

Martial Arts Stretching - The Methods of Stretching That Will Make You Flexible Fast!

By [Donald Borah](#)

The proper knowledge of modern scientific stretching applications applied to a martial arts stretching routine can help the new martial artist achieve maximum flexibility, or allow the experienced martial artist to easily move up to the next level in a fraction of the time it used to take with traditional stretching methods.

There are several methods used for improving flexibility which should be incorporated into a martial arts stretching routine. Stretches are either static which means the stretch uses no motion to achieve extended flexibility or dynamic which means they use movement to increase the range of motion. There are several variations of these categories to be used to increase your flexibility and we will include an explanation of the primary methods.

Static-Passive Stretching

Static-Passive stretching (also referred to as relaxed stretching) uses the process of extending a muscle group to the maximum point of flexibility and holding this position until the muscle tension relaxes.

Ballistic Stretching

Ballistic stretching uses a rhythmic bouncing or bobbing motion, relying on the momentum of the moving limb or body part to forcibly move the concerned muscle group to a position beyond the normal limits of flexibility. Ballistic stretching can be dangerous and although it was once a popular method used by martial artists it is not recommended. The risk of injury far outweighs the potential for gains in flexibility using this technique.

Dynamic Stretching

Dynamic stretching involves moving a body part or limb in a controlled manner. Dynamic stretching is similar to ballistic stretching but does not use any bouncing or bobbing motions. Movements are typically performed using a full range of motion at near full speed and typically imitate specific motions used in the martial art itself. Examples of dynamic stretches are leg raises or arm swings beginning with slow controlled movements and quickly moving up to a full speed and range of motion.

Isometric Stretching

Isometric stretching is a form of static stretching which uses resistance or tension of the muscle groups being stretched. Isometric stretching increases the strength as well as the range of motion

of the muscle groups being worked on and is much more effective than simple static or dynamic stretching for the modern martial artist.

PNF Stretching

PNF is short for proprioceptive neuromuscular facilitation and is the most effective and fastest method known to achieve maximum flexibility as part of a martial arts stretching regimen. PNF was initially developed by the American Neurologist Herman Kabat with physical therapists Margaret Knott and Dorothy Voss in the mid twentieth century as a treatment for paralysis in stroke patients. These techniques have been modified since the 1970's for effective use as a sports flexibility method. PNF stretching is a combination of passive stretching and isometric stretching methods to achieve maximum static flexibility.

The proper application of the stretching methods discussed can help the modern martial artist realize rapid increases in flexibility far beyond what could have been accomplished just a few years ago. With the knowledge of which method to incorporate into his or her martial arts stretching routine the modern martial artist can accomplish mastery of their art in a fraction of the time it used to take.

I invite you to use these methods to increase the benefit of your stretching routine

And I also invite you to visit MartialArtsStretching.com to complete your knowledge of the martial arts stretching methods, routines and applications needed to rapidly increase your flexibility to the point of performing full splits easily and mastering high kicks and effortless technique.

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