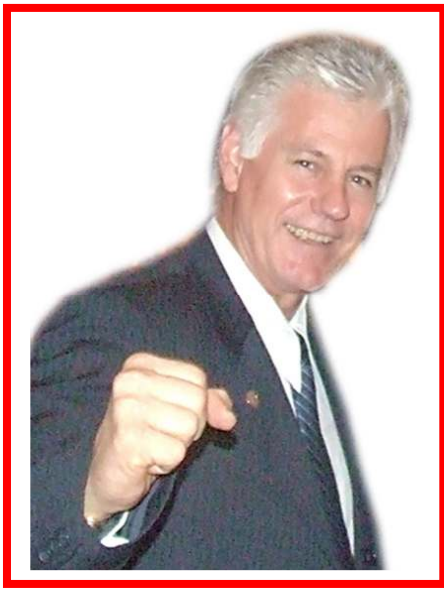


Martial Arts Stretching for Everybody



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Before All the so called 'latest Stretching' Classes The Martial Arts were ahead of their time ,
sure it can be argued that Martial Arts have copied Yoga, Dancing and various Oriental systems of advanced
stretching to adapt to the extreme Movements of Martial Arts Kicks be it jumping, flying or impact kicks.

Over 30 years of experience I have noticed the following .

1) Some People are Just 'Naturally' Flexible

(I have seen this in Children's Classes some are 'Naturally Flexible' some are Not)

2)Flexibility training like any 'sports training' is 'SPORTS SPECIFIC'

(in other words you stretch for Tae kwon Do kicking to perform TKD Kicks not dancing , or Pilates, or
gymnastics, although there are similarities they must be Sports Specific in Speed, Power, Timing and Impact)

3)No Matter your Flexibility Now

YOU can always improve up to 50% to 70%

4) Natural Flexibility does not compensate for HARD TRAINING

BUT HARD TRAINING NEEDS STRETCHING EXERCISES & FLEXIBILITY

(In other words You may be naturally Flexible but it doesn't necessarily give you power or correct technique,
this comes from correct 'in the groove' training to YOUR MAXIMUM PERSONAL CAPABILITY)

5) THE HAMSTRINGS PLAY A CRITICAL PART IN FLEXIBILITY & LOWER BACK PROBLEMS

(In other words if your hamstrings(back of the Legs) are 'tight and inflexible'
this will 'travel up to the hips and spine' and cause all sorts of problems

THE SIMPLE TEST

CAN YOU EASILY TOUCH YOUR TOES WITH LEGS STRAIGHT ?

(while standing up ?)

**IF YOU CAN'T THEN YOU NEED TO STRETCH & BECOME MORE
FLEXIBLE THE ONLY WAY TO DO THIS IS ON A REGULAR BASIS**

AT LEAST 2 to 3 TIMES PER WEEK

**Below is the tried and tested methods of the Healy's System
that can be adapted for everybody**



FREE Martial Arts Stretching

First 30 min
of each Class
is Stretching

FREE
First Class
bring a friend

- *Increase Flexibility by up to 50%
- *Ultimate lower back hamstring flexibility
- *Lean & Tones Legs hips, thighs, mid-section
- Overall Body Conditioning
- *Ultimate Core Strength Program
- *Real Self-defence 'Practical' Applications

by Graham Healy

www.healyshealthandfitness.com



What happens in a typical Healy's freestyle Tae Kwon Do Class ?

These Classes are a 'Complete Fitness system within themselves', teaching, flexibility, Skills and Drills in 'real' self defence techniques !

-----Class Procedure-----

> >>First 30 minutes Dynamic Stretching (all welcome) Including- dynamic Leg raising, slow motion (balance) kicks, special 'yoga' circle stretch, figure '4' piriformus/ glutes stretch, Psoas (knee across) stretch, Seated hamstring stretch, trunk, lower back & Groin stretching, lunge stretch, split stretch, abs stretch and many more to completely 'release' the lower back, hips, hamstrings especially. Note : this section of the class alone will bring tremendous benefit increasing Flexability by up to 50 % within 4 to 6 weeks !

