



## 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 |
|-------------------------------------------------------------------------------------------------|--------------|---------------------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>ALL PROMOTION CANDIDATES ARE REQUIRED TO DO THE FOLLOWING TRAINING:</b>                      |              |                     |        |        |        |        |        |        |        |        |
| Push Ups                                                                                        | 800          | 100                 |        |        |        |        |        |        |        |        |
| Sit Ups                                                                                         | 1600         | 200                 |        |        |        |        |        |        |        |        |
| Jump Rope                                                                                       | 80 Min       | 10 Min              |        |        |        |        |        |        |        |        |
| Running                                                                                         | 24 Miles     | 3 Miles             |        |        |        |        |        |        |        |        |
| Kicking                                                                                         | 1600         | 200                 |        |        |        |        |        |        |        |        |
| Stretching                                                                                      | 160 Min      | 20 Min              |        |        |        |        |        |        |        |        |
| Sparring                                                                                        | 4 Classes    |                     |        |        |        |        |        |        |        |        |
| <b>CANDIDATES ARE REQUIRED TO DO THE FOLLOWING TRAINING BASED ON THEIR TESTING REQUIREMENTS</b> |              |                     |        |        |        |        |        |        |        |        |
| Board Breaking                                                                                  | 8 Executions | 1 Execution         |        |        |        |        |        |        |        |        |
| Kwang Gae                                                                                       | 24 Times     | 3 Times             |        |        |        |        |        |        |        |        |
| Koryo                                                                                           | 24 Times     | 3 Times             |        |        |        |        |        |        |        |        |
| Poeun                                                                                           | 24 Times     | 3 Times             |        |        |        |        |        |        |        |        |
| Keum Gang                                                                                       | 24 Times     | 3 Times             |        |        |        |        |        |        |        |        |

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