

Push Shuffle

Core JKD Conditioning Exercises

5



1. Start from a regular boxing stance. Shift your weight to the rear leg momentarily.

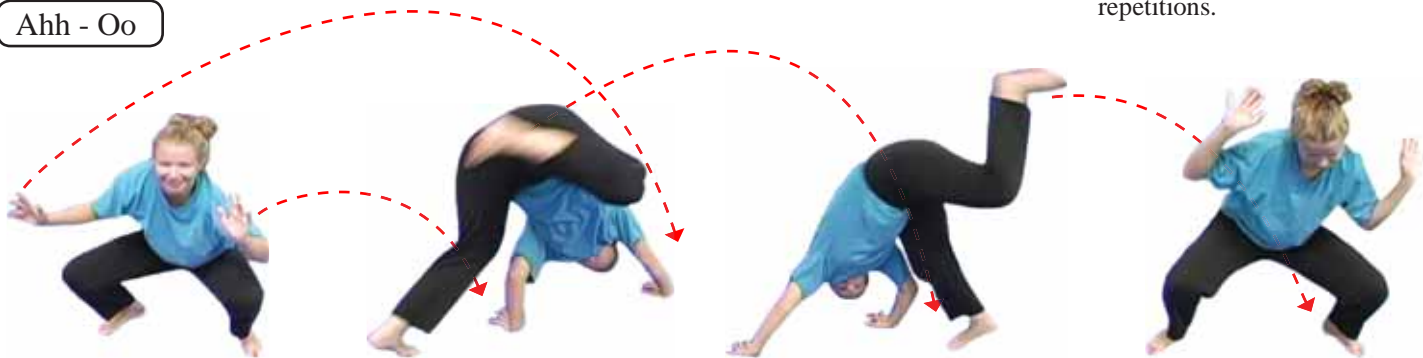


2. Extend the lead leg while pushing your body forward with the rear leg. The rear leg propels you horizontally, not vertically across the floor.



3. This ending position should be about the same as in #1. The rear leg slides up to the lead (which now has the weight on it) and the movement is repeated for the required time or repetitions.

Ahh - Oo



1. Start from a crouched position where your legs are bent in a deep squat. You can think of these as a deep-squatting cartwheel.

2. Using momentum, angle your upper torso to the left so you can place your left hand on the floor followed by your right hand. This will resemble the start of a poor hand stand.

3. Your legs follow suite, hopping over the width of your arms. The left foot will be last to move.

4. When the left foot finally comes to land, you will have performed a small cartwheel. You will end up in the same position as in #1.

Shoulder Roll - From Knee



1. Start on your right knee, the left knee is angled 90 degrees away from the body.

2. Swing your right arm through the opening of the left leg, extend the arm through as though you are trying to reach something far behind you.

3. Keeping your head clear of hitting the floor, push off with your right leg and roll forward onto your right shoulder. **Keep your back rounded out for a smooth rotation.**

4. Allow your momentum to carry you through the completion of the roll.

5. You should end up steady and on your knees. Resume the position as in #1 and continue with the required number of rolls. Try to work both left and right shoulder rolls.