

A woman with blonde hair, wearing a pink sports bra and black pants, is leaning against a large black punching bag. She is looking towards the camera with a slight smile. The background is dark.

WEIGHT LOSS

THROUGH MARTIAL ARTS TRAINING

Lose fat, get fit,
healthier and happier!

RAFAEL SANTOS

Weight Loss through Martial Arts Training:

Lose fat, get fit, healthier, and happier!

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RAFAEL SANTOS

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RAFAEL SANTOS

Introduction

I want to thank you and congratulate you for downloading the book, *“Weight Loss through Martial Arts Training.”*

This book contains proven steps and strategies on losing weight through the use of martial arts. If you are suffering from obesity, sudden weight gain, and inadequate fat, then you did the right thing by reading this book. When it develops, you can treat it using this book.

This book fully explains what type of martial arts you can do to lose weight and tips in order to stay fit. This will give the reader enough information and understanding about having training in order to lose vast amounts of weight.

Here’s an inescapable fact: you will need a lot of patience and determination in order to lose weight. We all know that a martial art is a very famous sport, but learning these things is definitely not a laughing matter. You need to exert effort and stay patient along the way; this is the secret in order to lose weight!

If you do not develop your will to lose weight, then you will have a problem while doing this activity. What I can advise you is to just enjoy things and keep yourself from doing more. It’s time for you to become amazing. Learn to lose weight using martial arts, and never look at you the same way again!

Thanks again for downloading this book, I hope you enjoy it!

Chapter 1 Types of Martial Arts and Benefits



Martial arts are an effective way that people use to lose weight. It is very effective, as it requires people to exert effort and discipline. There are a lot of successful stories from people who lost weight after engaging in this activity. Most of them have improved their cardiovascular health and mood as well.

You might think that martial arts are a tough sport to participate in; but you will be surprised to learn how many people did this. You don't need to be an expert to do this. The activity is fun and efficient if you really want to lose weight. Also, women are doing this, and they all find it very helpful in terms of maintaining their desired weight.

Most women lack time to join martial arts to lose weight. In fact, studies today show that men outstand the interest of women in terms of sport. However, I truly think that with the right effort and willingness, women can also do the activity even by just staying at home. All they need to have is a punching bag, and they are good to go!

Losing weight is just a predicament for the ladies. Even though there are tons of methods we can do to be able to achieve it, some of us lack motivation and strength. This is the reason why I want girls to see martial arts as their own passion of expressing themselves. It is such a wonderful way to release their emotions. It will not only enhance their figure, but it will also nurture their person. It is a healthy way to rejuvenate you. Not like any other sport, martial arts involve motion, speed, and agility. It has many core functions that you can learn... in just a few minutes.

To give you more information to understand martial arts, let's focus first on its benefits. Martial arts have so many benefits, aside from making you lose weight. People do it from many different places, which is why I think it is the most effective sport to stay active. Here are some benefits that martial arts can give you:

1. It will improve your cardiovascular health

My cardiologist advised me to join extracurricular physical activities after finding out about my condition. I have irregularities in the structure of my heart, making it harder to regulate blood in my body. When I first found out about having a heart disease, I got scared and I thought I would never be able to do sports again. I was terrified, but then I figured it would only worsen my situation, so I tried kickboxing. At first, it was really hard. I don't have an athletic body like the others, but I had a trainer who helped me to be better. After four months of training, I noticed that I have no problems with running and doing sports. I also lost weight even without thinking about it. I also stopped fainting and having nosebleeds, which were very disruptive before. I suggest that those people who have heart problems should do martial arts at least 30 minutes a day; I swear to you, it really works!

2. It will enhance your muscle tone

Your muscle tone will definitely improve when you start doing martial arts. You will gain more muscles and you will be more toned. In some research, it says that having a higher muscle mass will help you keep a higher demand for metabolism. It will help your body burn more calories, which will prevent you from being obese. This is the main reason why martial art is being recommended by most of the trainers and dieticians. It is said to be effective, and it has a promising benefit in your physical and emotional health.

3. It will help you gain better reflexes

Having fast reflexes is a major requirement in doing martial arts. This is another benefit you can get by doing martial arts. It will improve your reflexes in order to perform faster reactions. Martial arts will prepare you in these areas and it will most likely help you to be able to be attentive in many circumstances.

4. It will render you an improved mood

There is evidence today that says that when people participate in regular daily exercise, they will surely improve their mood. They will see more of the world and they will gain different perspectives on life. When you perform martial arts, you relieve your own stress and frustrations. This will make you feel happy and it will appear your body is releasing more active as you do it because of endorphins that. Physical activities like martial arts can sustain you a better and healthier body. It will not only help you feel happy with your life, but it will also give you a positive feeling throughout the day.

