

Kuwasi Balagoon's Exercise Book



"...Without freedom (the ability to live in total), there isn't any big deal in living, since to accept fascism is to forfeit life."

Drill y



Position 1



Position 2

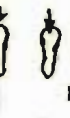
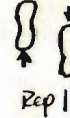
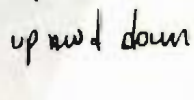
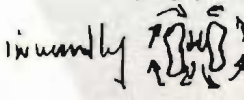
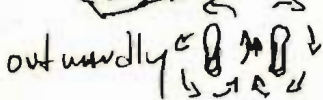
Sit ups

start in back with hands behind your head, raise up then go back to position 1 for 1 rep.

first try this without anchoring your feet. If you have trouble get someone to hold your feet or use a piece of furniture or rope to hold yourself down, but as soon as you can do sit ups without a prop. Do them without a prop. build to 100 reps.

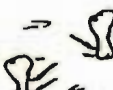


lay on back with hands at your sides or behind your head, left legs six inches from floor. First rotate feet in circular motions



Rep 2

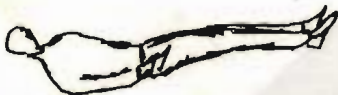
crossing



back and forth alternating each leg crossing over the other



Position 1



Position 2

draw legs up to waist on 1, then violently thrust them straight back to starting position build up to 50 reps of each exercise



rest straight out on toes and elbows for as long as you can, try to increase length of time

these stomach exercises should be done every day along with, Exercises 6, 7, + 8, do at least one of them (stomach exercises) and add whatever you wish. with the exception of knee bends. Suggestions:



straight kicks

Keep legs straight knees unbent, kick straight up, alternating. build to a hundred.

snapping kicks



Position 1



stand straight. bring knee up as high as you can, while holding leg bent. then kick straight out. Alternating with each leg. Build to a hundred.

3rd, Exercise, knee lifts



position 1



position 2

stand with arms down to sides left knee to chest and bring back to floor - repeat to other side - alternate.

Count. one hundred reps.

this is good for your waist, hips + legs.

4th Exercise, side winders



position 1



position 2

start with hands behind head, feet shoulder length apart, at position. On a count of one move hand to the side, trying to touch the hip with elbow, then come back to starting position. then of course, the same move to the other side and back.

Count. one hundred reps

this is good for your sides and back

5th Exercise, elevated push ups

If too difficult try 5 or ten regular push ups

same as regular pushups except you put your feet, and palms on chairs or boxes of the same height. Go down as far as you can and back to where you started.

Try twenty five reps

This is good for arms, shoulders, back + stomach



Airplane dives, 6th



starting position



position 2

start with hands on hips, feet shoulder length apart, move to second position touching opposite palm to foot. For instance left hand to right foot, repeat to opposite.

twenty five reps

try to overlook illustration please

This is good for the legs

Repeat 5 and 6, then do 5 again.

Then, bend and reach



Position 1



Position 2



Position 3



Position 4

count 25

This is good for the stomach
back and legs

On the count of one, hit your stomach with both fists, on the count of two
reach down to touch toes, on the count of three hit your stomach again and over
count of four reach to the sky, tip toe at the same time.

Repeat 5 and Repeat 7 move right on to 8



Position 1



Position 2

start out with your hands behind
you, bending forward at the waist, knees
bend, and on your toes

on the count of one throw your arms
up and jump as high as you can,
do this twenty five times

If you need to "bore" a couple of
times for the sake of timing that's Ok
but only count when you jump &
reach.

Ah, that's wonderful comrades →

This is good for the wind and legs

This system has been worked on & used by FREEDOM FIGHTERS
and has been found to result in improved physical condition by
ALL of us who has applied this system, just twice a week. Even though
previous to this we had worked out and consistently used weights, yoga,
isometrics and other calisthenics, there alone is sequence has proved to
bring faster measurable results.

Again, these particular exercises done twice a week will not in and
of themselves be all the physical conditioning that our urban guerrilla will
need. However we feel that with this system, the running of few miles
three times a week with one and one half of those miles done in
nine minutes, a hundred sit ups every day, and a few stretching exercises
every day, consistently we will be better off.

We will build from practice and report a daily suggested routine
in the near future, meanwhile please check this out and give us
your criticisms and other thoughts on the matter.

Kumasi Balagoon

Distributed by :

RESISTANCE



Kuwasí Balagoon is a New Afrikan Freedom Fighter and a Prisoner of War, charged with the attempted expropriation of a Brink's truck in Nyack, N.Y. on October 20, 1981. He is being held captive at the Rockland County Jail. You can write to him there:

Rockland County Jail
New Hempstead Road
P.O. Box 86
New City, New York

P.O. Box 254 Stuyvesant Station N.Y., N.Y. 10009

EXERCISE 10 chin up

position 1



start out hanging palms forward by a bar or pipe, hold body straight pulling straight up until your chin is over bar into position 2, try to do 10, if you are unable just try this one every day if you can, consistency is the key.

