



Weekly Physical Training Requirements

During the course of the Prep Cycle, 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 students rank. Please refer to the Promotion Requirements section to know what you are required to practice

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:										
Push Ups	600	100								
Sit Ups	1200	200								
Jump Rope	60 Min	10 Min								
Running	18 Miles	2.5 Miles								
Kicking	1200	200								
Stretching	120 Min	25 Min								
Sparring	4 Classes									
CANDIDATES ARE REQUIRED TO DO THE FOLLOWING TRAINING BASED ON THEIR TESTING REQUIREMENTS										
Board Breaking	8 Executions	1 Execution								
Hwa Rang	24 Times	3 Times								
Chung Moo	24 Times	3 Times								
Kwang Gae	24 Times	3 Times								
Koryo	24 Times	3 Times								

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