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# RAW POWER

**Traditional Strength and Power Training for ALL Martial Artists**

By Sifu John Roche

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## Warning

Before you attempt any new training routine – especially using the materials contained in this manual – **GET A PHYSICAL!!!**

**Don't think I'm joking either.**

The publisher, author and suppliers of this manual are not responsible for any accidents, or injuries that may occur from use, attempted use or even the thought of using the exercises, movements or information included in this manual.

## Navigation:

Open the "Bookmarks" tab to the left for quick and easy navigation.

# Raw Power Training

There are many types of strength training that will vie for your devotion and attention. In looking at all of them you must, as a martial artist constantly ask yourself one question

## How much benefit will I achieve from this type of training?

While the concept behind Raw Power Training is quite simple, this system is intricate, easily personalized and very result producing.

The principal: The Chinese martial arts have used versions of this type of training since their inception. Though most of the styles and systems seem to have abandoned or forgotten the methods or abandoned their use. This can be seen from the rarity of sets focusing on it.

You can still find the training Hung Gar styles (tempting tiger and hired wire) and in some of the tiger systems (Shao-lin 5 tiger's).

There is also a set of eight or nine exercises that shows up in several systems (9 power development exercises).

In karate they still practice Sanchin as their main version of Raw Power training.

To give you a quick taste of it tighten and the muscles of your right arm. Now while resisting with your tensed triceps (back of arm) Raise your hand up to your shoulder and then while resisting the downward movement with your biceps (the front of your arm) lower your hand back your side.

Anyone who has ever been in high school football or wrestling has encounters this same method of training for their neck. Tighten all of your neck muscles then against the resistance turn your head to the right and then the left. I have seen 19 inch necks come from this type of training.

As with all types of training there are benefits and drawbacks. There are some of the benefits of Raw Power training.

- No equipment needed
- You don't need any special training areas
- You can regulate the intensity and resistance
- Great return on your time expenditure
- Infinitely versatile
- Can be a total body workout or an isolation workout
- Can be tailored to any martial arts
- It's cheap

Some of the drawbacks

- It's brutally hard
- You won't impress the babes by moving lots of weights
- It will require extreme amounts of determination and will
- You don't get to buy any new training there for its
- You can reach a point of equalized strength (in theory – I haven't encountered it yet)
- There are very few excuses for missing a workout
  - You are your equipment
  - It only takes 5 to 10 minutes
  - You can do it any room the size of the closets.

# For our purposes

Through this book my hope is to equip you with the knowledge of how to continue to apply this powerful system to what ever style or system of training your study.

We will go through a progressive system in which you will find the following.

1. The consistent adherence to a pattern of six to eight weeks of increasing intensity followed by a week of downtime.
  - The reason for this “cycling” is that the human body can only maintain growth under intense exercise for about 6 to 8 weeks. After which time “over-training” sets and physical and mental stinless follow. (Loss of progress)
  - “Total form training” as well as “isolated movement training” will force strength increases through every conceivable movement of your system, plus, the ability to focus on a new movement and weak points. You won't be neglecting any area of training.
  - Your encouraged to train on the same form from your martial arts style for four months before moving onto the next form. This will allow you to go through two entire intensity cycles before advancing. Every muscle used within this particular form will be fully strengthened and ready for the stimulation. In reality four months is a very short training period, you have to remember that you're training for a lifetime not a year or even ten, but 50 -- 60 -- possibly 70 years.

So train with that mindset and realize that “everything you do is the foundation for everything he will do”.

Don't cheat yourself!!!

All righty then, let's get it on.

# “Dietary Concerns”

Let's take just a minute and talk about diet and its effect on your training.

There are essentially four things you will achieve with your diet:

- Gain muscle and lose fat. (Preferable)
- Maintain
- Lose muscle
- Get fat (if it this is your goals please don't tell anyone you're using my training material.)

In order to gain muscle and lose fat you have to drop your caloric intake below your energy output and increase the protein intake.

