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|  | **Name Month: Date:** |  |  |  |  |  |  |  |
| **Basics** | | | | | | | | |
| 1 | Warm up: Knees up/heels up changing legs, jumping jacks, arm circles, twist torso, push-up,  High-jump knees to chest, Quick stretch. |  |  |  |  |  |  |  |
| 2 | Riding stance punch X10, Double punch X10 both sides, Triple punch X10. |  |  |  |  |  |  |  |
| 3 | Forward stance Front kick X20, Rising kick X20, Outer inner X20 and Inner Outer X20 |  |  |  |  |  |  |  |
| 4 | Riding stance blocking and punch changing hands. Low block X10, Inner block X10, Outer block X10, High block X10, Outer inner block X10. Each punch hand does the next block |  |  |  |  |  |  |  |
| 5 | Riding stance Round house kicks changing legs X20  Side kick changing legs X20, Back kicks changing legs X20 |  |  |  |  |  |  |  |
| 6 | Riding stance Favorite strike changing hands X20  Favorite kick changing legs any stance X20 Congrats! **Have a stretch**! |  |  |  |  |  |  |  |
| **Poomsae** | | | | | | | | |
| 7 | Lowest to highest pattern slow speed, Highest to lowest regular speed.  Then Favorite pattern X2 Least favorite pattern X1 |  |  |  |  |  |  |  |
| 8 | Good stretch |  |  |  |  |  |  |  |
| **Sparring** | | | | | | | | |
| 9 | (Sparring stance bouncing X5 then change turning forward) X 10 |  |  |  |  |  |  |  |
| 10 | Sparring stance front leg round house X10 in a row  middle section both legs. Then high section X10 both legs |  |  |  |  |  |  |  |
| 11 | (Sparring stance bouncing X3 then punch with back hand) X 10 both hands. |  |  |  |  |  |  |  |
| 12 | Sparring stance front leg cut or push kick X10 middle section both legs. Then front leg hook kick X10 both legs |  |  |  |  |  |  |  |
| 13 | Favorite sparring kick or combo from sparring stance bouncing X15 both legs |  |  |  |  |  |  |  |
| **Step Sparring** | | | | | | | | |
| 14 | Offence- right foot back forward stance low block with **Kehap**. Step forward punch. Both sides X10 |  |  |  |  |  |  |  |
| 15 | Defense- Ready stance. Left foot in to center, right foot back back stance with inner forearm block X10 |  |  |  |  |  |  |  |
| 16 | Defense- Ready stance. Left foot over to right foot, right foot out at about 45 Deg, riding stance punch X10 both sides |  |  |  |  |  |  |  |
| 17 | Defense- Ready stance. Step back left leg and right leg front kick X10. Other side X10 **Precede all Defense with Kehap** |  |  |  |  |  |  |  |
| \* | Optional Strength/Spirit training- 8 knuckle push-ups and 8 squat front kicks changing legs X as many reps as you can do |  |  |  |  |  |  |  |
| 18 | Cool down: Knees up, jumping jacks, arm circles, twist torso, Quick stretch |  |  |  |  |  |  |  |