

CARDIO KICKBOXING

PACKET #33

INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

INTRODUCTION

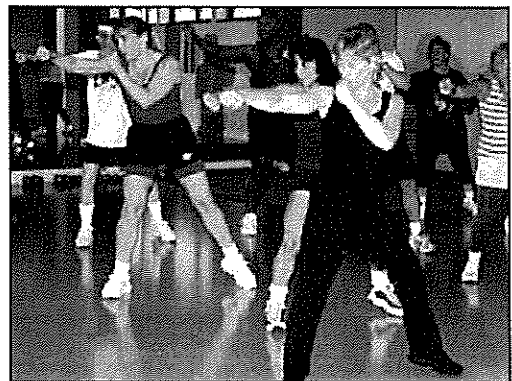
Cardio kickboxing is one of the most popular fitness trends to hit gyms in recent years. Kickboxing is a combination of aerobics, boxing and martial arts. These workouts, which are inspired by martial arts, have motivated many people to start fitness programs.

This intense, total-body workout can improve strength, aerobic fitness, flexibility, coordination and balance. The American Council on Exercise (ACE), which evaluates exercise products and programs, notes that during a one-hour kickboxing workout, 500 to 800 calories can be burned. This can be twice the calories burned during a one-hour step-aerobics class.

Cardio kickboxing classes can be a great alternative for people who have become bored with cardiovascular activities such as, brisk walking or jogging on a treadmill. They also provide an alternative for people who enjoy the “semi-dance” movements found in aerobics or step classes.

Cardio kickboxing can help reduce stress. Controlled punching and kicking movements carried out with the discipline and skills required for martial arts can relieve frustration and anxiety. Cardio kickboxing can also be a boost to a person’s balance, flexibility, coordination and endurance.

However, kickboxing-style fitness programs are not necessarily geared toward everyone. Beginners must have above-average endurance, strength and flexibility.



HISTORY OF KICKBOXING

Kickboxing as a combat sport has its origins in Eastern Asian combat arts, especially in karate. However, today's popular form of kickboxing is known as aerobic or cardiovascular ("cardio") kickboxing, which combines aspects of boxing, martial arts and aerobics to provide overall physical conditioning and toning.



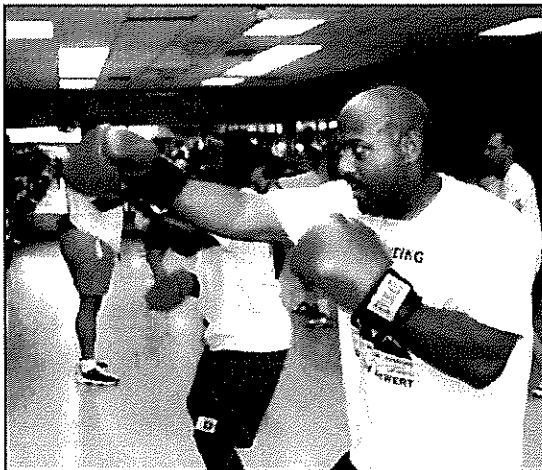
The man behind most of this trend is Billy Blanks, the seven-time Martial Arts champion. He is seen on many Tae-Bo infomercials.

Unlike other types of kickboxing, cardio kickboxing does not involve physical contact between opponents. Kickboxing is a cardiovascular workout that's done to benefit a person's body.

Cardio kickboxing, like aerobics classes, is usually offered in three different forms of intensity: low-impact, moderate-impact and high-impact

HOW TO DO CARDIO KICKBOXING

Before starting cardio kickboxing you should know your present level of fitness. This activity is a very intense and a high-impact form of exercise. You may want to start by taking a low-impact aerobics course and work up to a greater level of endurance.



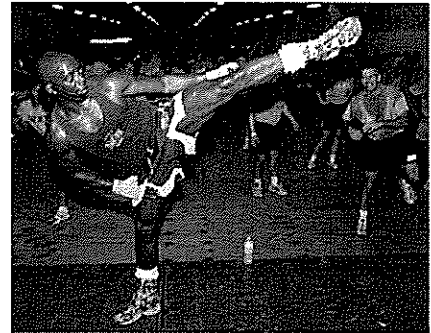
It is a good idea to observe a cardio kickboxing class before trying this activity. You may want to ask the instructor if she is willing to modify the routine to accommodate a variety of skill levels. Signing up for a fast moving class with complicated moves may not be a good idea for a beginner. Try to find an instructor who has martial arts experience and is also certified as a fitness instructor.

Talk to your doctor. It's always a good idea to see your doctor and have a complete physical exam before you begin any type of exercise program - especially one with a lot of aerobic activity like kickboxing. This is extremely important if you have any chronic medical conditions such as asthma or diabetes or are overweight.

Start slowly to build-up readiness and endurance. A good workout session includes a series of controlled movements. Overextending yourself by kicking too high or locking your arms and legs during movements may result in pulled muscles and sprains. Beginners should start with low kicks until proper kickboxing techniques are learned. Beginners are more prone to developing injuries while attempting quick, complicated kickboxing moves.

