



MODULO 1.K KOMBAKT OUT-DOOR

TIME OCCURRING: 120'

ACTIVITIES: 10

BOX-PAGES: 18

PKS Technical Team

Responsabile Tecnico PKS
Dott. Giuseppe Santangelo

Professional Kickboxing School

Kickboxing – Street-Fighting-System - Karate
Flash-Fighting – Combat-Training



0/10

SUMMARY T=120

JOGGING/FARTLEK-HARD	10'
STRETCHING/ADDOMINALI/FLESSIONI	10'
SPECIALI 5x20 RIPETIZIONI	20'
SIMULAZIONE CONTESTO GARA	10'
SHADOW-KICKBOXING-TRAINING 3x4+1	15'
CONTEST/FIGHTs 5x3+1	20'
PAO/FOCUS	05'
RILASCIAMENTO MUSCOLARE	10'
TRAINING-AUTOGENO	10'
JOGGING/FARTLEK-SLOW	10

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1.K KOMBACT

JOGGING/FARTLEK-HARD

10'

10

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1.K KOMBACT

STRETCH-ADDOME-FLEX

20'

30

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PKS 3/10.0 1.K KOMBACT

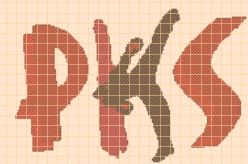
CIRCUIT-TRAINING 3x5.F/T 10'

40

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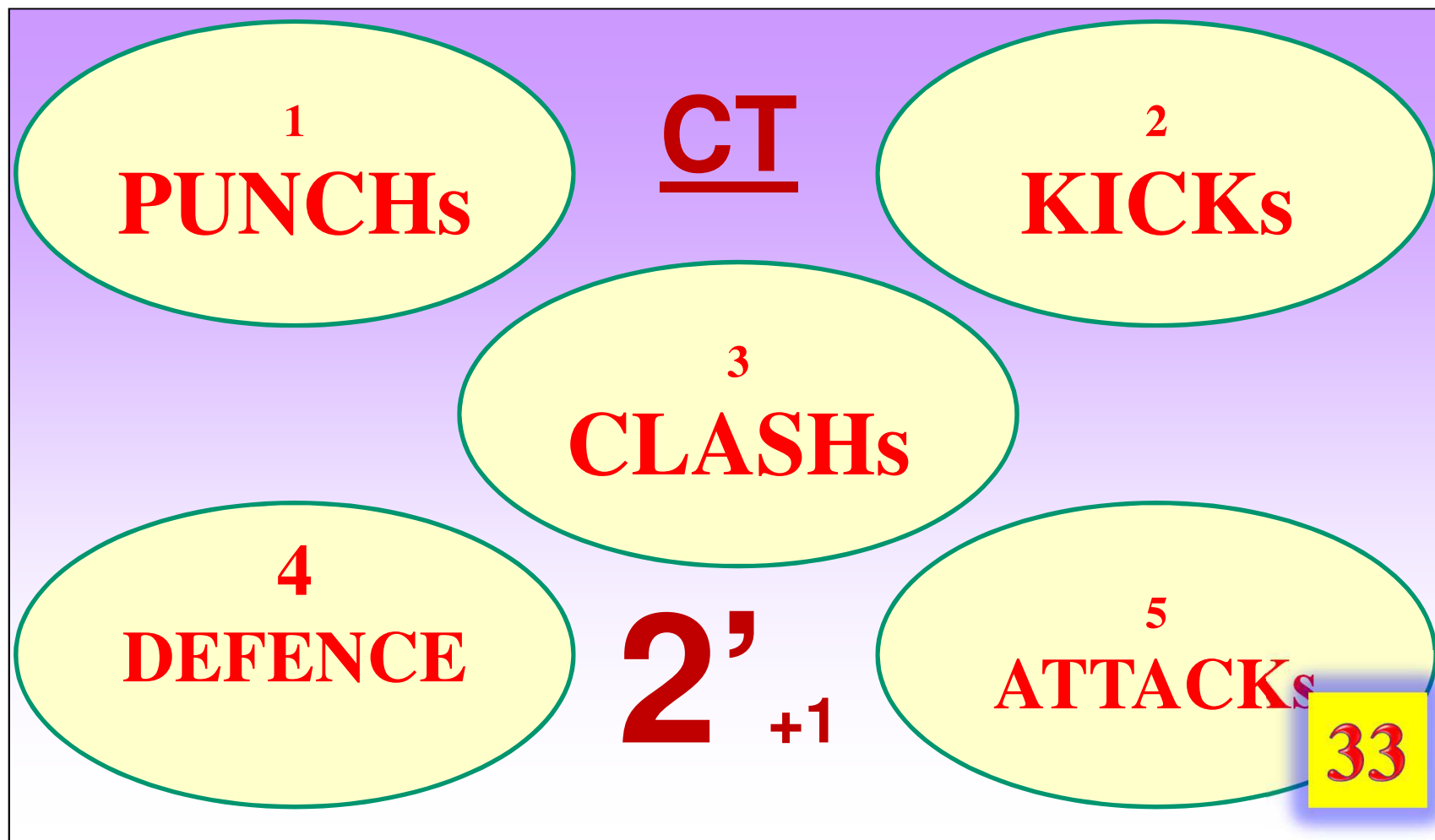
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3/10.1