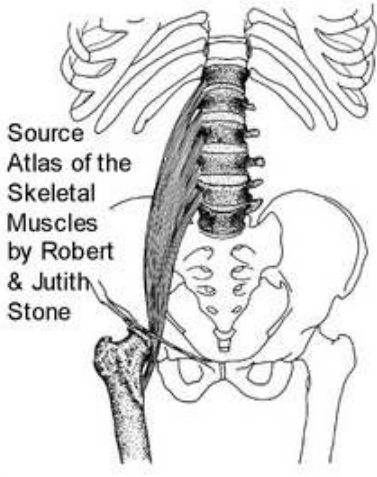
-You may wish to do this section of Class only-

>>>Next 15 minutes of Class (light) Kicking skills & drills ... front, side, half-turning & back kicks up and down the hall to gain balance and precision in technique

>>>>Next 30 minutes (The Main Event) Dynamic kicks, Boxing 'skills & Drills' Partner drills, self-defence moves..all dynamic action & practical self-defence skills

>>>>Next 15 minutes Cool Down (some partner Stretching 'side kick & front kick stretch) , Self-defence 'releasing techniques' -how to get out of choke holds etc (basic self defence)>>>>Total Time 90 minutes

PSOAS MAJOR




Source: Atlas of the Skeletal Muscles by Robert & Judith Stone

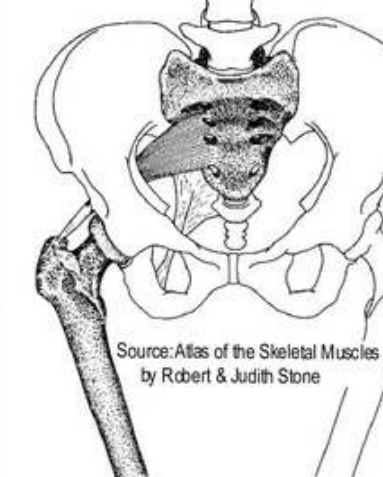
Psoas Major is an 'internal' hip flexor and as you can see is attached to 'all of the lumbar vertebrae' it flexes the thigh at the hip and flexes the vertebral column. needless to say that systematic stretching of the Psoas is critical to Kicking flexibility as well as 'lower back are' if this muscle is in 'spasm' or not stretched properly then hip and lower back problems can occur and the whole area 'bound' and 'tight' this 'unseen' muscle plays a major part in Lower back 'Release' & hip flexibility

Lumbar region, hip, and thigh—anterior view

Origin	Bases of transverse processes of all lumbar vertebrae, bodies of twelfth thoracic and all lumbar vertebrae, intervertebral disks above each lumbar vertebra
Insertion	Lesser trochanter of femur
Action	Flexes thigh at hip joint, flexes vertebral column
Nerve	Branches from lumbar plexus (L2, L3) and sometimes L1 or L4



PIRIFORMIS

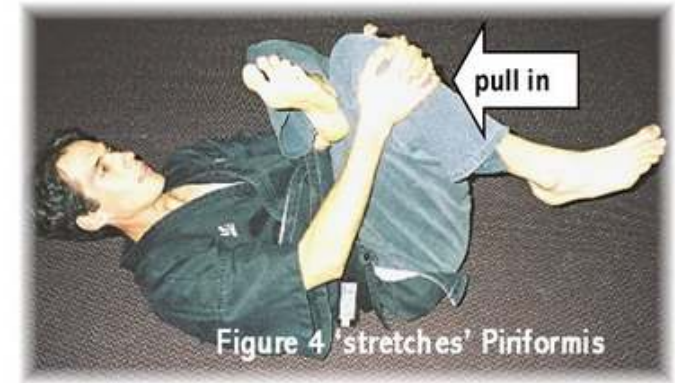


Source: Atlas of the Skeletal Muscles by Robert & Judith Stone

The Figure 4 stretch 'releases' the Piriformis muscle which is a 'hip abductor' and important for kicking ability (this stretch also releases the Glutes 'Butt' muscles) and other associated 'connected' muscle groups

