

Weekly Physical Training Requirements

In the weeks before each candidate is required to fulfill weekly training requirements.

The top section is required by ALL promotion candidates, regardless of rank.

The bottom section is dependent on a student's rank. Please refer to the Promotion Requirements section to find what is required for the student to promote

Activity	Requirements	Weekly Requirements	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
ALL PROMOTION CANDIDATES ARE REQUIRED TO DO THE FOLLOWING TRAINING AT HOME*:										
<i>*Excludes Sparring Classes</i>										
Push Ups	400	50								
Sit Ups	800	100								
Jump Rope	40 min	5 Min								
Running	8 miles	1 mile								
Kicking	800	100								
Stretching	160 min	20 min								
Terminology	80 min	10 min								
Sparring	4 Classes									
CANDIDATES ARE REQUIRED TO DO THE FOLLOWING TRAINING AT HOME* BASED ON THEIR TESTING REQUIREMENTS:										
<i>*Excludes Board Breaking</i>										
Board Breaking	8 Executions	1 Execution								
Won Yo	24 Times	3 Times								
Yul Go	24 Times	3 Times								
Choong Gun	24 Times	3 Times								
Toi Gae	24 Times	3 Times								

ALL training needs to be completed by the date of the exam. No exceptions!