

HOW TO DO A RIP-UP AND NO-HANDED RIP UP

// META INSIDERS KIT VIA ANTHONY MYCHAL

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ON THE KIP-UP

The kip-up is a total body explosive movement that uses the arms, abs, and legs, requiring flexibility, mobility, and coordination. If that doesn't catch your attention, perhaps being on par with Jackie Chan and Bruce Lee will.

If you don't know what the kip-up is, here's a free tutorial for you. Study this. It will be your guide.

The kip-up is the quintessential way for a martial artist to rise after being knocked down. Generally, it's done lying face up on the ground with the hands next to the head. The legs kick in the air and hook underneath of the body to land in a standing or squatting position.

Before trying your luck with these, understand a few things.

- First, expect sore abs.
- Second, warm-up. A few rollovers, wrist rotations, fingers pulls, and neck work do the trick (see video).
- Third, crashing is expected. Especially on your back. Land gently.
- Fourth, you won't land this on your first try. Many won't land it within the first week. Or month. Or months. (It took me five months, I think.) Don't get discouraged.
- Fifth, have fun.

ACROBATICS TRAINING

Call me crazy, but I incorporate kip-ups into my "regular" training routine, and I want you to do the same down the line. I want you to become addicted to movement.

It's a great way to add fun and flare to your training. You're getting explosive, increasing kinesthetic awareness, and doing some cool stuff in the process.

Beats doing boring jumps and whatnot for seemingly no reason. You can improve your power and all of that athletic goodness, while making it *fun* and increasing your movement skills.

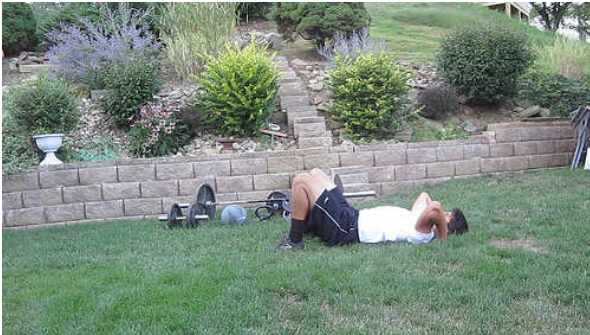
There are progressions (unlike most boring jumps and explosive training methods) that you can get lost in for a long time.

Take your time, smile, and enjoy the process. It can be a struggle at times (you are learning skills, after all), but it's all worth it.



HOW TO KIP-UP

STEP #1: INITIAL POSITION



Lay flat on the ground with the palms of your hands next to your head. Knees can be straight or bent at 90°. If lacking wrist mobility, tilt your body to the side to position your palms flatter.



STEP #2: THE CHAMBER



The next step is the chamber. Bring your legs off of the ground and towards your head so that your weight is on your mid-upper thoracic area. Don't shortchange the chamber; it provides the recoil and explosion. Think of it as the dip right before a vertical jump.



STEP #3: THE KICK



Welcome complication. Once chambered, kick your legs straight in the air towards the sky. Pick a spot that's directly above your eyes so that you have a target. The harder and faster you kick at the target, the easier it will be.

People go wrong because they kick out and not up. This is the only chance you have to get height. Everything goes up.



STEP #4: THE PUSH



The kick is the powerhouse, but the arms are important too. The timing is what makes the move difficult. The arm push happens after the momentum from the kick propels you in the air. Press off after the kick in one small explosive burst.



STEP #5: THE HOOK



To this point, everything was vertical. The hook, however, brings the body around so that you land on your feet.

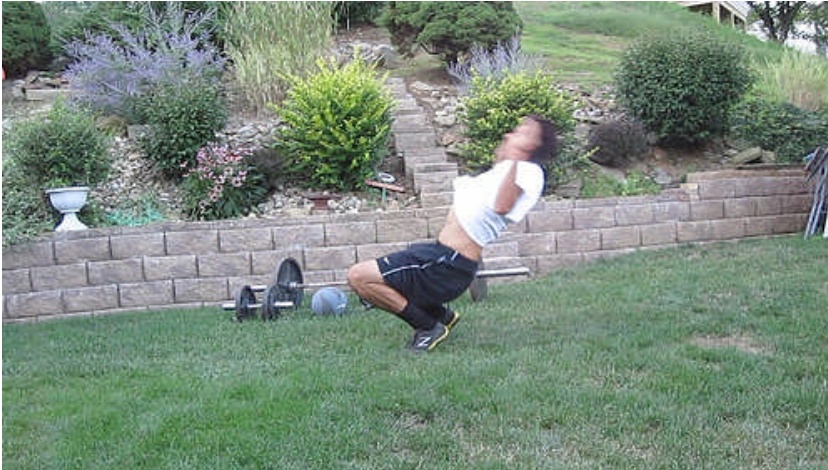
Immediately after the arm push, hook the legs underneath your body and violently raise your torso upright. At first, your hook will be out of sync and you'll land on your back. As you get better, your feet will hit first, but you won't have enough momentum to stand. Eventually, you'll land in a deep squat.

Hello mobility work.



STEP #6: STAND UP

Well, stand up.





MAKING IT EASIER

Before you spam me with questions about prerequisite strength and power numbers, know this: there are none. When I learned this, I was an out of shape teenager.

