

Solo Single Stick Program Workout Concepts

I do 1-minute rounds to enhance focus. You must focus more in a short round because it will be over fast and increase variety to avoid boredom.

If you constantly focus on making each strike a little sharper, more accurate, more efficient, and are imagining a live opponent, boredom should not be an issue at all. You should be in the moment not wishing the workout was over.

Warm up

I usually do a light warm-up by swinging two sticks. I do [Solo Sinawali Karenza](#) movements in a smooth, fluid manner which warms up my entire body.

Intensity

You decide what effect you are looking for. If you want a tough, short, anaerobic cardio workout, then go high intensity for a few rounds. You can also add rest periods.

I rarely do this as, even in actual fighting, I want to reign in my intensity level so I can have energy throughout the entire match, and for those that follow. The mark of an amateur is to go all out the first 30-seconds and then have nothing left the rest of the fight. So I prefer a brisk pace with flashes of high intensity inserted.

My first round (first two if I am alternating right handed then left handed) is at a moderate intensity to further the warm up.

I almost always start with a round of single strikes to keep my fundamentals sharp: a round of jabs, a round of circles, and a round of slashes.

Sometimes I isolate open and closed. For example, jabbing only from the open side for a round, then the next round is only jabs from closed. But I usually include open and closed in my single strike rounds.

Typically, my first three rounds are:

- Jab only
- Circle only
- Slash only

I vary the targets and, of course, employ the Triple E Fighting Protocol.

Next I'll go into 2-count combinations. I'll often do the 2-count matrix utilizing the Jab (J), Circle (C), and Slash (S).

Next rounds are 2-counts:

- JJ
- JC
- JS
- CJ
- CC
- CS
- SJ
- SC
- SJ

Since there are 9 elements right there, I usually consolidate so that it doesn't take up the entire workout.

Next rounds may be:

- J to J, C, or S.
- Then I start with the circle: C to J, C, or S.
- Or I start with the slash: S to J, C, or S.

In three rounds, I hit all of them.

Then I play with longer combinations, I add in thrusts, include 2-handed strikes, and close range work.

If there is a particular combo I want to work, I'll do a round of that, sometimes three or more rounds of the exact same combo to imbed it.

My first 6 rounds are often the same. Then following rounds vary. After the first 6, I might work just the jab again. Or I may practice striking entries to a takedown or do rounds staying in close range.

Maybe something came up in a sparring session that you want to ingrain. Your only limit is your imagination.

I suggest playing music during your workouts. I prefer music with a great rhythm as it helps with relaxation and motivates good movement.

I hope this helps you with your workouts. It's great fun, very engaging, and it will make you better than ever. Enjoy your training!

Burton Richardson