

# TKD PERFORMANCE CLINIC

A full-day performance camp for Taekwondo competitors — train like the national team.

SATURDAY, JANUARY 9 · 9:00 AM – 3:30 PM · AXIOM MARTIAL ARTS · SAPPINGTON, MO

## What You'll Train

### MODERN TKD DRILLS & SKILLS

Footwork, angles, rhythm, and reactivity — the movement patterns that score under today's rules.

### TKD STRENGTH & CONDITIONING

Sport-specific strength, plyometrics, and energy-system work built for explosive kicks and late-round pace.

### TKD MOBILITY & FLEXIBILITY

Mobility flows, compression strength, and core stability that unlock better kicking mechanics.

### SPORTS NUTRITION & WEIGHT-CLASS MANAGEMENT

Fueling for training and competition, making weight safely, and hydration done right.

### COMPETITION PREP & APPLICATION

Visualization, recovery, and competition-day routines — finished with rumbles and live match play.



COACH THACKREY — U.S. NATIONAL CIRCUIT

### YOUR COACH — TIM THACKREY

- 9x U.S. National Team
- Trainer of TKD Olympians & World Champions
- U.S. National Team Strength & Conditioning Head Coach
- Director of Education & Sport Science, USA Taekwondo

## The Day — Three Training Blocks

Open to competitors of all levels · breaks & lunch between sessions

### SESSION 1

Mobility, Footwork & Movement

### SESSION 2

Strength, Power & Plyometrics

### SESSION 3

Conditioning & The Modern Game



## Register at Axiom Martial Arts

[axiommarialarts.com/tkd-performance-clinic](https://axiommarialarts.com/tkd-performance-clinic)

Contact Coach Caleb Caldwell · ask about pre-registration savings

LIMITED MAT SPACE  
PRE-REGISTER EARLY