

Introduction

Welcome to R.E.D. Warrior®, the Revolutionary Empowerment Disciplines.

My name is Jani Roberts and I am the CEO and Founder of R.E.D. Warrior Nation, LLC. My husband, Johnny, is the President and Chief Creative Officer.

R.E.D. Warrior® Nation, LLC is where empowerment begins. Everything we do is based on our belief that we can help you to live a more empowered lifestyle. We offer the R.E.D. Warrior® Workout which is designed to improve your physical and mental well being, Moving Meditations™ designed to improve your emotional wellbeing, Inspirational Conversations™ designed to assist you with your self-talk and instructor certifications for each of these pathways.

R.E.D. Warrior® began as so many ideas do, out of creative boredom. I had been doing the same thing for a very long time and I loved it but my mind and my body longed for contrast.

Can you relate? Perhaps in addition to teaching, you have another full time or part time job. You might be a nurse, a stay at home mom or dad, work in IT or sales. You like your job but something is missing. You want more. But you're busy, there isn't time to change careers, you gotta get the kids to school, your students would be devastated if you left and you're comfortable. Your job comes easily now and then there's the money. How can you possibly sustain yourself while you look for something new? You've pretty much talked yourself out of it. Still, something is missing.

In 2012, an idea was born and I began taking notes. Notes turned into paragraphs and before I knew it, I was branding a format. It came in pieces but I found that as I learned to Quiet My Mind™ and stop the "chatter", ideas flowed and I gained, what we like to call in R.E.D. Warrior®, Mental Momentum™. We'll talk more about that in the live portion of your workshop. The more I practiced, the more quickly the ideas came.

By July of the same year, the program took form and I began sharing it with others. It took on life of it's own and before I knew it, it had peaked the interest of many.

Within 3 months, I had received over 130 requests to host workshops and instructor certifications and about 75 requests for Master Classes.

We refer to our Master Classes as Workouts. This is because the word Master sets a very high standard in the martial arts world and we didn't want to be disrespectful. This R.E.D. Warrior® format of martial arts and fitness with a strong mind body component that anyone can participate was clearly having an impact.

Our workshops are for participants, while our certifications are for instructors.

How many times have you looked at your students and wished you had more time to work with them one on one? Students will take this workout seriously and they will want more. By attending our participant workshop, they will return to your classes with better form and

alignment, more confidence and in general a much greater understanding of what works for them. Those who complete the workshop are known as White Warriors™ and are able to implement what they learn into their daily lives to generally be happier and healthier.

Today we will begin our Journey together into the R.E.D. Warrior® Instructor Certification. Please understand that this Certification is designed to not only make you a great R.E.D. Warrior® Instructor but to make you a better instructor in every format that you teach.

We suggest you take notes as you move through each audio and video module. The mind body component will demand much of your attention.

If we can learn to give our attention to what we want, quiet our minds, we will allow the flow of our desires to come to us. We can then pass this on to our students. As we all know, exercise is not option and is a perfect vehicle for this. It helps us to focus, clear our minds & breath. We stop thinking and we start feeling. We make time for ourselves. We acknowledge that we are a priority and that we feel better when we train on a regular basis. Ideas flow easier, stress rolls off our backs and in general we are simply, happier. In my experience, this comes more easily when I work in an environment where competition remains solely between myself and my Inner Warrior™. No one else in the training room matters. There is no judgment. I can honestly be in a complete State of Appreciation™ for my mind and my body and no one can penetrate that trust. This is invaluable to your students. This takes mental discipline. R.E.D. Warrior® provides an environment where there is room for the participant to learn to trust oneself, where self-respect and peace are plentiful. What greater benefit could possibly come from a mind body format? An awesome workout for the body and a discipline for the mind that assists you in achieving everything you want in life!

Before we get started, let's move to the next module for a brief understanding of our brand colors and logo.

Colors and Logo

Let's talk about the importance of the R.E.D. Warrior® colors, black and red, as well as the logo, the Unicorn.

I spent a lot of time selecting the colors for our brand. Red is the color of fire and blood, so it is associated with energy, war, danger, strength, power, determination as well as passion, desire, and love. It's an emotionally intense color. It enhances human metabolism, increases respiration rate, and raises blood pressure. It has a very high visibility which is why stop signs, stoplights, and fire equipment are usually painted red. In heraldry, red is used to indicate courage. Sounds like a Warrior to me.

Black is associated with power, elegance and formality. It's a mysterious color associated with fear and the unknown. Black denotes strength and authority and is considered formal and prestigious. It gives a feeling of perspective and depth.

