

Week 3

- 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 5-10 moves of your weapons form
- Have a list of 6 board breaks you would like to do
- 15 pushups at least 3 times
- 15 crunches 5 ways at least 3 times
- 1 timed training run for 1 mile (try to get under 8:20)
- 75 consecutive round kicks without stopping 3 times
- Practice Taeguek EE, SA, YUK and all 6 Palchagi's
- Mentally reviewed Taeguek EE, SA, YUK and all 6 Palchagi's
- Recorded the form you are trying to get checked off and have it looked at by a black belt