5. It will help you lose weight

Losing weight is every girl's desire. We all want to lose weight in a natural way. But guess what? Martial arts can help us do this because it will allow us to do more physical activities. A pound of fat is equivalent to 3,500 calories; you need to lose at least one pound of fat per week to achieve the weight you want. The intensity of martial arts will help you burn 500 calories so it will surely help you lose weight as you go.

Martial arts are absolutely a must-try. Now that we know the great benefits we can get upon doing the activity, let's now focus on the types of martial arts we can do to be able to lose weight. Although martial arts have a promising goal, we all should be knowledgeable about the types available so that we may choose what best fits us.

If you are about 130 pounds, you will be able to burn 590 calories when you do martial arts for one hour. If you are 155 pounds, you will get to burn 704 calories. However, if you are about 180 pounds, you will be able to burn 817 calories in one hour. In some cases, there are what we call obese cases which can help them burn 931 calories in one hour, for people who are 205 pounds overall. However, the amount of burned calories varies in how much physical activity you do; this is the main reason why it is important to know the right martial arts for you. Here are the types of martial arts that are very effective in losing weight:

- Karate

This kind of martial arts will focus on power. The objective is to have more upper body strikes, and do plenty of kicks. Learning this takes time so I suggest taking your time while doing this. The stance that you will learn from this will help you to defend yourself. But, I must warn you that this type of martial arts requires a lot of movements.

- Taekwondo or Kung Fu

You will get an excellent work out when you do this type of martial arts. It has a lot of fighting styles so I think this will keep you enjoying your training. It also requires a lot of movements such as kicking, jumping, striking, and even the general movements you see on the television. It is perfect for building a solid and strong leg.

- Kickboxing (also known as Muay Thai or MMA)

I personally practice this type of martial arts. It is certainly fun because you get to combine punching and kicking. I had trouble kicking at first because of my hip and legs; this is why I did more workouts to help me improve my power, motion, agility, and speed. After a few weeks, I noticed that my legs became slimmer, and that I can move freely during the day. It absolutely made me faster. What I love about it is that it focuses on parts of your body, and targets the weak point in you.

- Boxing

For me, boxing is the best martial arts to burn huge calories. It requires sparring and practice sessions every week. With that said, I can assure you that the reward you will reap is priceless. You will get to burn over 100 calories more than with the other martial arts. It is cardio-intense because it requires you to throw punches with power. This enhances your upper body movements.

- Judo (also known as Jiu-Jitsu or Hapkido)

Judo became popular because of people who wanted to learn self-defense. It is also good for losing weight, but this type of martial arts doesn't involve jumping, striking, or moving around. It may sound

boring, but it is actually kind of fun because it uses weapons. If you want a source of martial arts that will help you lose weight and allow you to protect yourself more, then this one is for you!

- Krav Maga

I highly recommend this type of martial arts to those who have strong bodies. For me, Krav Maga is the most hardcore of all. It is so brutal; it is almost like wrestling, Judo, and Muay Thai all combined. What is intriguing about this martial art is that it helps you to be alert. It will help you focus on real life situations. It also educates people about the opponent's weak spots, which they can attack.

- Capoeira

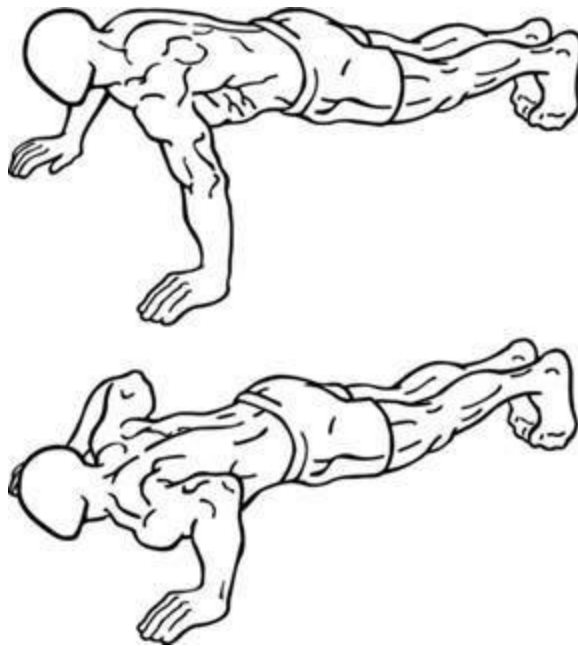
My friend introduced me to Capoeira about two years ago. It is the most enjoyable martial arts for me because it involves dancing. It is honestly hard to learn, but with the right amount of determination, I guarantee you that you will improve your moves in acrobatics, sweeping, kicking, striking, slapping, and punching. It will help you groove and that's what I like most about this activity.