The Unicorn: Having spent quite a bit of time in parts of Asia the Horse came to mind when deciding on a logo. I quickly checked the Chinese calendar and sure enough, 2014 is the year of the Horse. A close circle of friends had acknowledged the Unicorn as a sort of mascot among us. One day a friend passed along a picture of a black and red Unicorn. It struck me immediately. It was powerful, athletic, majestic and yet almost spiritual in nature. Since I grew up riding horses, their my favorite. I was born in the year of the Tiger. The Unicorn was said to have the tail of tiger. The way I see it, every Warrior needs a Horse. Let's get started.

Module 1

This on line R.E.D. Warrior® training is the just beginning of your R.E.D. Warrior® Journey. It will never end!

So who is the R.E.D. Warrior®?

The R.E.D. Warrior® is within each and every one of us. This Warrior® has strong desire to develop and improve. There is a genuine need to remain on a path of least resistance that will lead the Warrior® to continually evolve. The R.E.D. Warrior® participant is never satisfied and understands that this is part of the Journey. Desires and goals will be attained and as a result new desires and goals are born. Thus leaving the R.E.D. Warrior® in a continuous state of evolution.

Consider this, in the martial arts world the large majority of students participate in order to work on their own personal mental and physical development. Unlike the fitness world where we hear our participants share goals such as "I want to lose weight", "I want to burn calories", "I want to gain muscle", "I want to look better", etc., martial arts students will refer more to their desire to improve themselves and using this vehicle that they realize is a lifetime journey. They may or may not for example want to move through the colors or ranks of the belts. Perhaps they may find themselves going into class thinking I really like doing this, it Quiets My Mind™, I really feel empowered when I do it and then eventually there is a shift and they find themselves wanting to progress and to learn more. This evolution happens if and when they are ready. Remember in the martial arts world choreography doesn't change. Their understanding of the movement evolves and as their understanding of the movement evolves, the movement becomes more challenging. Eventually it becomes a bit easier, then their understanding of the movement again expands and it becomes more challenging. Martial artists could work on the same movement for many years. This doesn't necessarily mean that they want to be a black belt or knew that going in, that they want to own their own Dojo or teach. This is all about personal development and the desire to stay healthy in mind and body.

The R.E.D. Warrior® Workout provides this balance between mind and body without the participant needing to be a master of a martial art.

What is the R.E.D. Warrior® Journey all about?

R.E.D. Warrior® is a Revolutionary combination or fusion of martial arts and military or bootcamp designed to Empower the participant and instructor to Disciple their minds and tap into their external, as well as, internal strengths.

Keep in mind we are all Warriors® in this. It is impossible to be the teacher without being the student.

R.E.D. Warrior® is taught in Rounds. Each Round represents one form of Martial Arts or Bootcamp/Military Training regiment and is five minutes long. Each Round is followed by a two minute active recovery period. As you know, active recovery refers to low intensity activity. This could really be any movement of your student's choice as long as they keep moving. You will be demonstrating some fun and easy movement so that they have options. There is some freedom here. This is a key part of the journey as it allows the body to recover and the mind to become empowered.

At any time during the five minute round should you find yourself thinking, I don't know if I can do this, I don't know if I can finish this. Hang in there. Focus on your breathing. You're almost there. There is a two minute active recovery period coming. Two minutes is plenty of time to recover. Discipline your mind. Push through. We will help you. Listen to the instructor's voice. They will guide you through. You're almost there. Of course, the music is designed to assist you as well.

Let's face it as instructors we are also students. We need to really experience this workout to know, "Am I going to be passionate about teaching it?", "Is it something I feel I can really use to empower my students?", "Is it something they are looking for?", "Is it something they need?" I believe you will find that it will be. I believe that you will find it will change the way you view your own workouts as well.

R.E.D. Warrior® provides a perfect blend of mind and body training. Martial arts requires an incredible amount of mental discipline. Military training is conducted to enhance physical combat readiness. Recovery is driven by emotion. Once you've completed the round, you move into a complete State Of Appreciation™ for your mind and your body. This combination is the R.E.D. Warrior® Workout.

You will spend the next four hours utilizing the tools we've prepared for you on this Journey. Think of this as a GPS. As we follow this map together, we will pause to process what we've learned, discover new locations and destinations along the way – some perhaps that we did not anticipate. There will be times when we need to fuel up, mentally as well as physically. There will be times of fatigue when we to recover, Quiet Our Minds™, chill out. We will find ourselves in a state of celebrate when rounds are completed and levels of empowerment are achieved. We will strive to tune in and tap into our own individual energy source.

