## KIM'S TAEKWON-DO SCHOOL PROMOTION WORKOUT SHEET

**STRETCHING** 5 minutes - side

front kick stretchbutterfly stretchchinese splitsscissor splits

**PUNCHING** 50 times (Horseback Riding Stance)

**FORMS** 2 times each form, then repeat top form 4 times

**GROUND KICKS** 10 times each - front

- side

- roundhouse

- hook

inner crescentouter crescent

**JUMPING KICKS** 5 times each - front

- side

- roundhouse

## **25 PUSHUPS**

## **200 SIT UPS**

	MON	TUE	WED	THU	FRI	SAT	SUN
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							

Check box for each day you have worked out. E-mail to instructor each month.