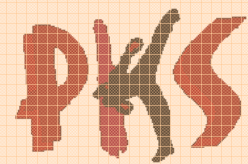
1.K KOMBACT



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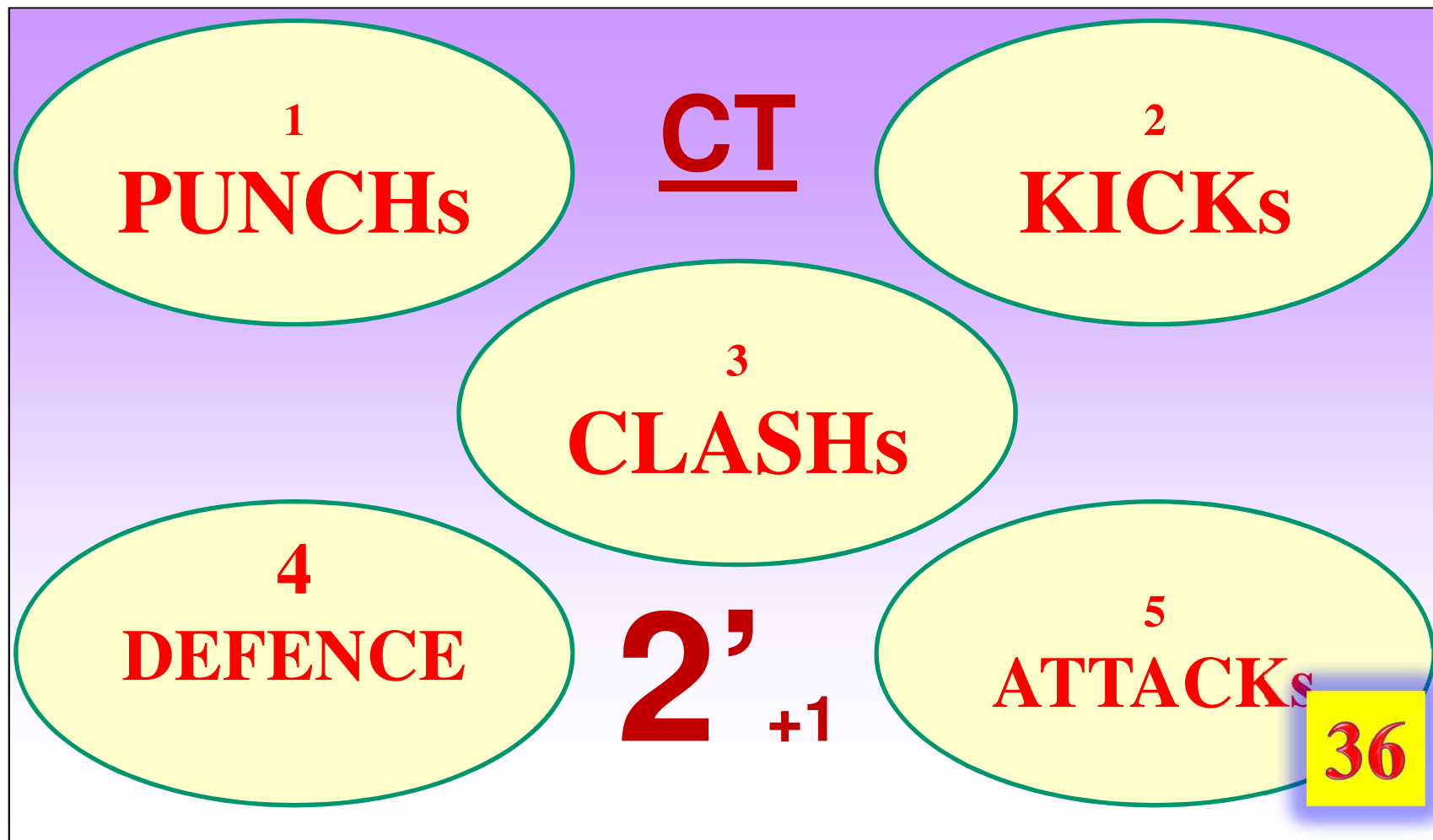
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3/10.2