The easiest way to achieve this is to slowly cut back on your food intake while eating more protein rich foods. This should be done in small increments. Say, by slightly reducing the size of your meals or by dropping the fatty foods you take in. Example... Changed to chicken from Hamburger, drop the Mayo and use seasoned mustard. Replace candy with fruit and ditch the fries for baked potato without butter.

Another thing to remember is that your body works best when it receives small amounts of food several times a day instead of three larger meals. It can only metabolize about 25 to 35 g of protein at a time. The excess will likely convert to fat.

A good and relatively easy diet balance is the 40/40/20 split.

## “What the heck is he talking about the Edith?”

Well lets pretty simple:

- 40% of your daily intake comes from protein. Example- meat, Dairy, eggs, and even easier “protein supplements”.
- 40% from carbs such as veggies, rice, and fresh fruits etc..
- 20% from fat. Yes fats, your body has to have fats to breakdown and transport certain vitamins and minerals as well as prevent muscles from breaking down. Even champion body builders allow fats in their diets and they get more ripped than anyone not making their living flexing on stage will ever need.

If you want to maintain you'll probably still want at all little more food to your day just because of the energy required to train under these method.

If you want to lose muscle-stop training altogether and go watch TV. You can join that guy that wants to get fat, only let him eat the potato chips.

## Water

Your body is about 70 percent water. As you exercise your use water to cool your body down, you use water to clean out the toxins from exercise and from the food you eat. Under intense exercise you can easily drain off 5 lbs. a fluid.

You need to replenish frequently and consistently throughout the day. Eight to 12 glasses a day is a good range usually. If you pay attention, when you use the bathroom, colored urine is an indication of dehydration. ***Drink water.*** I used to be a diet Coke addict, believe me there is a difference in your results,. There is no substitute for water.

One more thing about water. If your buying your water in those cute little bottles you should know that UNLESS you're an elite level athlete the minute impurities in most city system will not effect you in the least. If you buy your water because it's COOL looking, I think it's even cooler to donate that money to a worthy cause.

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# Stage one training

All right let's get started!

“Stage One” will obviously set foundation for the rest of your training. **So start here!!!!**

If you've been training in any art for a while then you have learned at least one “form” (Kata, Kuen, Hyung or whatever your system calls them) so that's where you will start. Use your most basic kata through out stage one.

Most basic forms are just that, **basic**. They consist of 3 or 4 solid techniques such as center punch, low blocks, knife hand, middle blocks ect. These make up the core of you basics training and without this core you have nothing to build your advanced level training on.

Pick the basics formed that you're best at.

- Walked through a couple of times focusing on the timing in the cadence. Mark how your feet and hips move.
- Now go through once at full speed. All of the snap, power and speed that is supposed to happen.
- Finally start through the form applying as much tension as you can muster.
  
- Use correct form.
- Regulate the tension and allow yourself to move about 60%-70 percent of the normal speed.
- Tighten *everything* from your toes to your nose. I do mean every muscle!(calves, legs, abs,shoulders,ect.)
- Keep it tight!!

Breathing:

- Do it!
- When the strike in your form, breathe.
- When you block, breath.

Back to the tension:

- When you are punching your prime movers are your front dealt and your pecs.
- The antagonist muscles are the rear delt and lats.

- You should feel them all tightened and fighting each other.
- You'll also feel your biceps trying to rotate your fist and your triceps trying to straighten your arm.
- Your hamstrings and gluteus will try to keep your leg from moving but your hip adductor and your quads will struggle to move your leg forward.
- Your obloquies and intercostals will try to rotate your torso while you erectors and abs will try to prevent it.

Work through the entire form and then rest for a minutes and evaluate what you feel.

- Sore delt, lower back, how about a headache?
- Are you dizzy? (I mean more than usual) -- you must breath!!!!

OK now let's do it again this time focus on tightening all of the muscles. Once again make sure you're doing the form correctly and really fight, but do the form correctly.

- Take a 30 second break and repeat.

For **Week 1**, *that is your first five days*, do this form in the above fashion five times per day. Call it the “break in period”. This shouldn’t take more than a 5 or 6 minutes total.

