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How to conquer a Martial arts Training slump by Jared Lil

Article published on May 31st 2012 | Sports

Many experienced martial arts practitioners reach a point in their training where they don't see any improvements or feel like the current methods their implementing are no longer working. The efficiency of your body to adapt to the regular training methods is to blame for the plateaus that happen.

When this takes place, it's a signal for us to mix up the training regimen and begin to approach training from a different perspective. Small changes and a little effort will get progress moving again and allow the practitioner to overcome present and future plateaus.

Transform your regimen

Implementing a new approach in training will stimulate the body and mind to adjust and conform to the new changes taking place. Mix up your training by working on your weak or less proficient side of your body. Most of us are right handed, which means we would focus on using our left side.

Another way to break up your training is to start from a disadvantage position or one you very rarely are in. A student in a striking discipline might want to begin cornered against the ropes and have to fight his/her way out to the center of the cage. If ground fighting is your forte, start in an unfavorable position where you need to escape and proceed on from there.

Know the difference between Goals and Challenges

Setting your sites on a single objective will speed up the process while maintain clarity and focus. Challenges are not easily reached and will require a bit more effort and ingenuity to be achieved. Goals are achievable whereas to fulfill a challenge may take many tries if it is reached at all.

Some examples of goals would be: knowing the detailed particulars of a certain position, drilling a technique for a large sum of repetitions, or just getting more time in training. The primary goal for students in many martial arts disciplines is to reach the rank of black belt. Challenges could be geared towards ranking number one at a competition, or becoming an instructor and producing your first Black belt student. A good challenge is a sure-fire way to bust through a training plateau.

Back to Basics

Trying to learn too many movements and details in a short period of time will cause confusion and hamper progression. Produce muscle memory from drilling techniques and become fluid in execution and transition. Stack on more moves only when you have become accomplished with the first technique to prevent confusion and frustration.

During sparring, work on positional training to focus on the details of a set area of skills. Time out the positions at 2-3 minutes intervals and focus on controlling that one position, whether it be standing, on the ground, or against the cage. Figuring out the details to a position will give you the options to counter or manipulate an opponent's move.

Stop training plateaus from thwarting or slowing down your progress. Changing up a conventional routine on a regular basis will prevent the body from adapting and help to keep your mind engaged and active. Don't feel like your only option to get out of a rut is to take a break from training, get focused and with a little creativity you'll get back on track.

Article Source:
http://www.articleside.com/sports-articles/how-to-conquer-a-martial-arts-training-slump.htm - Article Side

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Visit a Mass Bay BJJ and join the other a Boston BJJ students in training a Jiu Jitsu Boston Martial Arts.

Article Keywords:
martial arts,martial arts training,martial arts plateaus

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