Hip and thigh—anterior view

origin	Internal surface of sacrum, sacrotuberous ligament
Action	Laterally rotates thigh at hip joint, abducts thigh
Insertion	Upper border of greater trochanter
Nerve	Anterior rami of first and second sacral nerves



pull in

Figure 4 'stretches' Piriformis

Refer home page (downloads) for stretching Brochure
www.healyshealthandfitness.com

Master Stretch for lower back/hamstrings/Hip release



Refer home page (downloads) for stretching Brochure
www.healyshealth.com

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ADDUCTOR MAGNUS

GLUTEUS MEDIUS

Hip and thigh—lateral view
Source: Atlas of the Skeletal Muscles by Robert & Judith Stone

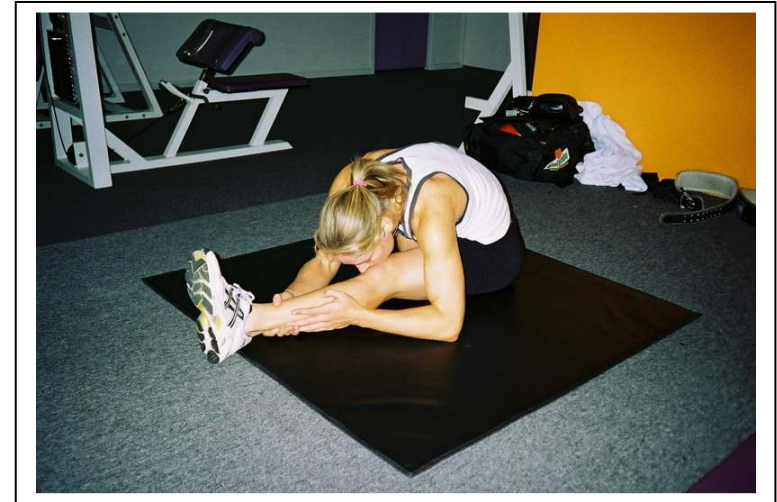
Hip and thigh—posterior view

Anterior ramus of pubis, and ramus and lesser part of tuberosity of ischium. Lines represent adductor tubercle of femur.

Action
Adducts thigh at hip joint, assists in lateral rotation and extension.

Nerve
Obturator nerve (L3, L4), sciatic nerve.

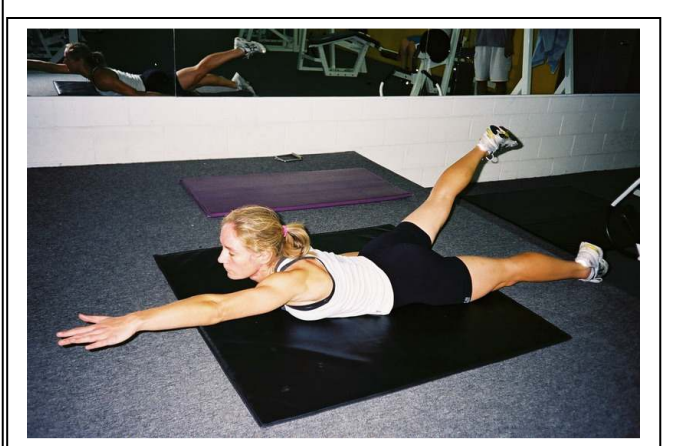
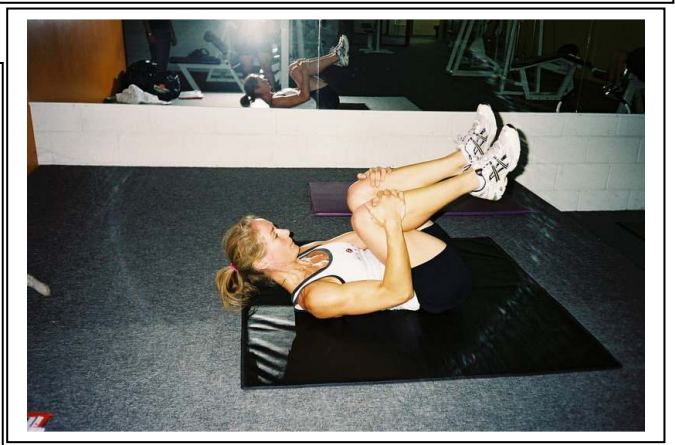
Side kick stretch
'TKD classic' Stretch' your supporting leg(left) heel pointed towards training partner (hamstrings stretched) on the 'side Kick leg' the adductor muscle groups are stretched the 'key' is to 'press down' with the kicking leg while pulling yourself 'up' stretching 'trunk' muscles as well . This stretch is best done when completely warmed up and is an excellent 'end of class stretch' . again it is a 'specific' stretch for the Kicking action of 'Side Kick'.in a correct side kick the hips/butt faces 'backwards' and the shoulders/head turn over the hips (as if your looking 'over your shoulder', the 'lower back/spine is straight'. Thrusting power is generated via Glutes/ Hamstrings/Groin/ Quads muscle complex . The 'key' is a straight lower back/spine during execution of this powerful kick.

