

# TRAINING FOR **COMBAT SPORTS**

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INSTITUTE

# Explosive Techniques for MMA

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# Consider this:

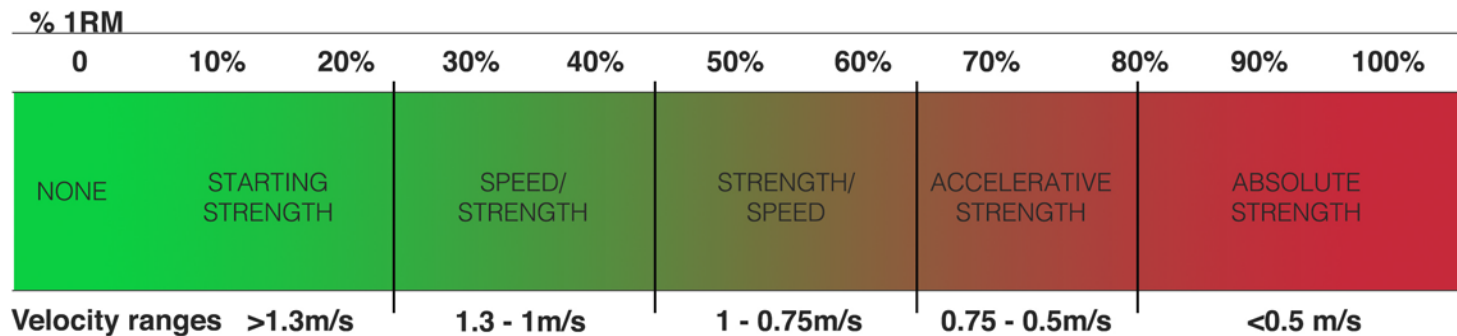
- Evaluation
  - Force-Velocity Profile, Objective or Subjective
  - Skillset?
  - Movement Prerequisites?
- Criteria
  - High velocity(Speed) vs High Force(Intensity/Load)?
  - Frontal-Sagittal-Transverse- Combo
  - Ground Based, Supine, Prone
  - Stationary, locomotion

# Consider this:

- Force-Velocity Spectrum

- Speed-Strength, Strength-Speed (30-60%)(.75-1.3+ m/s)
- Strength-Speed, Accel-Strength(50-80%)(.5 -1 m/s)

## VELOCITY ZONES



# The Barbell

- High Velocity
- High Force

# Cables

- High Velocity
- High Force

# Fit-balls

- High Velocity
- High Force

# Bungees

- High Velocity
- High Force