



## EXAMINATION TEXT FOR RED GRADE (LEVEL 2) THEORY TRAINING AND YOUR BODY

### I. MUAY THAI & KICKBOXING TRAINING - THE BENEFITS

Muay Thai & Kick Boxing are aerobic in nature using large muscle groups, raising the heart rate, breathing rate and body temperature. The mechanics of aerobic exercise require that oxygen be brought in by the lungs and transferred to the blood vessels. Oxygen rich blood is then pumped by the heart to the muscles. The muscles utilize oxygen for muscle contraction. Through regular training the body becomes more efficient at processing oxygen.

#### BENEFITS

- Improves cardio respiratory system & cardiovascular system
- Strengthens heart
- Decreases resting heart rate
- Improves circulation by clearing out cholesterol build up
- Body adapts to burn fat as primary fuel source
- Teaches you a functional martial art where you can defend your self
- Gives you self confidence and reduces stress levels
- Raises basal metabolic rate
- Decreases blood pressure
- Reduces LDL blood cholesterol level
- Tones muscles
- Improves balance and posture
- Increases Blood Oxygen level
- Increases flexibility, reducing capability for injury
- Of course it is great fun!

### II. UNDERSTANDING YOUR BODY AND HOW IT WORKS

#### The frequency and Intensity of training. Heart rate, Exertion levels

Fitness Level gains are determined by frequency, intensity and duration of the aerobic type exercise in the class e.g. skipping, shadow boxing and pad work. An aerobic session should last from 20 to 60 minutes and be performed 3 to 5 days per week. Of course students may cross train with other aerobic type exercises e.g. running, biking or swimming.

The intensity level of your training should be (55%-85%) of the measured heart rate. Your Maximum Heart rate is 220 minus your age, therefore a twenty year olds maximum is 220-20 (there age) = 200. 50% to 60% is 100/120 beats per minute. This is fast walk pace. To count the number of beats per minute you place your fingers on either your radial pulse or your carotid pulse for 15 seconds then multiply by four. The easy option is to purchase a pulse monitor to check you are exercising at the correct intensity for your goal i.e. fat burning, cardio fitness, etc.

The method of monitoring the intensity of your training KO suggests is the Perceived exertion scale. Your goal is to work out between levels 6 & 7, which correspond to intensity levels of 60% & 70% of Maximum Heart Rate. Basically your goal is to sweat, if your not sweating increase the intensity.

### PERCEIVED EXERTION SCALE

0	Bed Rest
1	Watching TV
2	Getting up to go to the fridge
3	Slow Walk
4	Walk
5	Brisk walk
6	Light Exercise (Shadow Boxing)
7	Vigorous Exercise (Drill Work, Running)
8	Very Vigorous Exercise (Pad work, Working to the round)
9	Intense Training (Sparring, Hill runs).
10	All Out Extreme (Bleep Tests, Competitive Fights in the Ring)

During the first 15 minutes of aerobic activity, glycogen or sugar within the muscles is used for energy. Fat metabolism for energy does not occur until about 15 to 20 min after activity begins.

To much training (over training) over 5 sessions a week may not give the body a chance to fully recover and can even reduce the body's capability to defend it self against illness. It is important to listen to what your body is trying to tell you. Rest, adequate sleep, proper diet and regular training of the correct duration, frequency and intensity are the formula for success.

*Students are required to answer seven multi-choice questions from the above*