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## KICKBOXING GIVING AN EDGE

N5Digital, Inc.  
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### Overview of IsoTone

IsoTone is an innovative, light, and portable resistance fitness and strength training device that automatically adjusts its resistance based on the force applied, making it an ideal tool for training athletes and sportsmen in different sports. The level of workout loads varies depending on need: from casual to extreme where the athlete reaches highly aerobic state within a few minutes of intense exercise. IsoTone's portability allows athletes to engage at any level of aerobic and strength developing exercises in a gym or, importantly, everywhere outside of gym, anytime.

Here we are discussing kickboxing and mentioning our brief meeting with Darius Skliaudys, a kickboxer from Lithuania who is presently residing in Florida. As a datapoint related to the word "extreme" above, interesting to note that Darius tried IsoTone and, as he claimed, after just 3 minutes, he was sweating. And believe us, to get a professional kickboxed sweating takes some effort!

### ISOTONE CUSTOM TRAINING

While IsoTone can be effective in whole body strength development, here we focus on enhancing the speed of offensive and defensive moves, one of the most important qualities, in addition to strength of course, that will give an edge to athletes that are trained using the custom made IsoTone's training regimen specifically focused on speed. We will discuss specifics in our next podcast.

### ARGUMENT IN FAVOR OF ISOTONE TRAINING

Without getting into the specifics of the IsoTone's Agility and Speed training we asked an imaginary kickboxer: giving you a demonstration of our kickboxing-focused custom-made training, please answer two questions:

1. Do you consider the rationale beyond IsoTone training as valuable in giving you an edge over your competitors
2. Would you be concerned that your competitors take IsoTone training while you do not?

NOTE: the IsoTone training regimen for kickboxing has yet to go through hands-on testing as part of general training. And, of course, in the ring. In professional sports, even a minute edge counts!

In this podcast we are intending to stir your curiosity and your spirit of exploration in the search of an edge!

### Kickboxing: General Information

Kickboxing is a dynamic combat sport that combines elements of traditional boxing with powerful kicks and knee strikes from martial arts like Muay Thai and Karate. Originating from Japanese and American martial arts, kickboxing emphasizes agility, strength, timing, and technical skill.

## Key Techniques in Kickboxing

### 1. Punches:

- *Jab*: A quick, straight punch aimed at disrupting the opponent and creating openings.
- *Cross*: A powerful punch that follows the jab, aiming for significant impact.
- *Hook*: A curved punch targeting the sides of the opponent's head or body.
- *Uppercut*: An upward punch, usually targeting the chin.

### 2. Kicks:

- *Roundhouse Kick*: One of the most fundamental kicks, delivered by swinging the leg in a circular motion toward the opponent's body or head.
- *Front Kick*: A direct, push-like kick aimed at keeping the opponent at a distance.
- *Side Kick*: A powerful, linear kick that travels sideways into the opponent, often aiming for the ribs or torso.
- *Spinning Back Kick*: A more advanced move that uses the fighter's rotation for added force.

### 3. Knees and Elbows:

- *Knee Strikes*: Commonly used in close-range combat, aimed at the opponent's midsection, ribs, or face.
- *Elbow Strikes*: Effective in close quarters, often used to cut or disorient the opponent.

### 4. Defensive Moves:

- *Blocking*: Using the arms or legs to deflect incoming attacks.
- *Head Movement*: Dodging attacks through bobbing, weaving, and slipping.
- *Footwork*: Moving to evade attacks or reposition for a counter-attack.

## Key Qualities of a Successful Kickboxer

1. **Speed and Agility**: Quick reflexes and footwork allow fighters to evade strikes and create offensive opportunities.
2. **Endurance**: Kickboxing demands both cardio and muscular endurance, enabling fighters to maintain power and speed throughout the match.
3. **Mental Toughness**: Focus, resilience, and adaptability are essential in managing pressure and responding to the opponent's tactics.
4. **Technique and Precision**: Mastery of techniques, combined with precise timing, enhances the effectiveness of each strike.
5. **Strategic Thinking**: Understanding when to attack, defend, or counter is crucial for adapting to the opponent's style and maximizing scoring opportunities.
6. **Power and Control**: Strength to deliver impactful strikes, paired with control to avoid unnecessary energy expenditure or penalties.

Kickboxing success relies on a blend of physical skill, mental fortitude, and strategic decision-making, allowing fighters to maximize their strengths while exploiting their opponent's weaknesses.