

High Kicks and Splits with No Warm-Up!

Secrets of Stretching: Exercises for the Lower Body by Thomas Kurz

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System: NTSC (North & Central America), PAL (Asia, Australia, Europe)

Length: 98 min.

**Now
on DVD!**
English, French,
and Spanish on
one disk!



Tom Kurz at age 35. No other method comes close. No other authors trust their methods enough to have someone sit on their thigh in this split.

Be an expert on both stretching and strength training with *Secrets of Stretching*. Make your legs both strong and flexible with our “do-along” video. Know how to use weights to increase your flexibility. Learn:

- How you can make your legs both super flexible and stronger at the same time, even if you are over 40 years old

*“I have ordered your book and video **Secrets of Stretching** [and] I started using your method a couple of months ago. Believe me, I never did full split on the floor or chairs. Look at me today ... at age 47.”—Francisco Hernandez (see him on the right)*

- How to reduce tension in your muscles
- How to have your full flexibility, do high kicks and splits, without any warm-up. All you have to do is to follow our safe training program on the video.

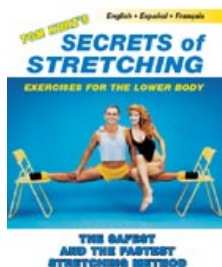
“The video is the best because I can follow along [and] because you explain better and prove it.”—Julian Ingerson

- How to get results fast. Most people reach great flexibility in a couple of months, some even less.

“I was surprised when I was able to do the split between chairs. It took me about nine days.”—Hai T. Nguyen (see him on the right)

“Information is amazing. Improvement from day one. Your [video] has really answered my questions on stretching. Legs are feeling young again!”—Kevin Long

Will you be able to do splits after following our training method? Do a simple test to find out if you have the potential to do side splits before you start our stretching program. To see the test look at the other side of this flyer.



Attention: No stretching equipment or machines are needed, but many strength exercises require weights (dumbbells, barbells, pulleys, ankle weights, iron boots).



Francisco Hernandez, age 47



Dave Walk



Ramiro Ramirez R.



Hai T. Nguyen



George Dillman, age 51

Send us YOUR picture. We want to show YOU here!

Test Your Flexibility Potential (over) ⇨

REVIEWS

“A uniquely Eastern European look at this practical subject matter. The video chiefly focuses on the exercises and techniques necessary to achieve a dramatic full split.”—POWERLIFTING USA

“Leads you as if by the hand. You cannot make a mistake. You may exercise without worry. You will not wait long for results”—Stanislaw Przybylski, MD, AWF (University School of Physical Education), Gdansk, Poland

*“Secrets of Stretching is an excellent addition to and expansion of the [subject covered in] the book **Stretching Scientifically**”—Józef Drabik, Ph.D., AWF (University School of Physical Education), Gdansk, Poland*

“As a professional of both science and sports I cannot find words to describe the dramatic effect that Kurz’s method has on my students and myself.”—Marcos Egea Gutierrez Cortines, Applied Research Institute, Beersheva, Israel

To order call toll free 1-800-873-7117

Test Your Flexibility Potential

Will you be able to do splits after following our training method?

Here are simple tests to convince you that the structure of joints and the length of ligaments do not keep you from doing splits. You can use these test to determine if you have the potential to do front and side splits before you start our stretching program.



Deep lunge. The knee of the front leg is flexed and the angle between thighs is 180 degrees.

Front split test: Stand in a deep lunge. If your thighs are nearly in one line, as they should be in a front split, it means that your hip joints and their ligaments do not prevent you from doing the front split. Only tightness of your hamstring and calf muscles, and in some cases of the iliopsoas muscles, may keep you from sitting in a flat front split with both legs straight. With our stretching method you will relax, or even elongate, these muscles and be able to do the front split with no warm-up.

Side split test: Stand beside a chair or table and put your leg on it as shown below. Make sure that both your hips and your raised leg are all in one line. Repeat this test with your other leg.



If you think that the length of your muscles and structure of your hips will not let you do side splits, try this test...

The leg resting on the chair is in the position it would have in a split

Now, what have you done? You have done “half side splits” with both your legs!

You have proved to yourself that both your hip joints have all the mobility (range of motion) needed for a full side split!

You have also proved that the muscles of each of your legs are already long enough for a side split. You know that no muscle or ligament runs from one inner thigh to the other (or, if you don't know it, you can ask your doctor). So, what keeps you from doing the whole side split with both legs spread sideways at the same time? Your nervous system, that's what!

I will not bore you here with explaining how that happens. The important thing is that with our stretching method you will teach your nervous system to let you do side splits any time, without any warm-up.

