



The Martial's Combo ph(03) 93505293

Aerobics has become a popular form of exercise, everyone hopes to sweat the calories away with minimal effort whilst living to tunes.

The Martial's combo is a moderate aerobic program with martial arts movements. This program introduces participants to martial art concepts through movement which tends towards dance, especially since there's music.

The program begins with breathing exercises then moves into light jogging, leaping and stepping to warm the body. Stretching exercises to limber the body for the drills and sequences that follow. Abdominal and back muscles are the focus even though all major muscle groups of the body are given attention. Blocking and striking sequences are then introduced. In the final sequence participants move around the circle approaching and swiftly moving past each other going in opposite directions. The aims of this activity is to define personal space and glide past a force. The program finishes with a warm-down of standing yoga asanas.

When the music begins everyone concentrates on themselves. Step by step instruction is given which makes the exercise easy. The music is continuous and with western and multicultural songs.

This program can be designed with music selected by participants and to suit special needs and all age groups

