

# Vladimir Vasiliev - Preparation for Strikes Drills

Preparation for Strikes - The ability to receive and deliver strikes depends on the strength of the psyche and body.

**Drill:** stand up and breathe freely

Check where you have tension on the inhale and on the exhale

Squeeze your hands together and check where you have tension now on the inhale and exhale

Hold your breath and rotate your arms and hips

Make your breathing audible

Inhale, squeeze your fists, and exhale with a sound

**Drill:** stay in a push up position while breathing with sound

Inhale. Find where the tension is. And exhale the tension using the sound

**Drill:** squat down a little bit, inhale, feel the tension, and exhale using sound

Sound helps to eliminate tension

**Drill:** leg raise to 90 degrees

Inhale, find the tension and exhale it with using sound

Meanwhile, keep the body moving slightly

**Drill:** very sharply, go to mid range - 45 degrees

Then ease up slowly with burst breathing

Use the breathing to open up your body

**Drill:** inhale very sharply, go to mid squat and slowly ease up using burst breathing

Use your hips to start the movement of going up. And as you go up, keep your back straight

Stay in the mid range for about 5-7 seconds

**Drill:** lie down on the floor on your back. Raise your legs and upper body very fast, both to 45 degree elevation

Use burst breathing to slow lower body and your legs

Hold the position of elevation for 5 - 7 seconds with burst breathing and then lower down slowly

**Drill:** walk on your fists. Be sure that your whole body moves. If you keep your body stiff, you will strain your arms and shoulders

But if you start the movement from the core, there is a lot more power and smoothness of movements

Gradually lower yourself to the ground

Try a variety of position, face up, down, jump a little on the fists

Find the best breathing to match this exercise

The body starts the movement and this keeps the body relaxed for any subsequent punches

Prepare your body for next movement

For more information on this, watch Wall Workout by Eric Torres

**Drill:** get in push up position, walk your fists on the floor towards your feet using your whole body. Then get up.

**Drill:** face the wall, squat down and walk the fists on the wall as you are going down and back up

**Drill:** create a fist and squeeze it lightly

The tightness of the fist should be the same as the tightness of the foot stepping on the floor

**Drill:** make a few steps, feel the level of tension in your feet. Then walk on your fists and try to create the same level of tension in your fists.

What's important is to make your body more soft

Relax the body and walk your fists on the wall going down and back up

Rotate your arm and try the same walking of the fists while the arm is rotated

Practice how to hit with rotation: lie down, place your fists to the sides of your body, rotate your fists along the floor and use that to push up and sit up

Start the movement from the fingers and fists. Include the shoulders last

Rotate both hands simultaneously

Now rotate and sit up faster

**Drill:** get into a push up position, use the rotation of your fists to get up

Slowly rotating, create tension in your body and sharply get up when the moment is right

This strengthens the tendons really strong

Keep your fists so relaxed that the floor feels comfortable and almost soft

**Next drill** is for those who like to push partners away rather than strike them. Lie down on the floor in a push up position and push the floor away

If your body is relaxed by the time it is up, you did it correctly

Do not push yourself away from the floor, but push the floor away from you

Lie on the floor completely on your stomach and relax. Very slowly, place all the pressure into the fists and lift up

Once you got the feeling of the relaxed movement, then get up all in one movement

**Drill:** lie down on your back. Inhale through your fists and exhale through your fists

Push up position should give you power, not tension

When you get up from the push up position, take the power from your fists and spread it into the body

This is a sensitivity drill, stand in a push up position for only a few seconds, enough to catch the power, then get up, and pass this power in to your body

When you are in a push up position, rotate your fists to be uncomfortable, and catch the power this way

Get up. Walk very softly. This will help you catch the power easier

**Drill:** lie down on your back to relax and breathe to restore, but do not relax excessively  
Use this to prepare for the next exercise

Drill: self massage

Squeeze and grab your forearm with your fingers. Rotate the forearm and massage

Now create a light fist and massage the forearm

More on this information in the book, STRIKES: Soul Meets Body. The section on solo drills

Feel the forearm muscles relaxed, close the fist, and make sure that the muscles are still relaxed

**Drill:** Stand on your kneed on the floor. Fall forward onto your fists

Fall with relaxation

Do the touch the floor with your chest

Drill: get a variable surface such as a cushion.

When you fall forward, one fist lands on the cushion and the other on the floor

This is a preparation for hitting a soft body part or a bony one

Rotate the arms and try to fall that way

You will see that it is not effective

If you have any fear or panic, sit down, breathe inhale exhale, get up and then go down (fall forward) very softly

Try the same thing with another surface, such as a wall

**Drill:** stay on your knees, tense up your legs and try to fall on your fists.

This is a test of delivering strikes while you are delivering strikes

You'll notice that when your legs are tense, your strikes will become weaker as well

Relax in-between the falls

**Drill:** tense up your back and fall forward

This will make you realize that if your back is tense, it will be very difficult to punch

Now do the same thing but with your chest

Alternate falling with a tensed up chest, then relaxed chest, feel the difference

**Drill:** fall forward and immediately rotate and turn your body

Relax as you are rolling, this is a preparation to move when you receive a strike

Fall on to your open hands instead of fists if you have a hard surface

**Drill:** Now fall onto one hand, not tensing up your body

Be careful as you do it!

Drill: lie down on your back, start to inhale and exhale, open yourself up again

Stretch yourself and open your hands

Inhale through your legs and exhale through your arms

**Drill:** inhale and exhale and change position - sit up, push up, roll over... et.c  
Each change of position is either delivering or taking a strike  
**Drill:** hold the sticks at shoulder height and lightly squeeze it, rotate it, pull it apart

Now we will study the depth of strikes

**Drill:** place the stick in front of you into the floor. Keep your body completely relaxed  
Feel your hand on the stick and the floor through it

The distance of the stick from the body should be perfectly comfortable for you to move  
If the stick is too close or too far, you won't be very stable.

The stick should be a reflection of your strikes. You do not lose your balance after your strikes, the same should be for your stick placement  
Now try to place the stick a little further forward

**Drill:** position your stick on the crevice between the wall and floor and lean your body into it This is a good way to relax your stomach

**Drill:** sway the smaller sticks  
Develop the movement in the hand and wrist alone

The body should be relaxed and only the wrist moves

Switch arms

And the direction of the swing - swing it up and down  
Control the stick at the point where you hold it  
This same principle applies to drawing a weapon

Now swing the stick side to side, but higher  
If the shoulder is relaxed, it will not be strained

**Drill:** create tension by raising the stick and then throw it down (while still holding the stick)

This is similar to drawing a sword

**Drill:** try to hold the strike as if it has to no weight

**Drill:** put the sticks down on the floor and lie down on them

Breathe and relax yourself through it

Lie down on your side, stomach or back while still on the stick and make sure you are comfortable regardless

If you feel any discomfort, breathe through it

**Drill:** fall forward on to the sticks

**Drill:** now grab the sticks in your hands and make a movement and move across the floor while not touching the floor with your hands