

Army Push-Ups

The Instructor

Matt Jones is the Australian Director of Jim Wagner's Reality-Based Personal Protection (RBPP) system and is also Australia's only authorised coach of Rodney 'Chico' King's Crazy Monkey Defence Program (CMDP). At ISO Health (Matt's facility in Adelaide) he teaches self-defence, Crazy Monkey and BJJ in addition to non-contact fitness classes. Matt recently returned from Singapore where he presented his views on posture in strength training to attendees of the inaugural MA-Life Retreat.

The Drill: Moroccan Army push-ups

I must give credit to my colleague Jim Wagner for teaching me MAPUs (Moroccan Army push-ups) during my time with him in LA. Basically you get in a push-up position and interlock your fingers with a partner who lies beneath you in bench-press position (both with arms extended). You

lower yourself, then he lowers you; then he presses you, then you press up, and repeat.

Set/rep schemes should normally be tailored to your specific needs but in the case of MAPUs I recommend four sets of as many reps as possible. Rest for 30 seconds between each set and alternate positions with your training partner so that you each perform two sets in the top position and two sets in the bottom position. Don't go to complete failure each set — push yourself hard but be sure to leave one good rep in you. In subsequent workouts you can aim to gradually add reps to each set. Other methods for making the exercise tougher include using weighted vests/belts, draping heavy chains or sandbags over the shoulders of the top person or simply decreasing the amount of rest you take between sets.

The Results

The Moroccan Army push-up provides much greater resistance than a regular

push-up and, in turn, much greater strength gains. It increases body-awareness by forcing you to balance and stabilise yourself and doesn't require any equipment other than a training partner (preferably someone of similar size to you). MAPUs are of tremendous benefit to the martial artist and so long as you don't mind getting a little cosy with your training partner you can reap MAPUs' awesome gains. They are great for any martial artist looking to optimise their upper-body strength, endurance and balance. You'll definitely get a great workout in your chest, shoulders and triceps and this added conditioning will be an asset whether you're throwing punches, clinching or trying to bust out of side-control.

Instructors will find the MAPU to be a great way of providing their athletes with an alternative to the same old boring push-ups, especially for those who find regular push-ups too easy. **BLITZ**

The Drill: Moroccan Army push-ups



1 Matt lies on his back, legs together. Cam positions himself as shown (note the placement of the feet). They interlace their fingers.



2 Cam lowers himself to the bottom position of a regular push-up, while Matt keeps his arms straight.



3 Cam then maintains his position while Matt lowers Cam until in a position like the bottom phase of a barbell bench-press.



4 Matt then extends his arms (as in a bench press), pressing Cam away from him.



5 Cam then extends his arms (as in a regular push-up) to return himself to the start position.



6 To optimise safety and effectiveness, neither participant should arch their back excessively during the exercise.