Coordinating the movements is key. More is never better, so I'm apprehensive with this tip. But if you're struggling, try rolling into the chamber from a standing position to give yourself extra momentum.

MAKING IT CLEANER

Tricking is an aesthetic blend of flips, kicks, and twists. Looks matter. Making a trick flawless is known as making it clean. To make your kip-up clean, land as upright as possible—preferably standing.

To land standing, abandon the hook. Instead, hollow after the kick. Squeeze the glutes and arch the lower back. When the feet hit the ground, use your abs to stabilize the torso and keep the body upright.





NO-HAND KIP-UP

LOOK MA, NO HANDS

The next progression is learning the no handed kip-up. It's much more difficult, however, because the timing changes. Everything needs more speed and precision to cover for the decreased air time.

Since the hands are taken out of the movement, the head is responsible for the last push off the ground. So beware: your neck will take a beating. Warm-up and expect soreness. Here are the adjustments when going to no hands:



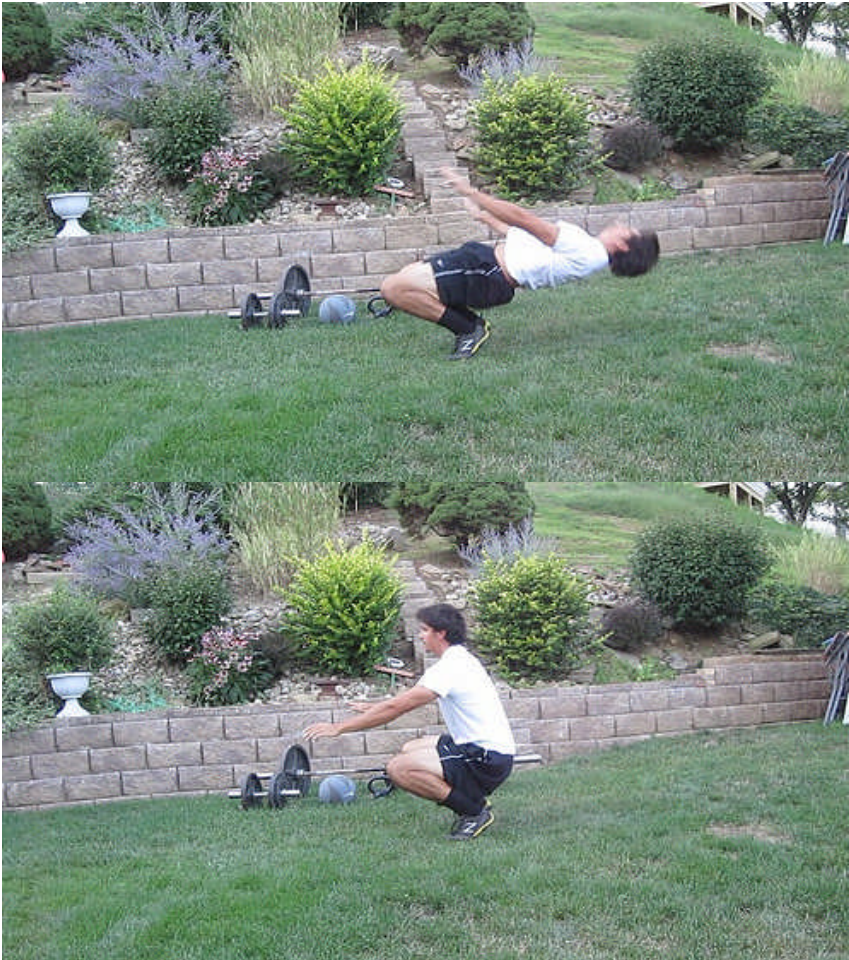
#1: SYNCHRONIZE THE ARMS AND LEGS.

They mimic each other through the entire motion. They rise together, chamber together, and push together.



#2: YOUR NECK BECOMES YOUR ARMS.

In the regular kip-up, the hands push right after the kick.
In the no hand kip-up, the neck pushes after the arms
and legs fly in the air.



#3: AIM FOR THE TIP TOES.

Forget about landing straight up. Height is scarce, so plan to land in a deep squat position on your tip toes. Hook extra hard.



KIP-UP CONCLUSION

The kip-up is a great athletic move that can be used in any training program. Mesh it with other skills to form badass combinations. How about a clapping pushup, to groiner, to kip-up, to vertical jump? Or a kip-up to the knees followed by a forward rolling kip up?

LEARNING MORE ACROBATICS – WHERE TO START?

Incorporating acrobatics into my training is more than a “thing,” it’s kind of what I live for. Since I *always* base my training around an “X” physique strength framework, I naturally program “X” physique strength exercises intertwined with acrobatic movement and bodyweight skills.

The tough part about doing this though: where the *heck* do you start? The kip-up is a great first step (third domino in our case).

But what about movement? When the progression isn’t quite as obvious? How do you begin rolling, hopping, leaping, and all of that other good stuff? How do you go from *aesthetic* to *athletic*?

How do you master movement and “X” physique training simultaneously? do you incorporate it into an “X”

If these are questions you’re asking, keep your eyes open for some cool things in the future on my website.

For now, I encourage you to sign-up to be a beta member for some underground training programs that *really* exploit your acrobatic-athletic potential.

If that’s something you’re interested in, [click here](#) and drop your email into the box to get on the waiting list.