Think of what this experience for you could mean to your students. I believe that you will really feel a difference in this workout. You won't be distracted with choreography and music. You'll have time to really feel the movement and explore how it feels on your body. You'll begin to master the skills that it takes to be able to empower your students to the same experience.

At this time, I'd like to ask you to review the keys points discussed and then move to the next module.

R.E.D. Warrior® Module #1 Review

Who is the Red Warrior®?

- The R.E.D. Warrior® Experience provides this balance between _____ and _____ without the participant needing to be a master of a martial art.
- R.E.D. stands for R _____ E _____ D _____
- The R.E.D. Warrior® License is all about _____ development.
- The R.E.D. Warrior® Experience is a combination or fusion of _____ and _____ or military training.
- R.E.D. Warrior® teaches each participant to _____ your mind and _____ your body.

Module 2

Welcome Back

One of the key players on your Journey will be ego. Ego sometimes gets a bad wrap but as all Warriors® know, ego is necessary and powerful. It is often referred to as self-esteem, self-importance, self-worth, self-respect, self-image and self-confidence. Conscious awareness has been said to reside in the ego.

The skill lies in becoming friends with your ego so that it serves you and you don't serve it. One of the most important discoveries that you will make on this Journey is that your mind may have a tendency to judge you and/or those around you. This is very important to acknowledge. We want to minimize the judgement, in order to maximize the empowerment. We want to discipline our minds to realize that moving into a State Of Appreciation™ for our mind and our body is essential to our progression. Acknowledging that every workout is different, every day is different and each time we go to train we walk into that room with a different experience from our day. This daily experience can impact what kind of work out we have. We want to simply be OK with this, eliminate the judgment and move through it, acknowledging that our mind and body are doing the best that they can do that day. This has nothing to do with how our training went yesterday or how it will go tomorrow and that it certainly has nothing to do with what the person next to us is doing. One of my favorite R.E.D. Warrior® cues is MIND YOUR OWN BUSINESS™! There are three States of Mind™ the will guide your participants on this journey. If they're having a "State Of Mind One™" kind of day for example, you will always show all three states of mind and give them permission to choose the State Of Mind™ that feels most

comfortable to them. Remember, State Of Mind™ one isn't necessarily easier than State Of Mind™ three, it simply requires a different skill set. We will go into greater detail of the States Of Mind™ later on in the training. Most importantly we want to end each round in a State of Appreciation™.

Let's talk a little more about the Bootcamp or Military segment. How is this different in R.E.D. WARRIOR®?

When you look at the regiment that comes with military training, you see the intensity of it, you understand that this is being designed as a survival mechanism. This is very much about "quick response" and in many cases life or death situations. As a result it is a very focused and intense type of training. When we say "intense" we are referring to the mental intensity. It's a great marriage with martial arts because there is that mental discipline that must take place. Think about that soldier who is deployed. They are dropped into an environment where nothing is familiar. All of things that made them feel safe, their family, their home and friends are gone and they find themselves having to tune in tap into the training they have received in order to survive. They must Quiet Their Mind™, get out of their own way, become empowered and move through that situation. Granted not all of us find ourselves literally in this environment but certainly we have all had days that feel like combat. Life can be challenging, these tools can help. You may find some of the military related movement we do different than that found in traditional fitness bootcamps. This is because we are striving to simulate movement used in the field and the discipline of the mind in the field. For example, in combat men and women rely on one another to "get through". Certainly this is true in R.E.D. Warrior®. You will coach your students and work with your class as a unit. They will move through the workout together. Simply put, Warriors® are more powerful collectively than individually.

After speaking with martial arts experts, we found that a common understanding regardless of the genre of martial art is the belief that one must be still in order to be the most powerful one can be. This stillness, of course, refers to the mind. This is the marriage that R.E.D. Warrior® provides between formats. It is an extremely effective workout that anybody can be a part of.

Once you've experienced the workout, clarity will come. Each time you experience the workout, your Warrior® will evolve and new discoveries will be made.

Our question for you is, what does your Warrior® look like? This is different for each instructor as well as each participant. At this time, I'd like to ask you to pause and work on this definition. This is for your eyes only. This understanding is between you and your Inner Warrior™ and doesn't need to go any further than that. Take some time to do this without distraction. For some of you that might take five minutes. For me, it took quite a bit longer. I felt a strong desire to have clarity around my Inner Warrior®. This definition will move around. As you participate in the workouts and as you begin to instruct. You are going to move through different progressions, you're going to find those different destinations, you're going to align with new possibilities. You will become more and more empowered.

Enjoy the process.....

