



Exercise Homework Worksheet

Excellence doesn't just happen nor are we born with it. It takes hard work, sweat and deliberate practice. This is true for any sport, academic subject or activity we want to master. Physical conditioning is an important part of any Taekwondo athlete training. This homework worksheet will introduce and help TKD Wellness students organize their exercise and training methodology. Simply record the number of exercise repetitions (reps), sets (group of reps) and date until you've reached their goal! Remember to start with a easy warm up like jumping jacks, then exercise and finish with a few minutes of stretching the muscles you trained. Get ready to level up!

Pushups Rep Goal: [10] [15] [20] [25] [30] [35] [40] [45] [50]

When done correctly pushups build chest, arm and shoulder muscles, making your blocks and punches stronger! To do pushups correctly, keep you back straight as a board and keep your shoulders directly above your wrists and perform pushups until your chest touches the ground. Level up by doing two to four sets of the reps you choose.

Set x Rep						
Date						

Cruches Rep Goal: [25] [50] [75] [100]

Crunches help you stand up straighter and make all your moves more stable. To do crunches correctly, lay on ground with knees up, legs off the ground, hands crossed touching shoulders and then perform by lifting shoulders off ground with goal of touching elbows to knees. Level up by doing two to four sets of the reps you choose.

Set x Rep						
Date						

Kick Goal: [Front Kick] [Round Kick] [Side Kick] Reps: [10] [25] [50] [100]

Taekwondo is known for its spectacular kicks! Level up your kicks by picking one or all three kicks you want to improve and doing two to four sets of the reps you choose.

Set x Rep						
Date						
Set x Rep						
Date						
Set x Rep						
Date						

Poomsae Goal:

Poomsae are fundamental to Taekwondo and are also a competitive sport like sparring. Level up your poomsae by using deliberate practice, meaning that you break up your poomsae into smaller chunks of four to six moves and complete one set of 10-20 reps per chunk. Then put it all together and practice you poomsae from beginning to end twice with your newly leveled up techniques!

Drill 1 Reps							
Date							
Drill 2 Reps							
Date							
Drill 3 Reps							
Date							
Poomsae Sets							
Date							

Goal Setting Review

There are two types of goals: **Outcome goals** (e.g., 1st place, a certain score or time) and **Process Goals** (e.g., TKD training 4 times per week, eat healthy daily, get enough sleep nightly). Process goals are what athletes should focus on since that is what they have control over and these behaviors are what help us achieve our outcome goals. If you are interested in competitive sport Taekwondo please let Master Torres know so he can help you create attainable goals and help you achieve them.

