

Week 1

- Attend Friday Conditioning class
- Gear bag is ready to go for Friday conditioning class and be prepared for a tough class, as the class at this point will be focused on the previous group of candidates and working out hard. (Appropriate running shoes, clothes, weapon, snack/drink, binder, and a writing utensil)
- Binder created
- Chosen a weapon and written in binder
- 5 pushups 3 times
- 5 crunches 5 ways 3 times
- 1 training run for 5 minutes (see how far you can go)
- 25 consecutive round kicks without stopping (for technique) 3 times
- Practice Taeguk Il Jang and all 6 Palchagi's at least 3 times
- Mentally reviewed Taeguk Il Jang and all 6 Palchagi's at least 3 times
- Recorded the form you are trying to get checked off and have it looked at by a black belt