**Week No. 2** will start after a full two-day rest. That is Day 6 & 7 you will take off.

### **Weeks 2 through 6**

Each day this week you'll add one more repetition. That is

- Day 1: 6 repetitions
- Day 2: 7 repetitions
- Day 3: 8 repetitions
- Day 4: 9 repetitions
- Day 5: 10 full repetitions

Don't cheat yourself on any of these repetitions of, but everything you have into its.

If you’ve taken time to look at your arms as this week is progressed, you have probably started to know your muscle tone is already better, and you are feeling stronger.

“Stage one training” will entail four weeks of five day a week training, starting on first day of week 3! (The first two weeks are strictly a breaking in period.) That means that you do 10 full repetitions a day, five days a week for four full weeks.

So you will have a full six weeks of training on this one form before you move on the “Stage Two Training”. One more thing, when you complete six full weeks of this training, *on any of the stages*, take a full week off from your Raw Power Training. This gives your body a chance to rebuild. If

“Stage One Training” is not only a good starting place but can be used for months on end with consistent results. I've personally used it for up to eight months (with one week off every six -- eight weeks) and had constant progress.

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# Stage Two Training

*After you have completed stage two and taken one week off!!*

“Stage Two” welcome to the “Intermediate Level” of your training. You have been building strength in the core movements so that your body can handle the advanced movements better when you move into them.

At this level you will continue using the same “form” or “set” you used in stage but you will add new movements in the progressive fashion.

You’re going to need to be totally objective about your skills at this point. So, if you can’t be objective, ask your instructor or the sparring partner who pops you with the same technique all the time.

## *What is my weakest technique?*

Is that your back-fist? Your upper-block that becomes a hammer-fist? How about the Rolling-back fist with a trusting knife hand? Or is a kicking combination your weak spot.

Whatever it is this is the time to improve it’s speed power and appearance.

We will apply the same principles as in “Stage One”. Only this time with one technique only.

- Use as much attention as you can muster and still move in proper form, at about 60 to 70% of normal speed.

Day 1:

- Do the technique at a walk through pace a couple of times.
- Do it at full speed without sacrificing form.
- Now do it five times (to both the right side and left side) under all the tension you can handle.
- Don't cheat yourself by going “a little easy”. This “movement specific training” will change your weakness to **strength in a very short**. If you take it seriously!
- Don't forget to Breathe!
- Do all five repetitions to one side before taking a minute or so of rest.

- Then do five repetitions to the other side. I recommend starting with your “off side”.

Okay now here's the big change:

- After you rest a minute or so you do this same technique 10 more times, only this time you do it as fast as you possibly can. I mean light speed.
- Then taking minutes rest.
- After the rest do 10 repetitions in the same fashion to the other side.

Now as with “Stage One” you will add one repetition to your pattern each day until you have reached *10 full repetitions under tension per day*. And you will maintain that 10 reps standard for four - six weeks, five days a week. (see below)

Each day this week you will add one more repetitions. At it is

- Day 1: 5 repetitions both sides+ 10 at maximum speed.
- Day 2: 6 repetitions both sides + 10 at maximum speed.
- Day 3:7 repetitions both sides + 10 at maximum speed.
- Day 4: 8 repetitions both sides+10 at maximum speed.
- Day 5:9 repetitions both sides+10 at maximum speed.
- Day 6:rest
- Day 7:rest
- Day 8: 10 repetitions both sides + 10 at maximum speed.
- Day 9: 10 repetitions both sides + 10 at maximum speed.
- Maintain this pattern for the next four -- six weeks of training.

When you're done with this month and a half long training cycle, go back and get yourself evaluated. You will be pleasantly surprised at the improvements you've made. Your speed should have increased. Your power will be up. And your form will be greatly improved. If you still need more improvement then continued training for another six -- eight weeks after your week off. That is six -- eight weeks of 10 full tension repetitions followed by 10 at full speed, five days a week.

