



WEEKLY ACTIVITY CHART

NAME OF STUDENT	
CURRENT BELT COLOUR	
START DATE	MONDAY, _____ (MONTH), _____ (DAY)

Please use this chart to record how many times you or your child practiced each exercise each day. Parent/guardian will initial each day after the completion of all the exercises. Complete minimum of 5 days in each week. Master will do a mini test and if he/she thinks you qualify, you will get one stripe per completed week when you come back.

	MON	TUE	WED	THU	FRI	SAT	SUN
Please write down <u>how many times</u> you/your child practiced.							
Daily Physical							
Kibon							
Poomsae							
Kick							
Self-defense							
Good behaviour*							
Parent/guardian's initial							

- Some example of good behaviour includes: helping your parents/guardian with house chores such as doing the dishes, doing laundry or taking out the garbage, or helping with gardening or cleaning the car. For smaller kids, sharing their toys with their siblings can be a good example of a 'good behaviour'.



Taekwondo Home Exercise Routine (Week 1)

Physical capability is different depending on student's age and body shape. The frequency of each exercise is recommended number and it can be less or more depending on each student.

*******Always use caution when practicing self-defense.*******

*******Just practice the motion, slowly, DO NOT FORCE*******

	White		Yellow	
	Frequency/duration	Exercise	Frequency/duration	Exercise
Stretching	5 minutes	Stretching	5 minutes	Stretching
Physical	10 times x 2 sets of each	Jumping jack Push-up Sit-up	10 times x 2 sets of each	Jumping jack Push-up Sit-up
Kibon	3 times	Kibon A	3 times	Kibon B
Poomsae	3 times	Taekeuk #1	3 times	Taekeuk #2
Kick	Middle 10 times, each side High 10 times, each side	Front Snap Kick	Middle 5 times, each side High 5 times, each side	Front Snap Kick
			Middle 10 times, each side High 10 times, each side	Round House Kick
Self Defense	-	-	3 times, each side	Wrist Defense
Cool-down	10 times x 2 sets of each	Push-up Sit-up	10 times x 2 sets of each	Push-up Sit-up

Curriculum videos are uploaded on our YouTube Channel (search for Niagara Taekwondo on YouTube) or on our mobile App (go to 'Vidoes' section).



******* Always use caution when practicing self-defense. *******

******* Just practice the motion, slowly, DO NOT FORCE *******

	Orange		Green	
	Frequency/duration	Exercise	Frequency/duration	Exercise
Stretching	5 minutes	Stretching	5 minutes	Stretching
Physical	20 times x 2 sets of each	Jumping jack Push-up Sit-up	20 times x 2 sets of each	Jumping jack Push-up Sit-up
Kibon	3 times	Kibon C	3 times	Kibon D
Poomsae	3 times	Taekeuk #3	3 times	Taekeuk #4
Kick	Middle 5 times, each side High 5 times, each side	Front Snap Kick	Middle 5 times, each side High 5 times, each side	Round House Kick
	Middle 5 times, each side High 5 times, each side	Round House Kick	5 times, each side	Axe Kick
	10 times, each side	Axe Kick	10 times, each side	Side Kick
Self Defense	3 times, each side	Neck Collar Defense	3 times, each side	Shoulder Grab Defense
Cool-down	10 times x 2 sets of each	Push-up Sit-up	10 times x 2 sets of each	Push-up Sit-up

Curriculum videos are uploaded on our YouTube Channel (search for Niagara Taekwondo on YouTube) or on our mobile App (go to 'Vidoes' section).



*******Always use caution when practicing self-defense.*******

*******Just practice the motion, slowly, DO NOT FORCE*******

	Blue		Purple	
	Frequency/duration	Exercise	Frequency/duration	Exercise
Stretching	5 minutes	Stretching	5 minutes	Stretching
Physical	25 times x 2 sets of each	Jumping jack Push-up Sit-up	25 times x 2 sets of each	Jumping jack Push-up Sit-up
Kibon	3 times	Kibon E	3 times	Kibon F
Poomsae	3 times	Taekeuk #5	3 times	Taekeuk #6
Kick	Middle 5 times, each side High 5 times, each side	Round House Kick	Middle 5 times, each side High 5 times, each side	Round House Kick
	5 times, each side	Axe Kick Side Kick	5 times, each side	Side Kick Back Kick
	10 times, each side	Back Kick	10 times, each side	Side Hook Kick Back Hook Kick
Self Defense (Two Kinds)	3 times, each side	Hair Grab Defense	3 times, each side	Upper Arm Grab Defense
Cool-down	10 times x 2 sets of each	Push-up Sit-up	10 times x 2 sets of each	Push-up Sit-up

Curriculum videos are uploaded on our YouTube Channel (search for Niagara Taekwondo on YouTube) or on our mobile App (go to 'Vidoes' section).



*******Always use caution when practicing self-defense.*******

*******Just practice the motion, slowly, DO NOT FORCE*******

	Brown		Red	
	Frequency/duration	Exercise	Frequency/duration	Exercise
Stretching	5 minutes	Stretching	5 minutes	Stretching
Physical	25 times x 2 sets of each	Jumping jack Push-up Sit-up	25 times x 2 sets of each	Jumping jack Push-up Sit-up
	10 times x 2 sets of each	Burpee Push-up	10 times x 2 sets of each	Burpee Push-up
Kibon	3 times	Kibon G	3 times	Kibon H
Poomsae	3 times	Taekeuk #7	3 times	Taekeuk #8
Kick	10 times, each side	Back Kick Back Hook Kick Tornado Kick	5 times, each side	Practice all the kicks from white belt to brown belt
Self Defense (Two Kinds)	3 times, each side	Hammer Punch Defense Upper Punch Defense	3 times, each side	Practice all the defenses from white belt to brown belt
Cool-down	10 times x 2 sets of each	Push-up Sit-up	10 times x 2 sets of each	Push-up Sit-up

Curriculum videos are uploaded on our YouTube Channel (search for Niagara Taekwondo on YouTube) or on our mobile App (go to 'Vidoes' section).



*******Always use caution when practicing self-defense.*******

*******Just practice the motion, slowly, DO NOT FORCE*******

	Red and Black belt with Stripe		Black Belt	
	Frequency/duration	Exercise	Frequency/duration	Exercise
Stretching	5 minutes	Stretching	5 minutes	Stretching
Physical	30 times x 2 sets of each	Jumping jack Push-up Sit-up	30 times (1 st set), 20 times (2 nd set), and 10 times (3 rd set) for each activity – 15 sec break between each set	Push-up Sit-up
	15 times x 2 sets of each	Burpee Push-up	10 times x 2 sets of each	Burpee Sit-up Squat
Kibon	1 or 2 times each, Work on the ones that you can't remember	Practice Kibon A to H	1 or 2 times each, Work on the ones that you can't remember	Practice Kibon A to H
Poomsae	1 or 2 times each, Work on the ones that you can't remember	Practice Taekeuk #1 to #8	1 or 2 times each, Work on the ones that you can't remember	Practice Taekeuk #1 to #8 And Koryo and Geumkang
Kick	5 times, each side	Practice all the kicks from white belt to brown belt	5 times, each side	Practice all the kicks from front snap kick to tornado kick
Self Defense (Two Kinds)	3 times, each side	Practice all the defenses from white belt to brown belt	1 minute two rounds	Practice shadow sparring
Cool-down	10 times x 2 sets of each	Push-up Sit-up	10 times x 2 sets of each	Push-up Sit-up

Curriculum videos are uploaded on our YouTube Channel (search for Niagara Taekwondo on YouTube) or on our mobile App (go to 'Vidoes' section).