

Tips On Personal Conditioning

by Dr. Dennis McCain

Each of us has the potential to attain an individual level of physical conditioning, weight control, and stamina. However, there is no universal model for conditioning, weight or stamina. Each of us is personally responsible for attaining the highest level of excellence that we can achieve in our conditioning, based upon many factors: height, weight, physical ability, personal limitations, and desire.

This article will provide some idea to enhance the physical conditioning of all who want to improve their Tae Kwon Do. Follow these general rules of thumb: Attend your martial arts training classes with the idea that you are there to improve, work hard during the physical conditioning part of the warm up (up to your level of ability), walk, jog, ride a bike or perform some form of approved exercise program during the rest of the week, exercise at the level of training which you can physically and medically manage, always train with a partner, and never try to work "beyond" the level of exertion prescribed by a physician. Talk to your instructor or me regarding an individual program to suit you. It is better to do some each day than try to "catch up" after years of going without steady exercise.

I remember a young man who wanted to begin lifting weights after a ten-year layoff. He went to the gym thinking that he could push himself and gain back the ability and power he had ten years before. He worked out for three hours and then barely made it home. The young man could not push the clutch in his car and was so sore that he had to take three days off from work. This was not a wise decision! It would be much better to work to a set limit each day and increase that level gradually. This would allow you to attain a greater level of stamina, demonstrate personal maturity, and prevent injuries which could limit your ability to gain the strength and stamina that you desire.