

Week 2

- 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)
- Written down 3 board breaks you would like to do (not in combinations)
- Written down 5 self-defense moves you would like to do (not in combinations)
- 10 pushups without stopping at least 3 times
- 10 crunches 5 ways at least 3 times
- 1 timed training run for 1 mile (try to get under 8:20)
- 1 small training sprint
- 50 consecutive round kicks without stopping (for technique) 3 times
- Practice Taeguk Il, Sam, and all 6 Palchagi's
- Mentally reviewed Taeguk Ee, Sah and all 6 Palchagi's
- Recorded the form you are trying to get checked off and have it looked at by a black belt