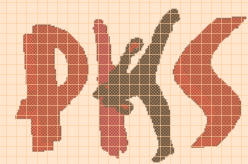
1.K KOMBACT



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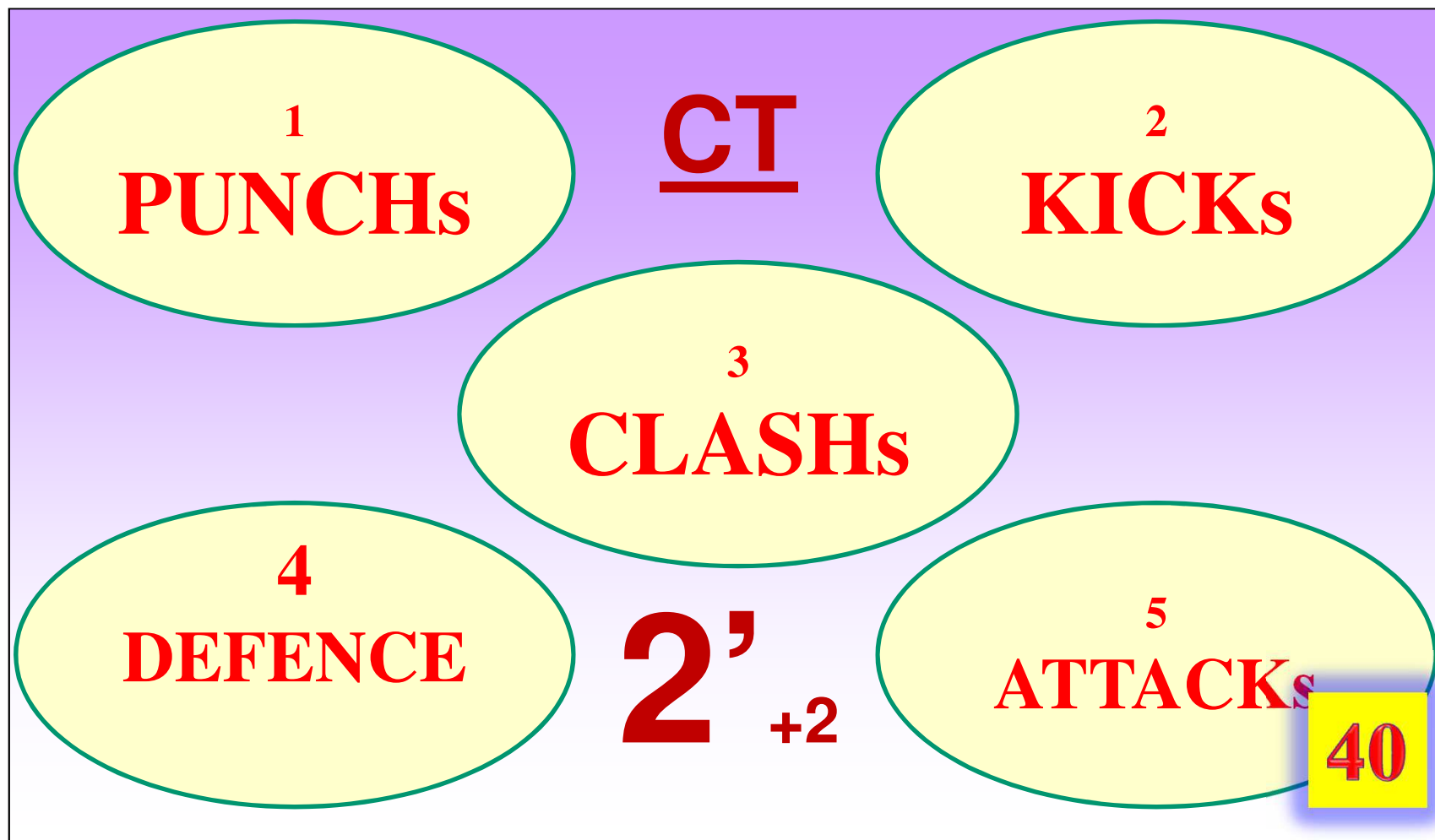
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3/10.3

