

# Jhoon Rhee TKD Training Log

Month/Year:

Day of Month --->	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Slow Front Kicks X 10																
Slow Side Kicks X 10																
Slow Round Kicks X 10																
Front Kick Balance 30 sec																
Side Kick Balance 30 sec																
Round Kick Balance 30 sec																
Planks (see curriculum sheet)																
Push-ups (see curriculum sheet)																
Round Kick/Side Kick Chamber																
Seated Toe Touch																
Split Stretch																
Belt Stretch (front kick)																
Belt Stretch (side kick)																
12 Basic Stances (see poster)																
Basics and Combos																
Count Kicks																
Day of Month --->	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Slow Front Kicks X 10																
Slow Side Kicks X 10																
Slow Round Kicks X 10																
Front Kick Balance 30 sec																
Side Kick Balance 30 sec																
Round Kick Balance 30 sec																
Planks (see curriculum sheet)																
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12 Basic Stances (see poster)																
Basics and Combos																
Count Kicks																

Use this training log to help you practice during month. The goal is to practice something on the days you don't attend class.

Place a check mark on the day you practiced in the corresponding box. If you do several sets of a category, mark the box with the number of sets completed. Don't forget to practice on both sides of your body.