Remember that you can apply “Stage Two” at any stage of your training. So when you learn that cool new form that has one movement that you just can't quite get right. Take it to “Stage Two”!

A notes: if you're having trouble with your kicking and want to apply “Stage Two” be sure you have something stable to touch you shoulder or elbow to. Train with their arms just as they are in the movement. Focus on each stage of the kick the set, the chamber, the extension, the retraction and chamber and the return.

You most likely will not be able to use head high kicks under Raw Power -- and if you can you're a truly stud! But you will still be amazed at the speed and form improvements that you're going to make.

Good luck and remember not to cheat yourself!!!

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# Stage Three Training

*Only after your initial 6 – 8 weeks of “Stage One Training” and 6 –8 weeks at “Stage Two” and a one-week rest.*

This will be main structure of your workout for the next two months (eight weeks) and on.

Starting this week you get to change your main training form. If you’ve been studying the martial arts long you should have at least a couple more forms to choose from. Move up to a higher-level form. (One with more complicated movements and likely longer) and start as you did in “Stage One”.

- As much tension as you can muster while still moving in proper form, at about 60 to 70 % of your normal speed.

Day 1:

- Do the technique at a walks through pace a couple of times.
- Do it at full speed without sacrificing form.
- Now do it five times under all the tension you can handle.
- Don't cheat yourself by going “a little easy”.
- Don't forget to Breathe!

Each day this week he will add one more repetitions. At it is

- Day 1: five repetitions + 10 at maximum speed.
- Day 2: 6 repetitions + 10 at maximum speed.
- Day 3:7 repetitions + 10 at maximum speed.
- Day 4: 8 repetitions +10 at maximum speed.
- Day 5:9 repetitions +10 at maximum speed.
- Day 6:rest
- Day 7:rest
- Day 8: 10 repetitions + 10 at maximum speed.
- Day 9: 10 repetitions + 10 at maximum speed.
- Maintain this pattern for the next four -- six weeks of training.

Now the second part of your progression: start training with the form your instructor is currently teaching you. Your instructor has most likely than teaching you in “bite-size pieces” and that's how you'll practice your Raw Power Training.

- For one-week add five repetitions of the first section to your “Stage Three Training”.
- After your last repetitions burn off 10 repetitions at just above the speed you have seen it performed at.
- Starting on *week two*, ad section two and do both section 1 and 2 as one section for five repetitions.
- Follow with the customary 10 Fast repetitions.
- Week 3: ad the next section in the same fashion has above.
- Follow with five high-speed repetitions.
- Week 4:and the next section of your new form.
- Follow with five high-speed repetitions.

Continue adding a section a week (most intermediate level forms will have six to eight such sections) until you are as far as you've learned. If that happens before week 6 or 8 just continue with the sections you have up to that point.

Week nine is a very special week. **You need to take it off** so your body can have time to fully rebuilt and recuperate. Anytime you subject your body to extended periods of intense training of this type it takes a toll. Also there is a toll extracted mentally. Have noticed yourself losing enthusiasm and excitement? You might start questioning your advances and progress.

Don't worry its normal. Take a week off from the Raw Power Training and your enthusiasm will start to return. Go have some fun when you should be training. Don't feel guilty its all part of the training.

You can use “Stage Three Training” for as long as you like! It will produce results as long as you continue to study the martial arts and you will undoubtedly have several forms to replace your main training form with.

# Setting Short-Term Goals

“Short-term goals” are the things that we hope to grasp, achieve and know as we move toward our “long-term goals.”

They are the things that will make up the sum of our “long-term goal”.

Within the martial arts there are any number “short-term goals” but each should be used as a foundation upon which the next will be built.

In the establishment of your goals be realistic. If you want to kick the rim of the basketball goal and you are only five feet six inches with short legs you might consider changing that goal to being able to afford a ladder that you can stand on to kick it.

All joking aside very few people will maintain dedication to an un-achievable dream. The frustration that sets in from lack of realization of goals leads to the abandonment of the goal and eventually lost of direction and training.

