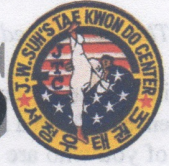


JTC

TIMES



The Iron Horse: Interval Training

Everyone wants to lose fat. Every athlete or wanna-be athlete wants to improve athletic performance and get in shape. Unfortunately, most people, even those that train regularly, are doing this all wrong. For years the fitness industry has been selling a bill of goods that says to build muscle you should lift weights, and to lose fat and get in shape you should do long slow "cardio" sessions like jogging for 30 minutes or more, or pedaling a stationary bike. This is what I like to refer to as "hamster training". These methods have been turned into a multi-billion dollar industry by so called fitness professionals because they are easy to sell to the public. Telling the average person that all they have to do to get lean and muscular is walk slowly on a treadmill for 30 minutes 3 times a week is an easy sell. That kind of exercise is not intimidating, and as we all know, most people want solutions that take as little effort as possible. Because of this, sales of treadmills, exercise bikes, and various other useless contraptions exploded.



These easy fix machines now clutter garages all across the country, collecting dust and acting as makeshift coat hangers. All the while our nation has gotten fatter

and fatter. The truth is, slow steady state cardio, a.k.a. hamster training, is almost good for nothing. Yes, it will give your heart a basic level of conditioning which is better than it would be if you sat on a couch all day. But very soon your body will adapt to this and heart health, fat loss and all benefits will cease to progress. Along the

way, it causes tremendous joint stress over time, breaks down lean muscle tissue, and causes our muscles to become slow and weak. As an athletic strength coach I would venture to say that unless you are training specifically to be a long distance runner, there is little to no reason to practice long slow cardiovascular training. The biggest problem for anyone trying to get in shape has always been the paradox of losing fat while preserving or even adding muscle. Athletes and anyone interested in high performance also need to enhance explosive power. This could never be accomplished on the hamster wheel or with long distance jogging. Again, long slow cardio is detrimental to explosive performance and breaks down lean muscle. The more lean muscle you lose, the less fat you burn during exercise and at rest.

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Here and There

As some of you know, I recently returned from what is becoming my annual trip to Korea. I continue to be impressed by the beauty of the country, the world city that is Seoul, and the wonderful food. But, as is always the case, the best part of the experience is the opportunity to visit with Grand Master Suh in his native country and to develop old and new relationships with his many friends. Virtually none of

these individuals is currently active in Tae Kwon Do; however, all have achieved success in their chosen field. As I continue to learn the Korean language (more slowly than I would like), the conversations have acquired more depth. Many of his friends speak enough English so that we can converse fairly well. I am always sorry to leave Korea and look forward to my next visit.

One of the few things which I miss while traveling is my training. I often reference my experiences at JTC while I am in Korea and try to at least stretch when I have the opportunity. I find that I usually return to the studio on my first day back in the U.S.A., and try to arrive early to discuss my trip with Ms. Kim and others.

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My time in the studio connects me with my experiences in Korea and vice versa. For those of you who are serious students of Tae Kwon Do and have the ability to

travel, I strongly encourage you to consider visiting Korea. Many reasonably-priced tours are available with guides who can communicate in English. You will find that your Tae Kwon Do

experience is much richer when you return.

Samuel C. Ballon, M.D.
2nd Dan

The Iron Horse continued from page 1...

The answer is interval training. Don't be intimidated by that word. It simply means short bouts of intense effort followed by short periods of rest done for multiple rounds. Most efforts in life and in sport occur this way. Martial arts, basketball, football, tennis etc., all have built in intervals. An example of this in training could be as simple as a series of short sprints. This will push your heart beyond any level of conditioning achieved by hamster training. It will also increase your explosive muscle power and shed fat up to 10 times faster than jogging. The physiological reasons for this would make this a very long article, but suffice it to say there is irrefutable clinical and practical data to support this. The easiest example is to compare Olympic sprinters to marathon runners. Sprinters train in very short burst of maximum effort both on the track and in the weight room.

Marathon runners train at sub-maximal intensity for very long periods of time, Sprinters are much much leaner, much more muscular, much faster at top speed, and have some of the highest vertical jumps among all athlete populations. The vertical jump is regarded as one of the best measures of explosive power and athleticism. Marathon runners have virtually no muscle as it has all been wasted away during training, actually have higher body fat, and have an average vertical jump of 6 inches as a population. Translation, no explosive power! Also, a huge percentage of distance runners develop joint and back problems after years of abusive training.

This principle can be applied in the weight room as well. If programmed correctly, short bursts of maximal effort involving as much of the body's musculature as possible can produce incredible strength gains, increases in muscle size and explosiveness, all while

shedding fat and conditioning the athletes at an incredible rate. Again, don't be intimidated. A good strength coach can adapt the program to suit even the most de-conditioned person and safely progress him/ her to some serious fitness. I will expand upon this topic in future articles, until then, get off the hamster wheel and try progressing to some intervals.

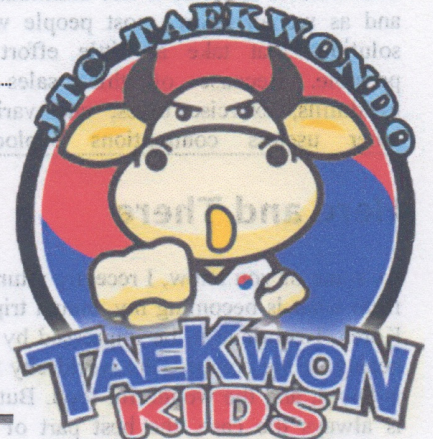
For those that are interested in enhancing their martial arts training or simply getting into the best shape of their lives, I am now living in the San Jose area and am available for private or group training. I can be reached at david@cathletics.com. View my state of the art facility at www.gym.cathletics.com

David C. Ballon
CSCS with Catalyst Athletics and son of Samuel Ballon MD, who is a 2nd Dan with JTC Taekwondo

JTC Taekwon Kids Grand Opening!

Master Sonu will be unveiling our new location in Mountain View this month on Saturday August 7th. The grand opening will be from 12 to 4pm, will include tons of fun activities for the whole family, lots of food, and a short performance by the JTC TigerZ, our very own demo team! Be sure to come out and support Master Sonu and this brand new addition to the JTC family. More info can be found at www.taekwonkids.net, and the address to the studio is:

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