

Name: _____

Month/Year: _____

Advanced Belt Training Log	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
CHAMBERS (50x) Both Sides															
Front Kick															
Side Kick															
Round Kick															
Round to Side Kick Drill (off wall)															
Inside/Outside crescent Kick															
SLOW KICKS _____ x															
Front Kick															
Side Kick															
Round Kick															
Hook Kick															
Crescent Kick (Inside/Outside)															
STANCES SIDE TO SIDE (20x) hold for 3 seconds															
Low Back Stance															
Low Open Stance															
Front Stance															
STANCE TRANSITIONS (20x) hold for 3 seconds															
Low Back Stance to Low Twist Stance															
Low Twist Stance to Front Stance															
TECHINICAL KICKS (off wall)															
6 Count Double Side Kick															
6 Count Round Kick Side Kick															
7 Count Hook Kick Round Kick Side Kick															
9 Count Front, Round, Side, Hook Kick															
6 Count Double Round Kick Double Side Kick (BB)															
SLOW COMBINATION DRILLS															
Green Belt Combinations															
Blue Belt Combinations															
Red Belt Combinations															
Brown Belt Combinations															
CHOP, PUNCH															
Fold and Chop (Left and Right Side) 75x															
Chop,Punch, Fold, Chop Line Drill															
FORMS															
Chosang															
Hanguk and Meeguk (with flags)															
Jung yee															
Pyung Wa															
Exodus Might For Right															
Belt Stretcher (45 seconds off the wall)															
Front Kick															
Side Kick															

Name: _____

Month/Year: _____

CHAMBERS (50x) Both Sides	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Front Kick																
Side Kick																
Round Kick																
Round to Side Kick Drill (off wall)																
Inside/Outside crescent Kick																
SLOW KICKS _____ x																
Front Kick																
Side Kick																
Round Kick																
Hook Kick																
Crescent Kick (Inside/Outside)																
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Belt Stretcher (45 seconds off the wall)																
Front Kick																
Side Kick																