Your core goal should advance your training and system. They should enhance the skills required to master your chosen style of martial art. If you training in judo your goal should be formed around the core of that style not around the Tong Soo Do Kicks.

Your goal should consist of short-term markers. When your training in the martial arts you receive short term gratification and motivation to belt ranking, and stripes, or being given a new application to practice. When your instructor adds a new thing to your studies its because you have advanced to a point of handling it. You get excited and train harder.

The goals you set should work the same. Set the target that you are not able, with your current resources, to attain. Breakdown what it will take, set a time frame and start on step 1. When you get the step 1, and the next thing you need to move toward your goal or step two.

If it is proficiency within the form, work on one section at a time when you do it the way it should be done you can then add the next section.

If it is punching through twelve inches of concrete start with learning to punch, then punching with power and then add focus training.

Next conditioning the hand starts. Start with punching had been moving up to a lightly covered hard surface been moving to breaking one 1x12 pine board then 2: 1x12 pine boards. And so on. until you finally reach the number of concrete blocks he wished to break.

You have to remember progress comes in increments.

Take your time; you have your entire life. Do it right and do it well.

God bless and good training!

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# Setting Long-Term Goals

One of the problems trainees of every style and exercise seemed to encounter is that of establishing and attaining *long-term goals*.

A long-term goal is simply the destination you are ultimately headed toward.

Anytime you go to the store or go on vacation the start with some destination in mind. Even if you're just going for a drive you have a destination in mind. You eventually plan to get back home.

Training works the same way if you don't know where you are headed you will just bounce around aimlessly and ultimately you will never reach your full potential. Today in the martial arts there is an understanding attitude that to achieve black belt is the goal. **It is not!**

Don't get me wrong to get a black belt or sash is a great achievement in anyone's life, but it is not "the goal". I have said elsewhere in this book that training is not a one-year or even a two-year process but a 50 - 60 or even seventy-year process. The goal is to continually progress in your skills and understanding, to advance your style and to pass on knowledge on to another generation

The ultimate end of your "long-term goal" should be the transmission of all you've learned in your "short term goals" to a new generation. In other words it is formed around doing for others, but "short term" goals are established around the actual learning and progress in you own learning.

To establish a lifetime goal around oneself would truly be an empty existence and lonely passing.

As a follower of Jesus the Messiah, my ultimate goal is to worship at his throne; to develop a closer and more intimate relationship with him through the Holy Spirit and a share and understanding of the mercy God showed us through the death and bodily resurrection of Jesus.

My "short-term goals" are to study, to pray, to worship, to spend time and intimacy with him. Over time "short-term goals" accumulate and develop the fulfillment of my "long-term goals".

In deciding upon your "long-term goal" make them worthwhile, make them worth doing, make them worth passing on.

God bless and good training!

J. P. R.

For about 10 years I taught Pai Te Lung Kung Fu which is part of the family art from Grandmaster Daniel Kane Pai. After the birth of my first son, (I now have two sons) I stopped teaching and resumed personal study. It eventually came to the point where I was practicing far to many kuen to do full justice to them. At which time I started to remove the redundant sets and the non-challenging sets. This led to a system containing fighting sets from about 8 styles. Pai Lum, Northern Shao-lin, Northern 5-animals, Ba Chi Chuan are the main core.

The system is not is not a "new style". Like most Chinese systems, it's rooted in one style and has others grafted in, to create a complete system. I've coined the name "**Tong Yi Ch'uan-fa**" the "**The Unified Fist School**" (method). The Martial Arts eBooks I have written are from 20 years of study and application. I have used what I write about as well as taught these materials with GREAT success!

A few years ago I followed a burden that had been place on my heart and became an Ordained Minister. I have as of this time not been called to a full time ministry. My relationship with Jesus (that's what He called us all to- not to become religious but relational people) has brought more joy into my life that I had imagined possible when I was drinking, dancing and partying. If you want to know about that joy, and how a relationship with the Sovereign Lord and Creator of the entire universe is even possible, contact me and we'll chat.

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May the Lord bless you and your household.

John Roche

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