“I am 30 years old, black belt in Karate. Yes, this method has worked for me. Follow it to the letter and you too can do high kicks and splits with no warm-up.”—Anthony L. Wallace (see him on the right)

Our method is safe and quick. Other ways of stretching take more time and bring worse results because they work against your nervous system.

Our method works with your nervous system. We stress a method as opposed to mere stretches. You may know many stretches but it is not stretches alone that make the difference in flexibility. What does make a difference is when and which stretch or exercise you do during your workout. So, order our video *Secrets of Stretching* and join tens of thousands of smart athletes who can kick high and do splits with no warm-up.

“Enclosed is a picture of me in a chair split without a warm-up. Before using the Secrets of Stretching video, I stagnated for over a year about 8-10 inches from splits. After using the methods in the tape only a few times, I achieved my first hanging split.”—Matt Poland (see him on the right)

Many adults, who can perform the side split test with ease, have a great deal of difficulty with side or straddle splits (but not necessarily with front splits) due to a problem in the outer part of their hips. When the limit is reached, they feel that there is a “stop,” accompanied by pain in the outside hip or upper thigh region that prevents them from opening their legs very wide.



Piotr Veith



Anthony L. Wallace, age 30



Richard Korczynski



Jim Witherell



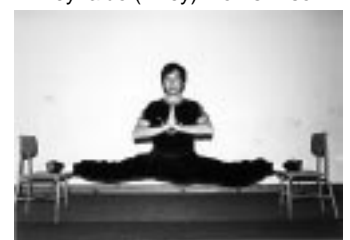
Aleksander Sztramski



Matt Poland



Reynaldo (Rhey) Morris Arsol



David Cruz, age 30

(over, please)

The problem does not seem to be related to the adductors (inner thigh muscles), as they do not feel much tension there. As they continue stretching, their flexibility does improve, but at a very slow rate.

This perceived barrier is a very common problem for people who start stretching as adults. The pain and limitation of the movement sideways in the side (straddle) split is caused by spreading (abducting) the thighs without tilting the pelvis forward. This tilt unwinds capsular ligaments of the hip, among them the pubofemoral ligament that in a normal, non-flexed position would resist excessive abduction and would also, during straight abduction, push up the neck of the femur (thigh bone) into the cartilage collar at the upper edge of the hip socket. For persons in whom the angle between the neck and shaft of the femur is less than 135°, abduction without tilting the pelvis jams the greater trochanter (a bony process on the top of the femur) against the hipbone.

The forward tilt of the pelvis (hip flexion) realigns the hip joint so its ligaments relax, the neck of the femur does not jam the cartilage at the upper edge of the socket, and the greater trochanter fits into a space behind the hip socket. This is the alignment of your hips in the proper horse stance (kiba-dachi) and this is why alignment of your hips, thighs, lower legs, and feet in a side split should be the same.

You can see such alignment on the video *Secrets of Stretching*, in the section where isometric stretches that lead to the side split are shown.



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Another way of finding the correct alignment is to use the horse-riding stance (*kiba-dachi*) as the initial position for your isometric stretches leading to the side split. Just make sure that your stance is perfect, with your thighs parallel to the floor at any width, toes pointing forward, and chest up.



Front and side views of the horse-riding stance

If the outside of your hips hurts when you do high side and roundhouse kicks you need to learn how to tilt your pelvis while you kick. The same forward tilt of the pelvis that helps to do a side split will let you raise your leg higher to the side because the reason for the pain and limitation in the sideways movement in both side kicks and in the side split is the same.

To learn how to tilt your pelvis just right, all you have to do is the side leg raises as shown in the video *Secrets of Stretching*. Also in *Power High Kicks with No Warm-Up!* you will find drills to teach you the exact body alignment and other technical details of various high kicks.

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"I feel just in a few days better than in more than twelve years of intensive practice. My kicks have amazed even my own TaeKwon-Do teacher"—Zeev Charnevitz Kewes, Mexico City, Mexico

"After ordering your VHS cassette and book, I have accomplished the impossible! I have been training in the martial arts for 5 years and 9 months and my flexibility reached a plateau long ago. Now, after using your method for 3 months every day, I have achieved the side split in suspension. In addition, my kicking techniques have become higher and much stronger."—Elias P. Bonaros, Bayside, New York

"I in four months was able to increase my side split [from 110] to 165+ degrees. I ... will be fighting in the WTA tournament as a senior (40 and over) and will have higher kicks than I ever imagined. I now believe that I can obtain a full side split."—Thomas J. Mann, Omaha, Nebraska

"I needed to warm-up for a minimum of 45 minutes before attempting any serious kicking. However, after ... implementing your techniques I now have better stretch with less pain and injury than I thought was possible.

"I co-own a TaeKwon-Do school with approximately 90 students. ... Almost all our students have also realized increased flexibility in just a few short months."—Stephen N. Dileo, Altoona, Pennsylvania

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