What does your Inner Warrior™ look like?

(15 minute break to complete exercise)

Once you've taken some time to write down what your Inner Warrior looks like, move to the next module.

Module 3

I'd like to talk to you briefly about proper warm up, communication, safety and cool down.

Warm up

Let's begin with warm up. As a R.E.D. Warrior® Instructor, you will be delivering a slightly different approach to warm up. The music will play a key role in this. In the first half of the warm up we will focus on Quieting Our Minds™ and shifting our energy. In addition, we will begin to raise the body temperature, increase blood flow to the muscles and lubricate the joints. The second half of the warm up is more traditional will focus more on breath control and a gradual increase in cardio through rehearsal movement of what is about to come.

The warm up will always be a minimum of 8 minutes. It may be longer. Take your time during the warm up. Encourage your students to listen to their body. Cue them to take deep breathes this will help you to Quiet Their Mind™. They will rely on the music and the tone of your voice to guide them.

Communication and Cueing

As you know, in the fitness world, verbal, as well as non verbal cueing is traditionally used for the transfer of information. Cueing in R.E.D. Warrior® transfers information as well but in addition it offers cues that are filled with very empowering communication. Therefore, it will be very important for you as the instructor to deliver this communication to your students so that they can really grasp the entire R.E.D. Warrior® experience. During the live training we will work intensely on this part so that you know how to tap in and maximize your cueing ability.

Let's take one of our most popular cues for example:

Quiet Your Mind™ – this Warrior® cue is most commonly used during the warm up or when you feel participants fatiguing. It reminds the participant to focus and tap into their power, push through the round and move into the recovery state. Again, these cues are very powerful and will help you to help your participants to excel in their training process.

Safety

Let's talk safety. As you know, safety must always be taken into consideration and is one of the reasons why R.E.D. Warrior® consists of three States Of Mind™. This allows the participant to gradually progress at a pace they are comfortable based on their experience and how they are feeling that day. They will never feel as though they are being left behind or that they are unable to follow as the three States Of Mind™ eliminate the possibility of this happening. You will teach them to take responsibility for their choices. Cueing is directly connected to safety and it really helps to set the participant up for success. If they are new to the training environment there will be a slight learning curve. However, it will only take a few workouts as the choreography is consistent. Your cueing both verbally and non verbally as well as the music, will be key to their success. State of Mind™ #1 will always be shown first. You will then determine when it is appropriate to cue State Of Mind™ #2 based on the participants. State of Mind™ #3 may or may not be introduced right away. There is never any judgment. Remember, State Of Mind™ #1 is not necessarily easier than State Of Mind™ #3, it requires a different skill set. As we mentioned earlier, we are educating our students to understand that every workout should be different.

Cool Down

Cool down provides time for heart rate recovery as well as the opportunity to stretch the muscles and focus on flexibility. In R.E.D. Warrior® it is also clearly a time of celebration. Your students progress will be obvious. They will feel a true sense of accomplishment and above all, a State Of Appreciate™ for their mind and body.

Take a few moments to review modules #2 and #3, then grab some water and a towel, it's time to move!

(15 minute break to complete exercise)

R.E.D. Warrior® Module #2 & #3 Review

- Describe ego: _____
- Simply put, Warriors® are more powerful _____ than _____.
- While speaking with Martial Arts experts, we found that a common understanding regardless on the genre of Martial Art is the belief that one must _____ in order to be the most powerful one can be.
- Each time you Experience the class, your Warrior® will _____ and new _____ will be made.
- A warm should be a minimum of _____ minutes long.
- During the warm is important to quiet your mind, listen to body and rely _____.
- What is different about the cool down in R.E.D. Warrior® Experience?
- Traditionally cueing is used to _____.
- List two commonly used R.E.D. Warrior® cues:
_____.
- _____ #1, #2 & #3 are implemented in R.E.D. Warrior® as a natural source of safety.

- It is important to _____ before, during and after the R.E.D. Warrior® Experience.

Module 4: Muay Thai – The Basics

Muay Thai is commonly known as the science of eight limbs because almost all parts of the body are engaged during the fight. The forehead, the fists, elbows, knees, and feet. MT is usually done in five, 3 minute rounds. However, R.E.D. Warrior®, is down in six, 5 minute rounds so pace yourself. Trained to use their fists like boxers, Muay Thai fighters also rely on kicks and two strikes almost unique to Muay Thai, the knee and elbow. This combination makes Muay Thai uniquely powerful.

KICK

The kick is a fundamental strike in Muay Thai, like the jab in western boxing the kick is the long range weapon of the sport.

