



BROOKLYN BRAZILIAN JIU-JITSU TRAVEL/VACATION TRAINING LOG

We have designed this training routine to keep you mentally and physically connected to your martial arts training with us during a break, vacation or any other time away from class.

They include some of the essential building-blocks of martial arts fitness and function – that way you'll be able to maintain your skills and improve your comfort with them for when you return.

Each of these routines builds off of techniques taught in our Basic classes, so you can use them even if you haven't done a lot of classes with us.

Begin slowly and work your way up – the goal is to eventually be able to move through the sets with no rest!

(You can also combine these routines with any other regular fitness work you do – jogging, cycling, weights – and they'll keep you on track for your return!).

Adult Jiu-Jitsu/Thai Boxing Training Log

	Jumping Jacks -- "Seal" Jacks -- "Switch" Jacks	Static Squat -- Static Pushup -- Static Plank	Jiu-Jitsu Technical Lift Standups (Sidekick & Stand) Thai Boxing Shadowbox (Jab-Cross-Hook)	Jumping Jacks -- "Seal" Jacks -- "Switch" Jacks	Static Squat -- Static Pushup -- Static Plank	Jiu-Jitsu Bridges Triangles Thai Boxing Shadowbox (Hook-Cross-Hook)	Jumping Jacks -- "Seal" Jacks -- "Switch" Jacks	Jump Squat -- Mountain Climbers -- Crunches
Day 1	1 set of 10 each	10 sec. each	10 right 10 left	1 set of 10 each	10 sec. each	10 right 10 left	1 set of 10 each	10 sec. each
Day 2	1 set of 10 each	10 sec. each	10 right 10 left	1 set of 10 each	10 sec. each	10 right 10 left	1 set of 10 each	10 sec. each
Day 3	1 set of 10 each	15 sec. each	10 right 10 left	1 set of 10 each	15 sec. each	10 right 10 left	1 set of 10 each	15 sec. each
Day 4	1 set of 10 each	15sec. each	15 right 15 left	1 set of 10 each	15sec. each	15 right 15 left	1 set of 10 each	15sec. each
Day 5	1 set of 10 each	20 sec. each	15 right 15 left	1 set of 10 each	20 sec. each	15 right 15 left	1 set of 10 each	20 sec. each
Day 6	1 set of 10 each	20 sec. each	15 right 15 left	1 set of 10 each	20 sec. each	15 right 15 left	1 set of 10 each	20 sec. each

Tiny Tigers & Juniors Karate Training Log

	Jumping Jacks -- "Seal" Jacks -- "Switch" Jacks	Static Squat -- Static Pushup -- Static Plank	Kihon All blocks All punches Self-Defense Combo Shadowbox (Jab-Cross-Hook)	Jumping Jacks -- "Seal" Jacks -- "Switch" Jacks	Static Squat -- Static Pushup -- Static Plank	Kihon All blocks All kicks Self-Defense Combo Shadowbox (Hook-Cross-Hook)	Jumping Jacks -- "Seal" Jacks -- "Switch" Jacks	Jump Squat -- Mountain Climbers -- Crunches
Day 1	1 set of 10 each	10 sec. each	10 right 10 left	1 set of 10 each	10 sec. each	10 right 10 left	1 set of 10 each	10 sec. each
Day 2	1 set of 10 each	10 sec. each	10 right 10 left	1 set of 10 each	10 sec. each	10 right 10 left	1 set of 10 each	10 sec. each
Day 3	1 set of 10 each	15 sec. each	10 right 10 left	1 set of 10 each	15 sec. each	10 right 10 left	1 set of 10 each	15 sec. each
Day 4	1 set of 10 each	15sec. each	15 right 15 left	1 set of 10 each	15sec. each	15 right 15 left	1 set of 10 each	15sec. each
Day 5	1 set of 10 each	20 sec. each	15 right 15 left	1 set of 10 each	20 sec. each	15 right 15 left	1 set of 10 each	20 sec. each
Day 6	1 set of 10 each	20 sec. each	15 right 15 left	1 set of 10 each	20 sec. each	15 right 15 left	1 set of 10 each	20 sec. each