Do not wear or hold weights when punching or kicking. Although using weights can help develop your aerobic fitness in certain programs, the risk of joint injury outweighs the benefits for the beginning kickboxer.

Drink plenty of water before, during, and after class to keep yourself hydrated.



Cardio kickboxing is meant to be a fun and effective program for achieving your fitness goals. If you follow the guidelines, it can be just that!

TYPES OF KICKS

1. Roundhouse kick: Start with the right side of your body facing an imaginary target, with your knees bent and your feet shoulders' width apart. Lift your right knee, pointing it just to the right of the target and pivot your body toward the same direction. Kick with your right leg, as though you are hitting the target. Repeat with your other leg.
2. Front kick: Start with feet shoulders' width apart and arms at a 90-degree angle in front of your shoulders. Bend your knees slightly and pull your right knee up to your chest. Point your knee in the direction of an imaginary target. Now, kick out with the ball of your foot. Repeat with your other leg.
3. Side kick: Stand with the right side of your body facing a target. Pull your right knee up to your left shoulder and bend your knees slightly as you kick in the direction of your target. The outside of your foot or heel should be the part that would hit the target. Repeat with your other leg.

CLOTHING AND EQUIPMENT

Wear loose and comfortable clothing. This will help provide you with the needed flexibility to move your arms and legs easily in all directions.

Many experienced cardio kickboxers suggest using cross-trainer shoes instead of tennis shoes. Cross-trainer shoes allow for side-to-side movements. Gloves or hand wraps are sometimes used during classes.

KICKBOXING NEWS & NOTES (Information taken from a variety of sources including ESPN, NCAA, Wikipedia and newspapers)

Not since the aerobics explosion in the 1980's has any form of cardiovascular fitness been such a hit. Cardio kickboxing classes are being taught in almost every aerobics room, in every gym, in every city across North America.

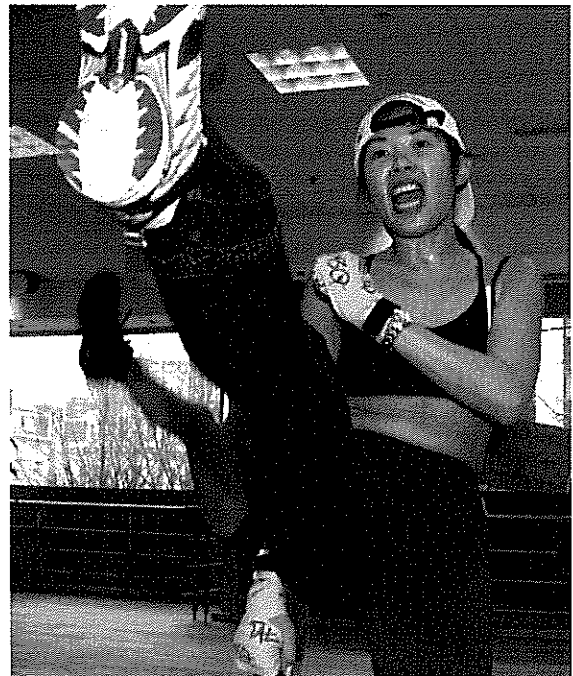
Thanks to the excellent marketing efforts behind Billy Blanks "TAE-BO" videos, aerobic kickboxing classes across the country are growing rapidly. There are several aerobic-type kickboxing classes offered in most areas. Many of these classes are taught at aerobic training facilities.

Several Hollywood celebrities praise cardio kickboxing. They include: Sinbad, Shaqille O'Neal, Magic Johnson, Pamela Anderson, Anne Hathaway, Kate Hudson, and Carmen Electra have all endorsed the activity.

The next time you're on your way out the gym door, stop and take a closer look in the aerobics room. Kickboxing might be something that will meet your exercising needs.

Check out the internet for information on traditional kickboxing and cardio kickboxing classes being offered in your area.

An internet site you can visit that can give you some tips on how to enjoy the activity and prevent injury is located at:



<http://www.fitness-health.co.uk/kickboxing-aerobics.htm>

Or visit the below site to discover the basic kickboxing moves and learn the health benefits that stem from this popular activity:

http://kidshealth.org/teen/food_fitness/exercise/kickboxing.html

STUDENT RESPONSE PACKET #33

CARDIO KICKBOXING

NAME _____

DATE _____

WHAT TO DO

The following questions will help you to have a greater appreciation and understanding of Cardio Kickboxing. Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. Be neat, spell correctly, and write in complete sentences.

1. What health benefits can be obtained from participating in cardio kickboxing?
2. For what people are cardio kickboxing classes a great alternative?
3. What physical qualities are recommended for the beginning cardio kickboxer?
4. What is the origin of kickboxing as a combat sport?

