

UK CST Seminar

~Vik Hothi

The first CST seminar in the United Kingdom was a huge success, with about 30 people attending. Some of the attendees had already experienced a tough wingsun grading that morning: the junior members of my martial arts organization, IMAS (Integrated Martial Arts System), went through three hours of physical and mental testing while five of my instructors assisted with that process. After a short break following the test everyone got fired up for the seminar, despite the already demanding day.

Following an introduction from Coach Murdock on what Circular Strength Training is, its importance to health, and its relevance to the martial arts, we jumped straight into training.



We kicked off with the beginner FlowFit® program for six minutes straight. That raised everyone's core temperature and prepared them for the rest of the session. The group was then taken through a deep Intu-Flow® session that lasted about an hour. During this segment, Coach Ryan gave a really detailed explanation of each of the movements involved, and coached us on how to sophisticate in our personal practice.

Coach and I then demonstrated the importance of mobility for power generation in martial arts, and what can happen when you remove

restrictive forces. This was displayed with a female participant who had never done martial arts before. We first had our volunteer hit the pad. Not much force. We then mobilized her ankle and tried again – much better! We

proceeded to mobilize her up the chain: knee, hip, spine, shoulder. After only a few minutes she was hitting noticeably harder!

I then demonstrated how this could also be applied to strikes with sticks. Again, I mobilized each joint, not only to remove the restrictive forces but also to be able to recruit more joints when I hit. Recruiting more joints means that I don't have to load up so much or swing the sticks to hit with

power – a problem I’ve seen in just about every other stick fighting style.

After the mobility session, we demonstrated some Body-Flow® exercises and their application to martial arts – showing that “good movement is good movement” and that it applies to the health system as well as the martial arts system. The participants quickly realized that they were building a movement palette for their MA training. There were also participants who had range of motion deficits which Coach was able to rectify with some specially crafted Body-Flow® movements – here the magic of CST really shines.

We then put the class through a 20 minute metcon (metabolic conditioning) program, the same program Coach Sonnon has crafted for UFC fighters. It’s comprised of 25 repetitions of three different exercises to be performed every minute on the minute for 20 minutes - tough stuff! Luckily the participants had been taught the RESET technique, which they all agreed helped them to finish the circuit.

After the main seminar ended, I taught a couple of breakout sessions to small groups where I took them through basic Clubbell® athletics, while Coach Murdock worked privately with participants, answering their questions, assessing their movement issues and working on their problem areas and performance goals so that each participant received personal

coaching – that alone was worth the price of admission!



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I would like to thank Coach Murdock for an outstanding day - it makes a huge difference to one’s performance to train with one of the Faculty Coaching Staff. If you are serious about your own development as a CST athlete, host a seminar!