POWER ANGLE KICK

This kick's power comes from the rotation of the hips. Turning the hips just a bit forces the foot to travel a much greater distance and creates a lot of speed so the longer the leg and quicker the rotation, the faster the kick. Unlike karate, Muay Thai fighters are also taught to strike with the hard bone of the shin. It really is powerful.

A Muay Thai kick generates roughly the same force as a baseball bat.

ELBOW

Human bones can resist forty times more stress than concrete and unlike most strikes that land with some combination of flesh and bone, the elbow is almost pure bone.

ELBOW STRIKE

Basically it works like the point of a knife. all the force is magnified by being concentrated in a small hard area. Even if the elbow doesn't deliver a knock out it will almost always leave a nasty cut.

KNEE STRIKE

Getting in close neutralizes the opponents weapon advantage allowing us to bring more power with the knee. We don't have to rely on rotation, we can simply pull our opponent to us and use leverage as we drive the knee up.

HANUMAN

It's not the arms but the legs that drive our fists. You will use the power of the legs to drive the fists at the same time to a vulnerable area.

BENEFITS: Muay Thai not only allows the participant to improve their balance thru core stability, it provides an environment where flexibility and range of motion are easily modified and achieved. This makes the States Of Mind™ really easy to progress through.

Grab some water and we'll walk you through the basic Muay Thai movements that will be applicable for the R.E.D. Warrior® Workout.

Module 5: Bootcamp/Military – Basics

Let's step into the Military portion of our training.

Agility

We'll begin with Agility. This is the body's ability to change position efficiently, move quickly, think on your feet. It and requires balance, coordination, speed helps, quick reflexes, strength and endurance. All of which will continue to improve over time through the RED warrior training. Now, states of Mind are going to be important here. You will want work at a challenging level but also one that you're comfortable with. As you practice, you'll be able to move through the states of mind with ease. You'll notice that your reflexes get quicker. You'll be able to change direction more efficiently. This is all mind body connection, you'll see major improvement here.

We will work with travel patterns, different progressions, moving forward and back calling out directions, changes for quick response. Keep in mind that posture is always important. We use all planes of motion in this portion of our training. The constant change of direction will challenge posture. We want to think about engaging the core, keeping those shoulders back and that chest lifted.

Jumping Jacks

Let's talk about a movement that you've probably been doing since you were a kid, the jumping jack. We are going to look at it a little differently in training, applying all three states of mind. We will begin without the plyometric intensely and then slowly progress the movement. State of mind one will allow us to focus on hip abduction. By beginning each move in state of mind one, you'll be forced to control your movement and have time to master proper form as you move into the power jack or the flyaway jack. Remember, these are always options. These progressions can be partnered with a lot of different drills to increase intensity. However, slow and controlled movement is always our goal and it's always more challenging.

Tire runs

Tire runs are great fun and will really encourage to bring the energy. We'll do them in place, we'll add drops or squats and we'll also work in a triple step format. A lot of fun!

Jump Tucks

State of mind one will allow us to simply raise the heels and focus on the calves. We will progress to a small range of motion with power and continue on with options to a full knee tuck.

Burpees

Burpees – i'm sure you've heard of these – not to concerned we have great statements of mind . We'll begin with half burpees and then move to full, push up, jack and flyaway burpees. Bring it!

We will breakdown some functional movements such as squat and lunges We start with the most basic functional variations: including functional, closed, open, sumo, plea, power, travel and more.

Next we will introduce pushups, remember in this military segment of our training, it's all about moving your open body weight. If you have a bad wrist or shoulder, back issues, not to worry, we have state of mind for you. We'll review full push ups, wall pushups, knee push ups, tricep push ups, basic push ups, travel hover push ups, roll push ups, jump push ups, jack push ups, freeze push ups and more. Sounds like fun. You'll be surprised what you accomplish.

Next it's all about the hover. We'll do them standing, on the floor, to the side standing, to the side on the floor, we'll do them with tucks and progress them to one arm and one arm with a crunch.

I know this can sound a little overwhelming but we will take it one state of mind at a time and you'll be fine.

You'll need a towel or small Red Warrior Mat for this portion. Let's grab some water and get at it.