5. What are the three different forms of intensity offered by most cardio kickboxing classes?

6. What should you know before starting cardio kickboxing?

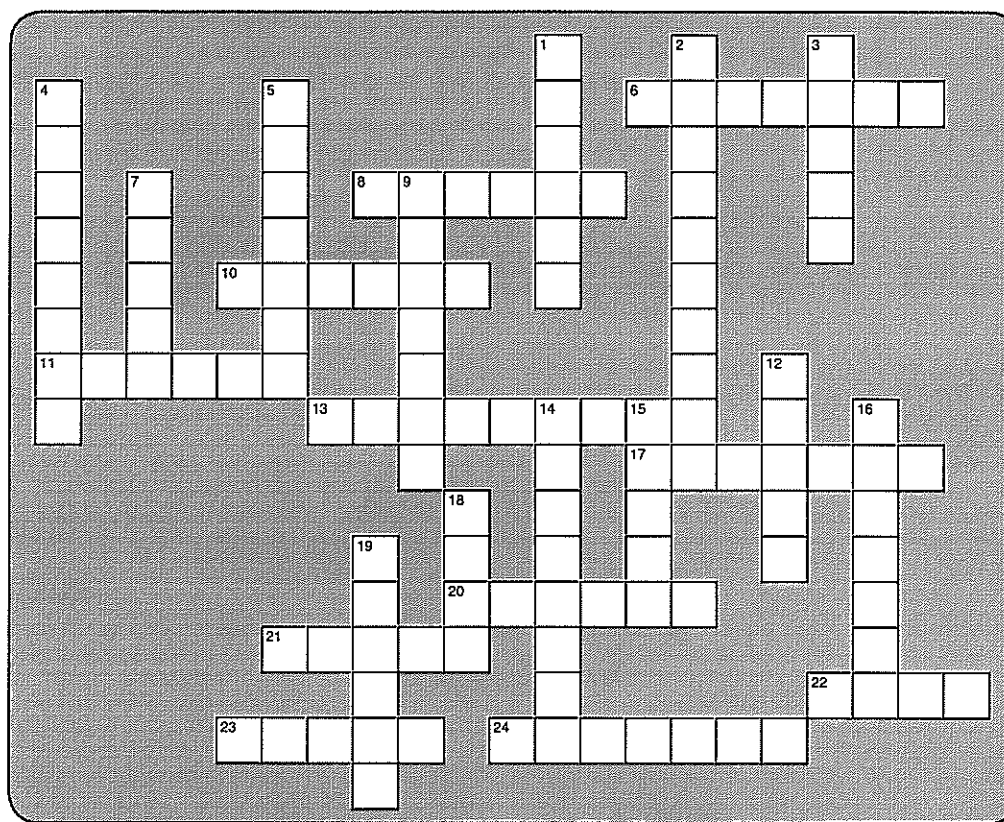
7. Why is it important to drink plenty of water before, during and after cardio kickboxing class?

8. What are the three types of kicks in cardio kickboxing?

9. What type of shoes are recommended for cardio kickboxing activities? Why?

10. What type of clothing is recommended to be worn while engaged in cardio kickboxing? Why?

Name: _____ Date: _____



Across

- 6. Cardio kickboxing is a total-body _____
- 8. Cardio kickboxing encompasses a combination of aerobics, _____ and martial arts
- 10. Cardio kickboxing can help overcome this _____
- 11. An example of a chronic medical condition
- 13. A good workout session includes a series of controlled _____
- 17. Today's popular form of kickboxing is known as _____ or cardiovascular kickboxing
- 20. You should speak with this professional before starting an exercise program
- 21. You should wear _____ and comfortable clothing when kickboxing
- 22. Kickboxing as a combat sport has its origins in the combat arts in Eastern _____
- 23. Drink plenty of this before, during and after class
- 24. Do not wear or hold them when punching or kicking

Down

- 1. The man behind most of the trend in cardio kickboxing
- 2. One of the three types of kicks
- 3. Cardio kickboxing can be a great alternative for people who are _____ with weight-room activities
- 4. Cardio kickboxing does not involve this type of contact
- 5. This celebrity likes cardio kickboxing
- 7. This kick starts with feet shoulders' width apart
- 9. It's a good idea to do this with a cardio kickboxing class before you try it
- 12. Experienced cardio kickboxers recommend cross-trainer _____
- 14. The American Council on _____
- 15. Billy's video
- 16. Before starting cardio kickboxing you should know your own level of this
- 18. To do this kick, pull your right knee up to your left shoulder
- 19. Hand wraps or _____ are sometimes used during classes

Name: _____ Date: _____



Find these words in the above puzzle. Circle the words.

- | | | |
|----------------|------------|------------|
| Kickboxing | Blanks | Diabetes |
| ACE | Exercise | Water |
| Gyms | Instructor | Roundhouse |
| Workouts | Doctor | Guidelines |
| Cardiovascular | Physical | Clothing |
| Aerobics | Asthma | Gloves |
| Stress | | Shoes |