

Martial Arts High Kick Training Plan

Warm-up Routine (Perform before every session)

- 5-10 minutes light cardio (jogging, jump rope)
- Joint rotations (ankles, knees, hips, shoulders)
- Dynamic stretching sequence (30 seconds each):
 - Walking lunges with torso rotation
 - High knees
 - Butt kicks
 - Leg swings (all directions)
 - Hip openers
 - Arm circles

Cool-down Routine (Perform after every session)

- Static stretching (hold each for 30 seconds, 2 rounds):
 - Hip flexors
 - Hamstrings
 - Quadriceps
 - IT bands
 - Adductors
 - Calves
- 5 minutes of deep breathing and relaxation

Phase 1: Foundation Building (Weeks 1-4)

Day	Exercises	Sets × Reps	Notes
Monday	Hip Strength		<i>Always perform warm-up first</i>
	Resistance band side steps	3 × 12-15 each direction	Use appropriate band resistance
	Fire hydrants	3 × 15 per side	Focus on controlled movement
	Seated hip abductions	3 × 12-15	Keep torso stable
	Glute bridges	3 × 15-20	Squeeze glutes at top position
	Technical Work		
	Basic kick repetitions	3 × 10 per leg	Focus on proper form
	Chamber-to-extension practice	3 × 8 per leg	Slow and controlled
	Cool-down		10 minutes static stretching
Wednesday	Dynamic Flexibility		<i>Always perform warm-up first</i>
	Dynamic leg swings (front-back)	2 × 15 per leg	Gradually increase range
	Dynamic leg swings (side-side)	2 × 15 per leg	Maintain good posture
	Hip circles	2 × 10 each direction per leg	Controlled circles
	Hip Strength		
	Fire hydrants	3 × 15 per side	Engage core throughout
	Single-leg glute bridges	3 × 10-12 per side	Keep hips level
	Technical Work		
	Wall kicks	3 × 10 per leg	Progressive height increases

	Cool-down		10 minutes static stretching
Friday	Hip Strength		<i>Always perform warm-up first</i>
	Resistance band side steps	3 × 12-15 each direction	Focus on lateral hip muscles
	Glute bridges	3 × 15-20	Full hip extension
	Seated hip abductions	3 × 12-15	Controlled movement
	Dynamic Flexibility		
	Full dynamic flexibility routine	All exercises	Higher intensity
	Technical Work		
	Basic kick repetitions	3 × 10 per leg	Emphasize height and form
	Chamber-to-extension practice	3 × 8 per leg	Hold chamber position briefly
	Wall kicks	3 × 10 per leg	Work on precision
	Cool-down		10 minutes static stretching

Phase 2: Power Development (Weeks 5-8)

Day	Exercises	Sets × Reps	Notes
Monday	Hip Strength		<i>Always perform warm-up first</i>
	Weighted side lunges	3 × 10-12 per side	Use appropriate weight
	Bulgarian split squats	3 × 10-12 per leg	Focus on stability
	Cable hip abductions	3 × 12-15 per side	Control throughout movement
	Plyometric Elements		
	Jump squats	3 × 12-15	Land softly
	Technical Work		
	Kick combinations	3 × 6-8 sequences	Flow between techniques
	Kick-hold exercises	5 × 5-10 seconds per leg	Maintain proper form while holding
	Cool-down		10 minutes static stretching
Wednesday	Dynamic Flexibility		<i>Always perform warm-up first</i>
	Full dynamic routine	All exercises	Increase range progressively
	Hip Strength		
	Sumo squats	3 × 12-15	Wide stance, deep squat
	Standing resistance band hip rotations	3 × 15 per direction	Control the rotation
	Plyometric Elements		
	Lateral box jumps	3 × 8-10 per side	Focus on lateral power
	Technical Work		

Friday	Speed kicks	3-4 × 10 kicks per leg	Maximum speed with good form
	Cool-down		10 minutes static stretching
	Hip Strength		<i>Always perform warm-up first</i>
	Bulgarian split squats	3 × 10-12 per leg	Add weight if possible
	Cable hip abductions	3 × 12-15 per side	Focus on hip stabilizers
	Plyometric Elements		
	Single-leg hops	3 × 10 per leg	Control landing
	Jump squats	3 × 12-15	Explosive movement
	Technical Work		
	Kick combinations	3 × 6-8 sequences	Add complexity
	Speed kicks	3-4 × 10 kicks per leg	Rapid execution
	Cool-down		10 minutes static stretching

Phase 3: Speed and Integration (Weeks 9-12)

Day	Exercises	Sets × Reps	Notes
Monday	Advanced Hip Strength		<i>Always perform warm-up first</i>
	Single-leg deadlifts	3 × 10-12 per leg	Focus on hip hinge movement
	Pistol squat progressions	3 × 6-8 per leg	Scale to ability level
	Swiss ball hip extensions	3 × 12-15	Control throughout
	Speed Development		
	Resistance band kicks	3 × 15 per leg	Kick against band tension
	Technical Integration		
	Target practice (varying heights)	3 × 12 per leg	Focus on accuracy
Wednesday	Cool-down		10 minutes static stretching
	Dynamic Flexibility		<i>Always perform warm-up first</i>
	Full dynamic routine	All exercises	Maximum range of motion
	Advanced Hip Strength		
	Medicine ball side throws	3 × 10 per side	Explosive hip rotation
	Speed Development		
	Rapid-fire kicks	3-4 × 20 seconds per leg	Maximum kicks in timeframe
	Agility ladder drills	3-4 passes	Quick foot movement
	Technical Integration		
	Combination kicks with movement	3 × 5-6 combinations	Add footwork between kicks
	Cool-down		10 minutes static stretching

Friday	Advanced Hip Strength		<i>Always perform warm-up first</i>
	Single-leg deadlifts	3 × 10-12 per leg	Add weight if possible
	Swiss ball hip extensions	3 × 12-15	Emphasize control
	Speed Development		
	Resistance band kicks	3 × 15 per leg	Faster execution against resistance
	Rapid-fire kicks	3-4 × 20 seconds per leg	Maximize power and speed
	Technical Integration		
	Partner drills (if available)	5-6 minutes	Reaction-based training
	Target practice (varying heights)	3 × 12 per leg	Combine speed and accuracy
	Cool-down		10 minutes static stretching