competitor or target paper
- A heavy bag
- Bag gloves and wraps
- Mats
- A timer
- A mirror
- A partner
- Safety gear

Setting Up

When you set your equipment up, make sure you have ample space between stations.

Place the timer in a convenient location. Set it for two-minute rounds with one-minute rests. Later, you can vary the length of work and rest as needed. You can buy this type of timer from a sporting goods store or from a boxing catalog.

Before you begin, wrap your hands. Now it's time to head to station one.

