



## Martial Arts Weight Set

**Purpose:** to unify the body during commonly used movements. To train the body to quickly engage maximum power, and then release it. This set differs from western weight lifting as the goal is to lift with everything at once, not to isolate a certain muscle or muscle group.

**Power:** 0-10 scale, start at 2, pulse to 10, return to 2.

### 1. Pulling

**Stance:** Twist Bow

- Hold the weight near the hip, with the handle parallel to the front of the stance
- Fold the chest and bend both knees a little.
- Pull the weight upward while standing up and pressing the head up.
- Make sure to turn off the power at the top
- Repeat 10x per side

### 2. Blocking

**Stance:** Wuji

- Stand with the weight in front of the hip, handle parallel to feet, and with the palm down
- Fold the chest and bend both knees a little.
- Lift the weight upward, pushing up with legs and crown.
- Weight swings up until hand is above elbow, then whole arm pushes upward, like a drill, but with no rotation
- Make sure to turn the power off at the top
- Properly done, the weight will spin in the grasp a bit at the top of the arc.
- Repeat 10x per side

### 3. Uppercut

**Stance:** Favorable Bow

- Stand with the weight in front of front hip, handle across the thigh and palm up
- Fold the chest, and bend both knees
- Roll the hip and swing the weight upward in an uppercut motion while the legs and back push upward
- Movement can be a full arc, or can drive upwards and outwards after the hand is above the elbow, depending on the movement (Shaolin Uppercut or Hsing- I Water)
- Make sure to turn off the power at the top
- Properly done, the weight will spin in the grasp at the end
- Repeat 10x per side

### 4. Punch

**Stance:** Wuji

- Stand with the weight above the shoulder, next to the ear. Arm is fully folded and the handle is perpendicular to the line of the feet. Palm faces in.
- Fold the chest, and bend both knees
- Punch upward, opening chest and standing up
- Weight rotates so that at the top of the arc the palm faces out
- Make sure to turn off the power at the top
- Repeat 10x per side

### 5. Chop/ Hinge

**Stance:** Twist 60/40

- Stand with the weight held handle vertical and nearly touching the shoulder
- Other hand is held behind body
- Fold chest, bend knees
- Shift the stance forward to bow while pressing the elbow (side with weight) back and up, chopping upward with the weight at the end of the stroke
- While moving, the free hand swings forward in an arc walking briskly
- Make sure to turn off the power at the top
- Repeat 10x per side