MILITARY TRAINING & STATES OF MIND

TIRE RUNS

- IN PLACE
- WITH DROP
- TRIPLE STEP

JUMPING JACKS

- ALTERNATING HIP ABDUCTION
- FLY AWAYS

JUMP TUCKS

- CALF RAISES
- HALF & FULL

BURPEES

- HALF BURPEE
- FULL BURPEE
- PUSH UP BURPEE
- JACK BURPEE
- FLYAWAY BURPEE

SQUATS

- FUNCTIONAL OPEN – SOM #1
- CLOSED
- SUMO
- FLY A WAYS
- POWER
- TRAVEL – FROGS

LUNGES

- FUNCTIONAL – SOM #1
- BASIC TOUCH BACK
- TRACKERS
- POWER SWITCHES
- LUNGE TO GLUTE SQUEEZE OR REAR KICK
- LUNGE BACK TO SIDE CHAMBER OR KICK
- ONE LEG

PUSH UPS

- WALL
- KNEES
- FULL
- TRICEP
- HOVER
- TRAVEL
- JUMP
- FREEZE
- THE ROLL
- JACK

HOVERS

- STANDING
- PUSH UP
- SIDE PLANK
- TUCKS
- 1 ARM
- 1 ARM WITH ALTERNATING KNEE (CRUNCH)

Module 6: Joint Actions and Planes of Motion

The R.E.D. Warrior® Workout was designed to empower others and the instructor plays a key role in this experience.

It is important for you to have a basic understanding of planes of motion. I know that sometimes this can be hard to grasp but I promise you as we move through the practical portion of the training you'll find it very easy. Be sure review everything in this module. It will prepare you for the test at the live training. We will review it again at the training, however, everything you need to know for the written portion of the testing is provided here.

The human body is divided into three primary planes – transverse plane, frontal plane, and the sagittal plane.

- The Sagittal plane divides body into right and left sides
- The Frontal plane divides body into anterior and posterior sides (front/back)
- The Transverse plane divides body into superior and inferior parts (top and bottom)

Visualize this: the body cut in half right to left, front to back and top to bottom. All motion occurs around one of these three planes of motion. Generally they occur as follows:

- Sagittal Plane – flexion and extension
- Frontal Plane – abduction and adduction
- Transverse Plane – internal rotation/external rotation

We function in a 3 dimensional environment. However, many traditional training methods tend to emphasize movement in one plane or one plane at a time. The transverse plane is often neglected in training programs. In R.E.D. Warrior® you will be providing your students with the benefits of moving through all planes of motion. Planes of motion help to improve agility as well as balance.

One of the most important things to understand is that every muscle works in accordance to a joint action. We often see people trying to do exercises that are simply not targeting the muscle group they think they are. For example, they may think they working their back, when in truth

they are actually working their chest. If people are going to train, they need to be doing it correctly. This is where we come in. Also, remember that quality is always more important than quantity. Any kind of training that ignores technique puts the client at risk for injury. Their opportunity to get results is reduced. We know it is far better to perform one repetition the right way, using perfect form, than to do ten the wrong way. We must instill in our participants that training slowly first to develop technique will ensure safety, minimize that risk for injury and build their mind muscle, mind body connection so that eventually they can add speed. Let's talk a bit more about joint actions. Let's say I'm training and my focus is to engage my opponent. I throw a jab to engage them, but the cross that follows, that's what takes them down. Next, I plan to kick as I do so, I lift my knee (hip flexion), of course my knee is bent (joint action – knee flexion) and as I thrust the kick (knee extension) forward I engage my core, flexing my spine and stabilizing for balance (joint action – spinal flexion). In other words, the better understanding that we as instructors have of what joint actions are required to fire the muscle group, the better job we can do at cueing and creating a safe environment for our participants. We will be able to look out and see what is not connecting for them and then adjust our cueing in a way that will empower them to find that corrective movement.

A front kick would be executed in the sagittal plane, as would a front shoulder raise or Hanuman strike. While a roundhouse kick would be executed in the transverse plane, as would a hook or chest fly. A leg press, squat would be done in the sagittal plane. A jumping jack, flyaway, lat pull down or lateral shoulder raise would be done in the frontal plane.

When we decrease the angle at a joint it is referred to as flexion. I mentioned hip and knee flexion earlier. When we move toward the midline we are adducting. When we move away from the midline, we are abducting. If we extend past the anatomical position we are hyperextending. When we throw a punch, there is an increase in joint angle at the elbow, this refers to extension. When we do the movement Esquiva #1 swaying side to side the joint action is lateral flexion, flexing that spine from side to side. When we lift the shoulders up we are in elevation and when we relax them and press them down, we are in depression. Again, if you understand what is happening with the body it's very easy to help the participant. Circular motion of a limb, circumduction. The ball and socket joints. When we kick and extend at the ankle, pointing the foot the joint action is plantar flexion. When we pull the toes up and lead the kick with the heel, it is called dorsi flexion. A backward rotation of the shoulder girdle away from the spine is retraction. An example would be squeezing your shoulder blades together. If I create forward movement of the shoulder girdle away from the spine, round my back out, I am protracting. Finally, if you knock your opponent out and you leave him or her laying face down, they are in a prone position. If they land face up, they are in a supine position!

