

Tae Kwon Do Warm-ups

Jumping Jacks

- 10 hands out
- 20 hands up (regular)
- 10 arms around (big circles)
- 10 arms around (reverse)
- 10 cross arms, palms down
- 10 cross arms, palms up
- 10 regular
- 10 cross feet

Pushups - 40

Super Set

- 20 sit-ups
 - legs up six inches off the ground with arms out hands open and close (count ten)
- 15 sit-ups
 - 10 leg lifts
- 10 sit-ups
 - legs up six inches off the ground with palms down and crossing (count ten)
 - legs up six inches off the ground with palms up and crossing (count ten)
 - 10 leg lifts
 - 10 punches
- 9 sit-ups
 - legs out and crossing both hands and feet with palms down (count ten)
 - legs out and crossing both hands and feet with palms up(count ten)
 - 10 leg lifts
- 8 sit-ups
 - legs up six inches off the ground with arms out hands open and close (count ten)
- 7 sit-ups
 - legs up six inches off the ground with palms down and crossing (count ten)
 - legs up six inches off the ground with palms up and crossing (count ten)
 - 10 leg lifts
 - 10 punches
- 6 sit-ups
 - legs out and crossing both hands and feet with palms down (count ten)
 - legs out and crossing both hands and feet with palms up(count ten)
 - 10 leg lifts
- 5 sit-ups
 - legs up six inches off the ground with arms out hands open and close (count ten)
- 4 sit-ups
 - legs up six inches off the ground with palms down and crossing (count ten)
 - legs up six inches off the ground with palms up and crossing (count ten)
 - 10 leg lifts
 - 10 punches
- 3 sit-ups
 - legs out and crossing both hands and feet with palms down (count ten)
 - legs out and crossing both hands and feet with palms up(count ten)
 - 10 leg lifts
- 2 sit-ups
 - legs up six inches off the ground with arms out hands open and close (count ten)
- 1 sit-up w/ kihap
 - legs up six inches off the ground with palms down and crossing (count ten)
 - legs up six inches off the ground with palms up and crossing (count ten)
 - 20 leg lifts

Sit-ups

- 30 center
- 10 side to side
- 10 single cross punch
- 10 double punch
- 10 parallel punch

Crunches

- 10 right, knees to the side
- 10 left, knees to the side
- 30 lay flat on back w/ knees bent, reaching for ankles (shoulder blades off the ground)
- 50 bicycle crunches (alternating knees to elbows)

Squat Thrusts- 10

Pushups – 30

Now standing back up

Place hands on your head **Jump Knees to Chest – 10**

Hands down 10 more (higher)

Feet apart and placing hands on head

Squats

- 10 regular
- 10 two per count

Running in Place (20-30 seconds)

Crossing Feet/Rotating Hips (hands ups) - 20

Jumping Jacks -10

Stretching

- Feet apart toe touches/stretch alternating – 10
- Hands on elbows stretch down
- Hands on hips stretch back
- Repeat both stretches
- Interlock Hands over Head, down and around to the left, then reverse
- Feet together bend knees, straighten, bend, and straighten
- Knees around – 3, reverse direction -3
- Down right stretch left (keep torso up), Switch
- Right front split, switch, and center
- Fists to inner thighs and massage
- Legs Up and Over Head
 - Reach Toes, breath in and out
- Hands under the hips and bring legs up and round -3, reverse – 3

More Mid Section Work

- Legs Up and Crossing in Front (six inches off the ground) – 30
- Legs Up and Down -30
- Crunches with legs straight up
 - 10 center
 - 10 reaching for right knees
 - 10 reaching for left knees
 - 5 toe reaches w/ kihap
- Up on the shoulders, support lower back with hands
- Keeping legs in the air, rotate the hips around
- One leg in front the other in back hold the stretch, switch and repeat
- Bring feet apart and come down on the hips, stretch
- Leg lifts – 30
- Leg lifts to the right side - 20
- Leg Lifts to the left side – 20
- Leg Lifts center -20

More Stretching

- *Standing up*, hands on hips head down, up x 2
- Turn head left then right, repeat
- Head around carefully, reverse
- breathe in shoulders up, breathe out shoulders down, repeat
- right arm over behind head with right hand touching left shoulder, pull with left hand on right elbow for count of 4
- pull right arm back (right hand touching right shoulder) for count of 4
- left arm over behind head with left hand touching right shoulder, pull with right hand on left elbow for count of 4
- pull left arm back (left hand touching left shoulder) for count of 4
- arms up in horizontal position, elbows bent, fists in front of chest, twist to the right, then repeat and extend right arm; twist to the left, and repeat extending left arm; finally repeat both again
- right hand on hip, left arm over, stretch torso to right for count 10
- left hand on hip, right arm over, stretch torso to left for count 10
- hands on hips, rotate hips (only) CW x 2, CCW x 2
- hands still on hips, rotate torso to floor CCW x 2, CW x 2
- legs together, hands on knees, bend down and straighten x 2
- hands still on knees, legs apart, rotate knees in x 3, then out x 3
- feet back together, touch toes and walk hands forward
- right heel to floor, left foot over right heel, stretch calf for count of 5
- left heel on floor, right foot over left heel, stretch calf for count of 5
- both heels on floor, stretch both calves for count of 5
- rolling unto toes stretching the toes
- walk hands forward and touch toes
- Feet apart sitting back hands behind heads, breath in reach down to the left side elbow touching knee, up down to the right side and down center
- Pushing the body through the center, lift up and kihap x 3
- Pushups – 25
- Kick legs in front and make fists at the sides, lifting up the shoulders – 30 on last one hold
- Bring Legs behind and lay flat, feet up and rotating the ankles around x 3, reverse x 3
- *Bringing both the body and legs down*, grab insteps and kihap x 4, HIGHER x 4
- *Bringing both the body and legs down*, hands behind head and lifting lower back
 - Center w/ hands behind head x 10, Center w/ hands behind back x 10, Left x 10, Right x 10, Center x 10, Hold and kihap
- Stretching the lower back (place hands in front and push bottom up in the air), push forward (let the torso hit the ground first and then lift up), Laying the body back down and repeat the stretch
- Pushing back into a left front stretch, right front stretch
- Falling down into a right front split, left and then center *holding each for 20 seconds
- Sitting back, stretch and massage
- Hands up down to the left, kept body low through the center to the right side and hold
- Feet together, hands and legs up reaching for toes (keep heels off the ground)
- Relaxing heels and stretch further
- Right leg over left, stretch
- Leg down and rotate ankle around
- Left leg over right, stretch
- Leg down and rotate ankle around
- Feet together (butterfly stretch)
- Standing up on the toes bring hands up and then down touching toes

THE END