



Practice Log

Week of: _____

Weekly Goal: _____

Strength and Conditioning

Exercise	MON	TUES	WED	THURS	FRI	SAT	SUN

Techniques and Skills

Skill	MON	TUES	WED	THURS	FRI	SAT	SUN

Form/Kata

Form	MON	TUES	WED	THURS	FRI	SAT	SUN

Notes: _____



Optional Exercises, Skills, and Drills

Strength and Conditioning

Push ups
Sit ups
Plank
Wall sits

Squats
Jumping Jacks
Lunges
Burpees

Jump Rope
Pull-Ups
Tabata
Weight Training*

*Weight Training must begin at an appropriate age with proper instruction. Excellent fitness and Martial movement can be achieved with only body weight training.

Techniques and Skills

Punches & Strikes

Hammer Fist
Jab, Cross
Knife Hand
Palm-heel Strike
Backfist
Reverse Punch
Hook, uppercut
Ridge Hand

Kicks

Front Kick
Stomp Kick
Inside Crescent
Round House
Side Kick
Outside Crescent
Back Kick
Heel/Hook Kick

Blocks

Rising Block
X-block
Lower Block
Side Block
Center Block
Circle Block
Open Hand Block
Low Open Block

Other

Shadow Boxing
Bag Work
Stances
One Steps
Self-Defense
Breathing and
Meditation

Forms/Katas by Rank

Orange and Yellow	-	Yang 10 (Tai Chi), Kula Basic Form 1
Green	-	Pyung Ahn Cho Dan
Blue	-	Pyung Ahn Yi Dan
Purple	-	Pyung Ahn Yi Dan, Yang 24
Brown	-	Kun La Kin, Chulgi Cho Dan
Black	-	Chulgi Cho Dan (timed), Yang 24, Guang Ping