These types of martial arts have very light differences. However, the commonality they all possess is that it will require you to exert time and effort. It will definitely teach you great moves, but what fascinates me more about these martial arts is that they help your body do more and are such fun alternative workouts. Martial arts are surely something you can look forward to in terms of losing weight!

Chapter 2 Best Training to Burn Fat

Martial arts have several exercises you can do easily even when you are just at home. These exercises are said to be simple to do. Thus, you do not need to be a professional or a fighter to do these kinds of exercises. These exercises focus on the speed, cardio, upper and lower body strength, and alertness. Here are some of the exercises we do during trainings:

- Push up



This kind of exercise will help you strengthen your fist, biceps, and triceps. It is merely about sustaining strength in your chest and arm. You can do at least 30 pushups in the morning and 30 pushups at night.

I enjoy knuckle pushups. This is the same as the ordinary push up, but the fists are just closed as you move up and down.

To do normal pushups, all you need to do is just lay down facing the floor. Use your arms to support your body, and then bend your arm up and down, carrying your weight. You can do this for however long you want, but make sure that your body is straight going up and down (as shown in the picture above). Pushups will help you gain balance and power throughout your whole body. I like pushups because they improved my sense of balance. Before, I usually get out of balance when running or walking fast. When I tried the push up exercises, it definitely helped me regain balance.

- Stretching



Stretching is the first exercise we do before going into intense exercises like pushups, punching, or kicking. You can start stretching your neck and head by rotating it clockwise and counterclockwise for 20 seconds. After the head, proceed in stretching your arms and legs, which also takes about 20 seconds. You can also rotate your hips clockwise and counterclockwise for 20 seconds. Stretching helps you to condition your body so when you perform the tough exercises and trainings, your body is prepared. This also limits your body's aches after your session. It will also make your body feel flexible.

My favorites in stretching are back, neck, and shoulders. They make me feel lighter every time I do them. It's such a nice feeling when you hear them "click" as you stretch. I recommend that you stretch your body every day, especially at work in order to assess correct posture.

Also, it will decrease potential injury. What I like most about stretching is that it gives enough blood and nutrient supply into my muscles when I do it.

- Kicking



Kicking is an exercise that might be a little tricky for you. If you are a woman who has a thick legs or weak legs, this may be hard for you to do. I suggest you practice kicking higher and higher every day. This will definitely allow you to have strong legs. Also, you can do this exercise for 30 repetitions; it doesn't necessarily mean you would allot so much time. Just make sure that you improve your power and height as you kick.

You can do this at home so it is very efficient if you think about it. It will even be better if you hire a trainer or you enroll yourself into classes to help you improve; there's nothing wrong in asking for help anyway! For beginners who have a low budget, it is okay as well because a punching bag is very affordable nowadays! You can purchase them at any local sport store for a cheap price. Punching bags are very helpful; they will help you improve your moves. If possible, incorporate some moves while doing this, such as jumping, moving,

gliding, etc. It will help you burn more calories!

- Punching



Punching is one of the most exciting exercises I do. I suggest you get yourself a punching bag in order to feel the hype of the exercise. When you have a punching bag, you can feel the power and speed you have when you throw punches. You can also experiment with combos while punching and kicking. The preferred time in doing this is about thirty minutes to two hours; I don't recommend doing this exercise for more than two hours for beginners because your arms and legs will certainly swell and feel bruised.

When you throw your punch, make sure you are hitting the right spot. Also, do not forget to put power and speed in your punches. You can also move while doing this, footwork and body movements are the best as they improve speed and strength for both upper and lower body. I personally like this exercise because it allows me to release emotions and frustrations. You can use this exercise whenever you feel stressed or mad. I tell you, it will definitely help you feel lighter. So it's a two way beneficial exercise. Both body and mind!

- Squat



Squats can make your legs ache if you don't stretch them properly. I suggest you do enough stretching for your legs in order to do this. Squatting is hard to do; it is the exercise I don't really enjoy it, because it tortures the legs and hips. I recommend doing 30-100 squats a day. Although, squatting is tedious and hard, the reward it gives is overwhelming. It sculpts the leg and tones your muscles. This also focuses on your lower body strength.

To do squatting, simply stand straight and then bend your knees downward. Do this instantaneously to achieve greater results in your body. You can also use dumbbells in your arms as you do this to increase strength movements in your upper body. You can also experiment by moving faster or lifting heavy stuff to make your work out even harder. It depends on you; stay creative in your exercises because it will definitely reward you in the end.

