

## 30 MINUTE TAEKWONDO WORKOUT

Below is an approximate 30 minute workout consisting of warm-ups, stretching, HIT (High Intensity Training) exercises, Taekwondo patterns and set-sparring, and warm-downs. These are just some examples of stuff you can do at home, and I have listed some different activity options so you can mix and match. Feel free to add in your own. Make sure you have got a clear and safe environment to do these activities and you are wearing some comfortable and appropriate clothes. Aim to do these activities a minimum of 2-3 times a week to ensure that you maintain your fitness and flexibility until we return to normal training.

### First Activity - Warm Up – 3 minutes

Option	Exercise
1	1 minute of light jogging on the spot 1 minute of - 10 seconds of light jogging, then 10 seconds of half speed sprinting – 3 sets 1 minute of - 10 seconds of light jogging, 20 seconds of full out sprinting – 2 sets
2	1 minute of half speed punching 1 minute of – 10 seconds of half speed punching, then 10 seconds of fast punching – 3 sets 1 minute of – 10 seconds of half speed punching, then 20 seconds of fast punching – 2 sets
3	1 minute of half speed front kicks 1 minute of – 10 seconds of half speed front kicks, then 10 seconds of fast front kicks – 3 sets 1 minute of – 10 seconds of half speed front kicks, then 20 seconds of fast front kicks – 2 sets
4	Requires stairs or a step 1 minute of half speed stepping up and down on first step 1 minute of – 10 seconds of half speed stepping up and down, then 10 seconds of fast steps – 3 sets 1 minute of – 10 seconds of half speed stepping up and down, then 20 seconds of fast steps – 2 sets

### Second Activity – HIT (High Intensity Training) exercises – 5 minutes

Choose any 5 of the exercises below. Each exercise to last 1 minute. Carry them out with 100% effort and only have a few seconds rest in between.

Option	Exercise
1	Press-ups. If you want to make them harder also try these additional options: <ol style="list-style-type: none"> <li>a. Raise your feet onto something to make them higher than your hips.</li> <li>b. Wider hands – have them twice as wide as your shoulders.</li> <li>c. Put your hands together below your chest.</li> <li>d. When you come up, push up hard so your hands leave the floor.</li> <li>e. Left leg, right leg raise up to your elbows then press up.</li> </ol>

Option	Exercise
2	Sit-ups. Additional options: a. Bend legs, normal sit up to knees. b. Bend legs, left elbow to right knee then right elbow to left knee. c. Crunch sit ups – cross legs and bring knees up to meet your elbows as you raise your upper body. d. V sit-ups. Raise legs and touch toes with hands as you raise upper body.
3	Leg raises. Lie flat on the floor, keep feet together and legs straight, legs up so 90° to floor then back down.
4	Squat thrusts
5	Star jumps
6	Burpees
7	Tucked burpees
8	Fast front kicks, left leg then right leg
9	Lunges, left leg then right leg
10	Squats. Make sure legs are double shoulder width and nice deep squats
11	Tricep curls. Need chair. Back facing chair, hands on chair and legs out in front of you. Bend arms so bum nearly touches the floor. The straighter your legs the harder the exercise.
12	Fast punches
13	Back raises. Lie face down. Arms behind back. Keeping legs on floor raise upper body as high as you can. To make it harder put hands behind head.

### **Third Activity – Stretching – 5 minutes**

Choose either passive stretching or dynamic stretching.

Passive stretching – lying on the floor, usual stretching:

- Legs out straight, pull yourself down
- Left leg into groin, pull down to straight right leg
- Right leg into groin, pull down to straight left leg
- Left leg round into hurdling position and pull down to straight right leg. Remember to lift up and slide forward a couple of times to maximise stretch
- Same with right leg as above
- Legs wide apart, stretch down to left, then right and then to centre

Dynamic stretching – use a chair for balance and support:

- Front rising kick, left leg and right leg. Starting position is feet together.
- Side rising kick, left leg and right leg.
- Back rising kick, left leg and right leg.
- Half speed side kick – 10 reps, ensure leg is kept off floor for all reps. Left leg then right leg. Ensure correct foot position – footsword (Balkal)

- Half speed turning kick – 10 reps, ensure leg is kept off floor for all reps. Left leg then right leg. Ensure correct foot position – ball of foot (Apkumchi)

**Fourth Activity – Patterns – 5 minutes**

Practice your grade pattern a few times and pick any other colour belt pattern and practice that a few times.

Black belts try and practice your 3 grade patterns.

**Fifth Activity – Set-sparring – 5 minutes**

Practice 3 step sparring defence and 2 step attack and defence. Concentrate on basics – stances, foot positions, focus and correct techniques.

**Sixth Activity – HIT (High Intensity Training) exercises – 5 minutes**

Choose another 5 exercises from the HIT exercise table above.

**Last Activity – Warm Down – 3 minutes**

Option	Exercise
1	Plank 1 minute back plank 30 seconds side plank left side, 30 seconds plank right side 1 minute front plank
2	Sitting stance and slow speed punching. Make sure nice and deep in stance and try and tense muscle's as you punch.
3	Parallel ready stance and slow speed blocking. Do low block, middle block and rising block – tense muscle's as you block. Repeat left arm and then right arm
4	4 directional punch – Saro Jirugi. Do slow speed and try and tense muscle's as you punch