1.K KOMBACT



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1.K KOMBACT

EMPOWERMENT T/F

10'

50

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1.K KOMBACT

CORDA/ROUNDs-SKT 3x4+1

15'

65

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PKS 6/10.0 1.K KOMBACT

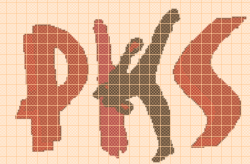
SPECIALI 5x20 RIPETIZIONI 20'

85

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6/10.1

1.K KOMBACT

20 PIAZZAMENTI

**GYAKU
LUNGO
INCONTRO (Clash)**

3' +1

69

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PKS 6/10.2 1.K KOMBACT

20 PIAZZAMENTI

**URAKEN
LUNGO
ATTACCO (S.A.Ack)**

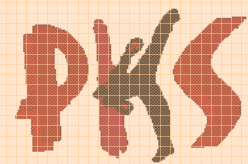
3' +1

73

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6/10.3

1.K KOMBACT

20 PIAZZAMENTI

JAB – DIRETTO
LUNGO +FUGA
B L I T Z (S.A.Ack)

3' +1

77

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PKS 6/10.4 1.K KOMBACT

20 PIAZZAMENTI

FINTA-USHIRO
CORTO
A T T A C C O (S.A.Ack)

3' +1

81

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PKS 6/10.5 1.K KOMBACT

20 PIAZZAMENTI

JAB o GYAKU
LUNGO
CONTROTEMPO

3' +1

85

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7/10

1.K KOMBACT

FOOTWORK-TRAINING

05'

90

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1.K KOMBACT

DOWNLOAD-STRETCHING

10'

100

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1.K KOMBACT

TRAINING-AUTOGENO 10'

110

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10/10

1.K KOMBACT

JOGGING/FARTLEK-SLOW

10'

120

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1°-2009 KICKBOXING-TRAINING-TABs

THE END

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Training-Tabx n° 1*/2009 (28/DEC.08-22/JAN.09)

Roma – 09/01/2009

TITOLO

MODULI DI ADDESTRAMENTO INDIVIDUALE x SESSIONI
1) FARTEK/JOGGING 2) GYM-HOUSE