We are going to wrap this module up with the very important 5 components of fitness.

These 5 components measure your body's ability to use oxygen as fuel, your muscular strength and endurance, the flexibility of your joints and your total body fat.

- Cardiovascular Endurance refers to the ability of your heart and lungs to work together to fuel your body with oxygen.
- Muscle Strength refers to the amount of force a muscle can exert, in a single effort.

- Muscle Endurance refers to the ability of a muscle to perform a continuous effort without fatiguing.
- Flexibility is a key component and refers to the ability of each joint to express its full range of motion.
- Body composition refers to the amount of body fat you have, versus the amount of lean muscles, bones and organs.

The RED Warrior combination of Martial Arts and Military Training, provides all five components for a great workout. In addition it creates a very positive environment in which you can grow and learn to become the best instructor you can be.

Please [download and complete this review](#) and bring it to your training to help prepare you for your certification test.

It's time to move! Grab some water, we're going back inside!

Module 7: Capoeira – Basic

Capoeira is a Brazilian Marital Art that started in the northern part of Brazil in the 15th century. Many consider Capoeira to be part of the roots of Brazilian Cultural. Master Trainer, Bimba recognized it in the 1970s as a Brazilian national sport.

In the early days it was prohibited to play Capoeira in the streets of Brazil, it was during this time that Capoeira was disguised as a dance. As a result, music is a huge part of this martial art.

In addition, it has a foundational step called the Ginga. You will need to become very familiar with this step as you begin and finish your kicks with Ginga.

Capoeira is played in a circle, as a result, many of the kicks in Capoeira are circular kicks. Like most martial arts, when you kick in Capoeira you have to use your hips to thrust and gain power. Balance is also very important.

The first movement we will review will be **GINGA**.

Notice the leg goes back but never crosses behind the other leg. This is to maintain balance and stability. Keep the feet at least hip distance apart and the back heel up. Again, do not cross behind. If the right leg is back, the right arm is up to protect the face from incoming punches and kicks, however, we never cover the eyes. You will then step out to the side with your weight in the center then Ginga to the other side. This is a fluid movement back and forth, from side to side.

Next we will learn, **ESQUIVA #1, #2, #3**

Esquiva is important in Capoeira as we don't block the kicks, we move or flow with the kicks. It's part of the movement that looks like a dance but also protects you. You will learn three variations.

In the first variation you will move the head and torso in the direction you are traveling and switch the blocking arm. Be sure to stay low, tilting the head out of the way and using the other arm for balance. In variation #2, you will begin in Ginga and drop down into a deep lunge using the outside arm for balance. In the third variation, you will begin in the Ginga position. Next you will pivot from that position to a parallel position. Remember to pivot on the balls of the feet. Check your foot placement after the pivot. Try to maintain a distance of shoulder width between the feet for balance.

In general remember to always look forward in each variation.

Next, we will be reviewing three kicks.

BENCAO

The first kick we will illustrate is a forward kick, driven from the hips.

Remember to push forward from the hips to generate power. You will need to engage the core for balance.

Starting from the Ginga position, bring the knee up as though you are pointing with it. This would be state of mind one. Return to ginga, finding your balance after kick. Remember this is continuous movement, like a dance. As knee comes up, the arms come up to protect face with the weight in the ball of the foot.

Flexibility plays a big role here so you may want to visualize kicking below the waist. As your flexibility increases, you will naturally be able to kick at different levels. In addition, as your balance improves, you will be able to transition more quickly.

MARTELO

This is similar to a roundhouse kick, Martelo makes contact with the top of foot. Begin in ginga, pivot onto ball of front foot, the hip comes forward. Next pivot and chamber, extend the leg and snap it. Again, the height of kick doesn't matter as you decide where your target is.

CRUZADO

This is a side kick that begins with Ginga and Esquiva. You then add a foot pattern that moves you into your opponent, loading the kick and driving with the heel, striking with the flat part of foot. This kick is more of push than a snap, thrusting from the hips.

Remember, slow is how you practice everything. Once you can do it slow you will have developed technique. Speed comes with technique.

Your movement is your personality in Capoeira, let it show! ENJOY!

Module 8: Kung Fu – Basics

The term Kung Fu was traditionally used to describe any great achievement or skill that one has mastered. For example, if you were a master chef, I would refer to you as Kung Fu in cooking.