- Running



Running is something we all do, and it guarantees a lot of benefits in our body. Running is an exercise most doctors recommend for their patients as it regulates the blood to the whole body as you do it. For beginners seeking an effective way to burn calories and lose weight, I suggest you run every day, from one to two hours. This is very healthy because you allow your body parts to move and experience sunlight. For those people who have cardiovascular diseases, this is really helpful for all of you because it trains your heart to function well.

Although I am aware that most of us are busy, especially during weekdays, I still think people should exercise by running every day. It doesn't necessarily mean that they have to run miles in order to achieve a healthy body; it just tells people to practice moving every day. It will really not take so much time if you a lot even just an hour during morning or evening.

These exercises are proven to be [effective](#) and helpful for everybody. Most people, who do this regularly, have lost a huge amount of weight. Their story just proves that doing this exercise can really help you maintain a good figure and stay fit. Not only will it keep you looking perfect, it will also enhance your physical and emotional health. These exercises can also help you release stress and frustrations. All you need to have is a determined mind to be able to do all of this regularly!

Martial arts can surely be a fun and exciting activity for you, but doing these exercises will make you feel prepared as you go the extra mile. You can easily do this at home while doing your training or session. It doesn't need you to reach a professional level, you just need to practice and enjoy. Don't put too much pressure on yourself. Believe that you will be healthy in no time!

Chapter 3 Martial Arts are Effective for Weight Loss



There are studies today that show that martial arts can totally help you achieve a fit body. If you want to lose weight, I highly recommend you to do martial arts as it is proven to be very effective. There are millions of people who did martial arts and lost weight upon doing it regularly. What you need to do is find a place in your house where you can practice. You can also buy equipment because it will keep you motivated along the way. For people who want more intense time in doing martial arts, I suggest you find time to join training. Finding you a trainer will be beneficial as well.

To be able to practice martial arts, you need to learn the basic training tips. Many people today think that martial arts are hard and that they need ample time to learn this. Although the statement may be true, I still believe that anyone can learn this with the right motivation and will. In fact, you can do

techniques while being at home or just doing your regular routine. Like Jackie Chan said to the movie The Karate Kid, "Everything is Kung Fu." You can acquire martial arts in your daily lives, if you really want it. Here are some martial arts training tips for you:

1. Stand Up Skills

Martial arts are a combination of artistry, motion, and savagery. In order to master the technique, you need to have the proper way to carry yourself. Stand up straight and be able to control movements. Avoid slumping or resting in your shoulders because that will only promote bad posture. Practice standing up as if you are proud to be yourself.

Also, it will be helpful if take a holistic approach. Try to do trainings in fundamental movements. Prepare your body to be able to protect yourself. Do not compensate on doing just "fine" or being just "okay." Standing up can give you better impressions. It also imposes respect and self-confidence.

2. Ground Skills

Grounding means you being able to understand the essence of control. Master situational movements and approach because it will allow you to connect with your surroundings. It will also give you better comprehension about the way things go. Having ground skills will add up to you and help you to have great fighting repertoires as you proceed with your training.

3. Edged weapons and techniques

You can't win a battle when you're unequipped. In order to live in a greater quality of life, you must remember to always have "something." Never go into situations or circumstances when you are empty-handed. This is a practice all artists possess; they always make sure they are one step ahead of everyone.

4. Composure

Being able to compose yourself is a gift. You must always know how to gather peace of mind whenever it is needed. Furthermore, do not indulge in stress-inducing thoughts. Avoid feeling dissatisfied with yourself. Do not panic in times of unusual and unexpected events. Put in mind that martial arts strengthen your focus and attention; practice this everyday and you will be better not just in martial arts, but also in life.

5. Focus

The ability to focus is something you should master. Focusing means you giving attention to the most important things. It is the state of seeing the essential things in your way. Honestly, I have a hard time doing this. This is the reason why I do meditation every day. Meditation can help you increase your focus; I do it once or twice a day, for 20 minutes. There are different kinds of meditation you can do, so I suggest that you look for the methods you can do easily.

6. Connection to your surroundings

If you learn how to connect yourself with your surroundings, or with people around you, you will be able to move with the rhythm of life. Connection will allow you to feel stillness and secureness. It will help you understand the things surrounding you, which will help you be assertive in everything you see.

7. Alertness

In order to anticipate problems, you need to have a sense of alertness. When you practice being alert and aware, you open and prepare yourself for what's coming. It is helpful, especially if you have problems in analyzing things. Being alert will help you stay focused and stay mindful; it is something you should do on a daily basis.