Position 2



This builds up the shoulders, arms + back

position 1



position 2



position 3



position 4



EXERCISE 11 Foot Rolls

This prevents
sprains

start on your tip toes, roll to the edges of the inside soles of your feet, roll to your heels, then to the outside edges of the soles. Try this to 12 rotations, building up to 20 rotations. If inside try to USE a rug, if outside try to get a space of ground.



position 1



position 2



rotate the head twenty times to the right, twenty times to the left and then step out punching in whatever style you prefer, advancing ten feet or so

This exercise is good for the neck muscles and aids EXERCISE 12 you in recovering from knock outs. >

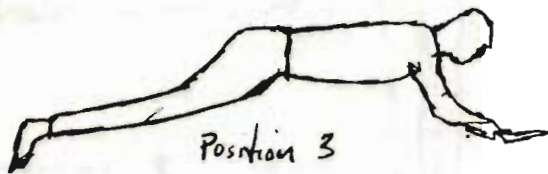
8th EXERCISE



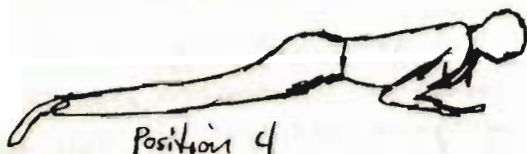
Position 1



Position 2



Position 3



Position 4



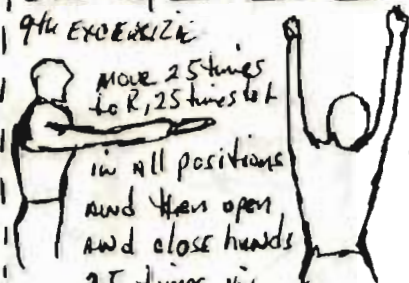
Position 5

start out standing at the count of one, on the count of two move to the squatting position, on count 3 kick both feet out (thrust!) as far back as they can go, on count 4 do one push up, on count 5 come back to the squatting position, and on count 6 back up to the standing position. Do this 25 times.
This is good for the waist, arms, back and legs

The main considerations are that you do these exercises properly and continuously, so if you feel winded slow down, but don't stop, pace yourself thru, especially if this is the first time for you.

9th EXERCISE

move 25 times to R, 25 times to L in all positions and then open and close hands 25 times in all positions



Position 6

This is good for the shoulders, arms, + fingers

1st EXERCISE, side scalle hops.

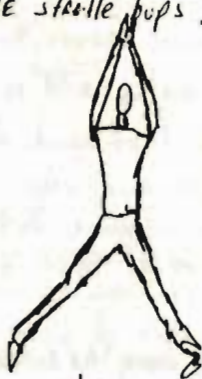
count
1 Hundred

try not to slap hands together or
to the sides

A good general warm up exercise.



position 1



position 2

2nd EXERCISE, KNEE bends, Part 1

Part 2 spread feet shoulder length for
both exercises

Do not go down further
than parallel.



position 1



Position 2

come up on
toes



position 1



Position 2

keep feet
flat

twenty five repetitions

twenty five count repetitions

take a deep breath at position 1, move to position 2, let air out when re-
turning to position 1. Part 1, After twenty five repetitions, begin part two
take hands from hips and place behind head for position 1, take a breath, move to
position two, keeping feet flat, continue for twenty five repetitions. Move directly
from one exercise to the next, 25 reps in part 1, in part 2 count 26 to 50,
on back to part 1 - 50 to 75, to part 2, 75 to 100, to part 1, 100 - 125, part
125 - 150, Part 1, 150 - 175, Part 2, 175 to 200. If you can't go to 200
repetitions, try 100. If you can't do 100, try 50 - 25 of part 1s, 25 of part
2s, until you build up to 200. This is good for your legs, and good for your
lungs. Now move right on to next exercise

The purpose of this manual is to give step by step instructions and suggestions into a good physical cultivation session, that can be started on immediately, improved upon gradually, and build strength and endurance within a minimum amount of space, time or props. Some of these exercises are more difficult than others, and have variations that allow the practitioner to advance to the more difficult exercise in short order if workouts of at least twice a week are consistently performed.

Given consistent application, correctly doing the exercises, and directly following each exercise with the next without delay, this system will leave anyone, in reasonably good health in not only good condition, but combat condition.

The session that follows should take less than an hour, indeed the less time taken provided that the exercises are done correctly, done to the maximum, the better, because that means that you are taking less time to recover, are exercising while recovering and that not only are you working your muscles, but more importantly working your heart and lungs and getting you used to continuing when fatigued.

Along with this session done two times a week, all comrades should run at least four miles, three times a week and do at least one hundred sit ups a day. With that the proper diet and amount of sleep you will be in condition to carry on.

A mile and a half of which should be done under nine minutes.

