Training Tip
Resource Library
March, 2001 The Boxer's Secret
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Boxers and Taekwondo athletes have a lot in common. Both types of fighting competitions are based on rounds with a short rest break in between. They both call for developing not just quickness, timing and muscular strength, but also stamina and coordination. However, one of the boxer's most basic training tools is too often neglected by martial artists-the jump rope.

Think of every boxing movie that you've ever seen and you'll remember someone skipping rope?

Why?

Because it's one of the cheapest, easiest, and most readily available tools to improve your stamina, coordination, strength, balance, and all-around conditioning. It burns more calories than jogging and is great for aiding weight loss and full-body toning.

To get started skipping rope you've first got to get a high quality jump rope, which you can find at a sporting goods store. Look for a "speed rope" made of plastic vinyl. Unlike leather ropes, these have ideal weighting.

Now you need shoes. Never skip rope barefoot! Quality footwear is essential and should consist of cross-training shoes. Running shoes are not recommended as they do not sufficiently cushion the impact.

Lastly, you need the proper jumping surface. Don't jump on concrete, asphalt or tile. Use a more forgiving surface, such as a wood floor, dance floor, carpet, or high density mat.

Now its time to jump!

Break your routine into rounds, just like your sparring and give yourself a 30-second rest break between each round.

Keep your feet low to the ground. They should only rise 1" to 2" off the ground. This will help keep your jumping from being a "high impact" activity.

Keep the jump rope swinging 8"-12" over your head and try to maintain a pace of 125-175 evolutions per minute.

Slowly build up the total number of rounds you can jump. When you can do a thirty-minute workout, you'll be ready for anything.

It's that simple.

Now you know the boxer's secret!