

POWELL'S PERSONAL COMBAT SYSTEM

WARM UP

Below is the standard warm up practiced by all members of C.C.M.A.A. it is the P.P.C.S. standard warm up which takes you through a variety of exercises starting out by limbering and toning the joints and muscles which leads you into a deeper stretch and finally works your muscles from head to toe before developing your cardio in a variety of ways. Each exercise typically has more than one function. Some exercises will stretch and strengthen; others are preparation exercises for grappling flexibility. Some exercises will develop muscles for kicking while maintaining a good stretch and some will develop jumping height for more advanced kicks or techniques requiring height or flexibility. All the exercises throughout the warm up typically also contain basic hidden fighting applications or show different variations of body mechanics teaching you about your own body. The warm up is not to be taken lightly and is one of the most fundamental tools in the beginner level trainee's martial arts career and should remain a lifelong discipline

Stretching &

Strengthening

Neck Rotations (15 Reps)

Neck Stretch & Strengthening (15 Reps)

Neck Strengthening (Hold 10 seconds each direction)

Shoulder Rotation (1 minutes each direction)

Chest Expansion & Stretch (50 Reps)

Finger Grabs (100 Reps)

Wrist And Finger Stretch (30 seconds Each Direction)

Tai-Chi Wrist And Forearm Exercise (30 seconds)

Torso Twist (30 Reps)

Torso Rotations (15 Reps)

Hip Rotations (15 Reps)

Forward Bend And Back Stretch (15 Reps)

Knee Rotations (15 Reps)

Deep Squats Feet Together (50 Reps)

Standing Stretches

Triangle Stretch (30 Seconds)

Lunge Squat Feet Flat (15 Reps)

Lunge Squat On Heel (15 Reps)

Side Splits (1 minutes)

Front Splits (1 minute)

Sitting Stretches

Ankle Rotations (15 Reps)

L-Stretch (15 Reps) Each Side

Forward Stretch (hold 30 seconds)

Groin Stretch (15 Reps)

Kneeling Side Splits: (hold for 30 seconds)

Knee & Hip Stretch Solar Plexus Head And Out: (15 Reps)

V-stretch (15 Reps)

Hurdler Stretch (15 Reps)

Quad Stretch (hold for 30 seconds)

Plow Stretch (hold for 30 seconds)

Cobra Stretch (hold for 30 seconds)

Lower Dog Stretch (hold for 30 seconds)

Upper Dog Stretch (hold for 30 seconds)

Advanced Dog Stretch (30 Seconds)

Calisthenics

Sit-ups Or Crunches (75 reps)

V-sit crunch (15 Reps)

Scissor Kicking Up & Down (hold for 60 seconds)

Scissor Kicking Criss-Cross: (hold for 60 seconds)

Leg Raises (15 Reps)

Cat Stretch Push Ups (15 Reps)

Fingertip Push Ups (15 Reps)

Knuckle Push Ups ((15 Reps)

Wrist Push Ups (15 Reps)

Military Pop Ups (75 reps)

Jumping Jacks (100)

Scissor Shifting (2 minutes)

Jumping Side To Side (2 minutes)

Kneeling Back And Round House Kick (15 reps each side)

Rolling Side Kick (30 reps each side)

Rolling Back Fist Strike (25 reps each side)

Maximum Time Allowed 60 Minutes

Note: As Student advances he should increase reps to continue developing. All amounts are for a person who is just being introduced into the martial arts and shouldn't be set in stone as a maximum but rather the minimum.

Founded by Grand Master Gary Powell

As Taught By Grand Master Justin Powell

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**If You Wish To Learn Powell's Personal Combat System Or Are Interested In Teaching
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