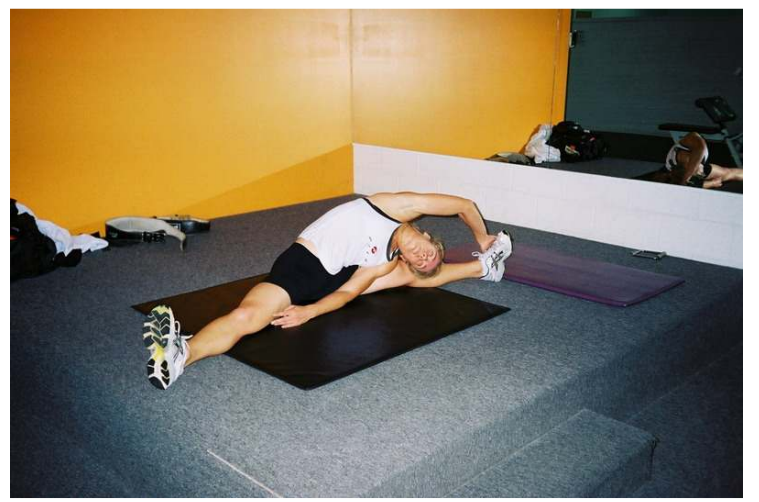


As part of our class Procedure we have the following systematic process in the First 30 minutes of every Healy's freestyle Tae Kwon Do Martial Arts Class. This process is not only successful for Maximum Flexibility But prepares the Lower Back/hips/hamstrings for the dynamic kicks of Tae Kwon Do . Everybody can benefit from this kind of flexibility training I have been training for over 25 years and not 'naturally flexible' however, I can testify that at 50 years of age my personal flexibility has increased by well over 50 % and continues to get better . This is also the experience of most of my Martial Arts Students in both men & women & Children. Many lower back and hamstring related problems have been greatly improved by this type of stretching training. As systematic stretching 'for a purpose' gives you a 'defined reason' to maintain the process continually therefore always improving from class to class . How many times do you see People doing thorough stretching after a 'weights' workout ? or any other activity ? usually 'very quick' or completely forgotten about. Like Gymnastics or Ballet the 'flexibility & stretching' component of the Class is of PRIME IMPORTANCE and never 'over looked'. The main benefit for YOU is that the flexibility & stretching component of the Healy's Martial Arts class is part of the process . The Healy's system has been developed over 25 years of Professional experience and "simply works" .

Lunge Stretch

Side-Kick stretch





Refer home page (downloads) for stretching Brochure
www.healyshealth.com



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**Practical
Martial Arts Stretching
FREE CLASS**

Call Mob 0411 393 503
Regarding Current class times or
Personal 'one to one sessions'
Regards Graham Healy

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