Today Kung Fu refers to any of the nearly 400 martial arts that originated from China.

We are going to begin Kung Fu in a HORSE STANCE. We'll take a wide stance and bend the knees as though we are actually sitting on a horse.

KNIFE HANDS

Focus on breathing. Fists at hips with palms up and then will raise the arms, placing the hands into a knife life position and begin a series of movements designed to create tension through the body and deep breathing.

HORSE STANCE WITH FRONT KICK

Feet are parallel in your stance. We will alternate the kicks and lead the kick with the heel of the foot.

ARROW PUNCH

From the HORSE STANCE position we will allow the body to turn side to side, releasing the heels. As we do this we will extend one arm through to a punch and then move to the opposite side with a block coming back around to the other side, block to punch and again block to punch. Many people consider Kung Fu to be the most fluid and most beautiful of all martial arts. We will begin each movement slowly and then build rhythm and intensity. You'll feel the fluidity. It's quite empowering.

HORSE FIRE PUNCH

Begin in the HORSE STANCE with the same hand position and as we punch forward with one hand at a time. We will rotate, as the arm goes forward the palm goes down as it comes back the palm will be up. We will alternate side to side. Again we will build speed and intensity.

WING CHUN PUNCH

This punch is different as we keep the elbows tucked into the body, behind the fists. We maximize the energy of each punch this way. This punch is known for being quick and close. The punch is delivered to opponent's core along a center line so that the force is more directly

applied. Again, it's a combination of speed and power. Punch technique, punch location and punch frequency that makes this punch so powerful.

You'll notice the more relaxed you are the more punches you can throw.

Our last movement will be the **WIRE FU KICK**. Now this movement is difficult, however our Warrior® States Of Mind™ will enable us to find a comfortable delivery. Normally you will step into your opponent, powering off your lead leg and raising the opposite knee to create momentum, as well as distraction, you will then strike with the opposite leg. The momentum of the jump generates additional force. Not to worry, we will demonstrate a State Of Mind™ without the jump.

You're really going to love working with the martial art. As I mentioned earlier, it really is beautiful. The movement is so fluid and feels so good on the body. It's very energizing and very empowering.

During this particular round in the class, you'll notice that the music is a bit slower, thus giving you time to really breath and focus on that breathing. This will be very important at this stage of the class because you are closer to the end and perhaps feeling more fatigue. We specifically put this module there. Take advantage of that. Whenever we move into fatigue we must focus a little more, dig a little deeper, go inside a little further, Quiet Our Mind™ a little more. This is how we become inspiRED, empoweRED and REDefined!

Module 9: Instructor Wrap-up

Now that you've completed the online portion of your R.E.D. Warrior® Certification, it will be important for you to continue to practice the movement that we have reviewed with you. Review each module over and over until the movement becomes second nature. This will allow you to get the most out of the upcoming practical portion of your certification.

Some concepts we will explore through the practical portion of the certification:

- State of Appreciation™: Helping the participant to Acknowledge how well their mind and body serve them, accelerating performance in their workouts and redefining who they are, their Inner Warrior™;
- Quiet Your Mind™: actively creating a future by taking a stand for who you are and what's possible;
- Mind Your Own Business™: being authentic and being true to yourself — a way of being and acting that shapes your life and opportunities;
- Listen to your body™: the backbone and driving force of achievement; Self-respect.
- Easy™ – Understanding how the power of your word, intentions and follow through can set new worlds in motion.

Remember, this is just the beginning of a life long journey to mind & body wellness.

During the live portion of your training, we will be able to assess your movement and give you the one on one attention required to be sure all of your questions are answered and you are as comfortable as possible with the choreography. We will be breaking choreography down as well.

One of the most important things to do between now and then is to attend R.E.D. Warrior® Workouts if they are available in your area. If not, simply continue to practice your modules. Workouts will be coming to your neighborhood soon. You will also want to sure and review the Joint of Action and Planes of Motion for the written part of testing at the certification. Again, all of the answers are there and we will review them again at the training so have your questions ready.

Once you complete the upcoming onsite practical portion of R.E.D. Warri-or® Certification you will have the opportunity to experience the music and choreography video for a trial period of ten days. During that time you will be able to review the R.E.D. Warrior® Connection options which include the music mix, cueing modules, demo modules, facebook instructor page, Warrior Wednesday affirmations, bi-monthly live and archived conference calls and more.

We look forward to seeing you soon. Until then, Quiet Your Mind™, we'll see you inside. **GO R.E.D.!!!**

[Download Instructor Certification Test Review](#)

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