8. Shaolin and Shotokan wonderful exercises

Shaolin and Shotokan exercises focus on sports science and human performances. It shows traditional warm ups like yoga and meditation. However, unlike these sophisticated practices, Shaolin and Shotokan focus on building a strong foundation in terms of movements. This helps you to avoid piling into fitness; it also prevents dysfunction. Hence, these exercises will boost your strength movement and skills acquisition.

9. Proper breathing

Proper breathing nurtures your body and soul. When you practice the proper breathing, you give enough air to your brain, which allows it to think clearly. It also promotes calmness, which you need in times of emergency. When I went to my doctor, she taught me how to do the proper breathing. You exhale with your stomach, and inhale through your stomach; in this way, your organs move through your breathing.

10. Movements and speed

Movements and speed should be practiced in whatever you do. You need to acquire power and strength in your movements in order to feel strong. Also, learn to do things in as quick a way possible. This will enhance your way of doing because you are able to do things faster and easier.

These things should be exercised daily. As you see, these things don't require training or time consuming practices. Just exercise daily on a regular basis and you're good to go! Practicing this will help you improve your state as a human being. These exercises don't require so much time to do; in fact, you can do these things wherever you go. You can do this while at home, while at work, or while walking and appreciating the environment. Everything is doable. It is quite easy if you think about it. These practices will improve your person, and the best part is, you won't even notice it because you're so used to doing it! It will give you more understanding and strength as you go!

Chapter 4 Having Good Health



Having good health is definitely a must; this is what martial arts promise to give you. Whether you are just getting in shape or losing weight, having good health provides a variety of benefits when you gain it. It will pay off if you learn to sustain a proper and healthy lifestyle. To give more brief information about the importance and benefits of having good health, here are ten things you should know about getting a healthy body and mind:

- Having good health means being more productive

Eating healthy and engaging in physical activities can boost productivity. There is a study found in America that shows that our brain needs fuel to be able to produce more energy.

- Having good health means being happier

Good health makes us feel happier because of the dopamine it

produces. Dopamine is the chief mood booster that helps the neurotransmitter serotonin to act as an antidepressant in our body.

- Having good health means aging better

I'm sure you've heard news about that 101-year-old man who runs 10k marathons. Yes, it's true, having a healthy body and mind will make you age better. You will feel strong and well energized through your days. It also nurtures your skin and helps you slow premature aging.

- Having good health means healthy mind and body

Good health is something you should have to attain a healthy mind and body. It comes as a package for it will help your body be proactive, and your mind achieves clear thinking and analyzation. It will help you function well as you live in this complicated world. Also, having a healthy body and mind will prevent stress and heart attack, which are the main causes of death.

- Having good health means you will live longer

This is such an obvious benefit you will get upon being healthy. Being healthy means living a longer life. There are a lot of Japanese people today who reached 100 years old because of eating healthy, exercising their bodies, and sleeping on time. These things make them feel less stress, and just be happy. They also feel satisfied in their life that is why they have a healthy mind as well.

- Having good health means appreciation of your body

Our body is our temple so we should always give it the best we can offer. It needs to be taken care of, so encourage you to be healthy. You can't take care of and love other people if you don't know how to take care of and love yourself; this is the major rule of life.

These things are just some benefits you should consider in order to inspire yourself to be healthy. These are the reasons why you should stay fit and healthy. Being healthy doesn't just mean staying in shape; it's about being physically and mentally healthy. Nurture your body and mind by eating the healthy food that is good for you. Also, be active by participating in activities that will keep your body and mind productive. This will most likely help you to achieve a healthier and greater life!

Conclusion

Thank you again for downloading this book!

I hope this book was able to help you to lose weight through the art of martial arts. As I mentioned, martial arts is a tough activity. But, as you give enough effort to learn, the benefits of it will be fruitful for you. I hope you learn all the necessary things you need to know in terms of martial arts.

The next step now is to START. Don't hesitate to ask for help, because a lot of people who are struggling have all felt the same way you are feeling. It's all about having the courage to take the next step! Always believe, because it will give you the drive to continue and achieve your goals!

Before I end this book, I want to leave my readers a very famous quote I love, *"Float like a butterfly, sting like a bee"* (Muhammad Ali). Just keep pushing yourself for the best, and you'll see, your efforts will all count in the end. I wish you all the best! Thank you for reading this book!

Finally, if you enjoyed this book, please take the time to share your thoughts and post a review on Amazon. It'd be greatly appreciated!

Thank you and success!

Rafael.



If you liked this reading, check out my others e-books about some amazing martial arts training for beginners:

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