

# Important Info

### **For Instructors:**

- Drills that haven't been incorporated into the app yet but appear in this document are put in the "DRILLS NOT PUT IN" tab
- If you have any suggestions about what drills to put in, app changes, or any questions, please put that in the Help section of Instructo

### **List Of Things Brendan Is Working On Inside Instructo:**

- Getting Everything To Actually Work Correctly (Give me a day)

### **For Brendan:**

#### **How To Update:**

- Save anything you changed in VS Code
- Go to your terminal and run: firebase deploy

#### **Main Drill Categories:**

- Form
- Sparring
- Kicks
- Coordination
- Defense
- Extreme Performance
- Exercise

# Form Drills

## **Form:**

## **Stances:**

### **Power Stance Walks:**

**Description:** Simple Beginner Power Stance Drill

**Time (In Minutes):** 2

**Type:** Intro, Competition, Tactical

**Video:** 🎬 [Power Stance Walks - Made with Clipchamp.mp4](#)

### **Sparring Stance Walks:**

**Description:** Simple Beginner Sparring Stance Drill

**Time (In Minutes):** 2

**Type:** Intro, Competition, Tactical

**Video:** 🎬 [Sparring Stance Walks - Made with Clipchamp.mp4](#)

### **Wide Base Stance Walks:**

**Description:** Simple Beginner Wide Base Stance Drill

**Time (In Minutes):** 2

**Type:** Intro, Competition, Tactical

**Video:** 🎬 [Wide Base Stance Walks - Made with Clipchamp.mp4](#)

## **Hand-Foot Timing:**

### **Clap Line Drill:**

**Description:** Clap your hands while doing power stances across the mat

**Time (In Minutes):** 2

**Type:** Basic, Accuracy, Competition, Tactical

**Video:** 🎬 [Clap Walks - Made with Clipchamp.mp4](#)

## **Pivots:**

### **Pivot Balance Series:**

**Description:** Hold a pre-pivot along the wall for 30 seconds at a time, every time taking more and more pressure off said wall

**Time (In Minutes):** 5

**Type:** Basic, Competition, Tactical

## **Form Work:**

### **Yellow Belt Line Drill:**

**Description:** Side kick and wide base knife hands across the mat

**Time (In Minutes):** 3

**Type:** Basic, Competition, Tactical

**Video:** 📺 Yellow Belt Form Walks - Made with Clipchamp.mp4

### **Green Belt Line Drill:**

**Description:** Front kick and power stance reverse punches across the mat

**Time (In Minutes):** 3

**Type:** Basic, Competition, Tactical

**Video:** 📺 Green Belt Form Walks - Made with Clipchamp.mp4

### **Blue Belt Line Drill:**

**Description:** Entire Blue Belt form done across the mat

**Time (In Minutes):** 4

**Type:** Basic, Competition, Tactical

**Video:** 📺 Blue Belt Form Walks - Made with Clipchamp.mp4

### **Brown Belt Line Drill:**

**Description:** Spin crescent, jump front, twin punches across the mat

**Time (In Minutes):** 3

**Type:** Basic, Competition, Tactical

**Video:** 📺 Brown Belt Form Walks - Made with Clipchamp.mp4

### **Red Belt Line Drill:**

**Description:** Cheerleader position to the 90 Degree Punch across the mat

**Time (In Minutes):** 3

**Type:** Basic, Competition, Tactical

**Video:** 📺 Red Belt Form Walks - Made with Clipchamp.mp4

### **Junior Black Belt Line Drill:**

**Description:** Knife hand low block to middle block across the mat

**Time (In Minutes):** 3

**Type:** Basic, Competition, Tactical

**Video:** 📺 Junior Black Belt Form Walks - Made with Clipchamp.mp4

### **Adult Black Belt Line Drill:**

**Description:** Hammer fist to palm heel across the mat

**Time (In Minutes):** 5

**Type:** Basic, Competition, Tactical

**Video:** 📺 Adult Black Belt Form Walks - Made with Clipchamp.mp4

# Sparring Drills

## **Sparring:**

### **Footwork:**

#### **Shield Sparring - Going Forward:**

**Description:** Spar in a straight line going forward with an instructor

**Time (In Minutes):** 3

**Type:** Basic, Competition, Tactical

#### **Shield Sparring - Going Backward:**

**Description:** Spar in a straight line going backward with an instructor

**Time (In Minutes):** 3

**Type:** Basic, Competition, Tactical

#### **Shield Sparring - Practice Rounds:**

**Description:** Spar in a 4x4 ring for 30 Seconds with a shield and blocker

**Time (In Minutes):** 5

**Type:** Basic, Competition, Tactical

#### **Footwork Basics:**

**Description:** Go straight back or forward when the instructor says, and use the appropriate foot first

**Time (In Minutes):** 5

**Type:** Basic, Competition, Tactical

#### **Intro To Round Step:**

**Description:** Go side to side using the round step when the instructor says

**Time (In Minutes):** 5

**Type:** Intro, Competition, Tactical

#### **Intro To Walking Step:**

**Description:** Go side to side using the walking step when the instructor says

**Time (In Minutes):** 5

**Type:** Intro, Competition, Tactical

### **Jumpswitch Drill:**

**Description:** Start in a Sparring Stance and jumpswitch upon each ladder square

**Time (In Minutes):** 3

**Type:** Basic, Speed, Competition, Tactical

### **Blocking:**

#### **Intro To The 6 Blocks:**

**Description:** Learn the 6 different types of blocks and how they are used

**Time (In Minutes):** 10

**Type:** Intro, Competition, Tactical

#### **Mr. Keeton's Block Drill Of Doom:**

**Description:** High, High, Low, Low, Middle, Middle, repeatedly going faster each time

**Time (In Minutes):** 3

**Type:** Basic, Partner, Competition, Tactical

### **Theory & Practice:**

#### **Handicapped Sparring Rounds:**

**Description:** One person starts down 2 points with 30 seconds left

**Time (In Minutes):** 10

**Type:** Basic, Competition

#### **Bull In The Ring:**

**Description:** Rapid 1 point matches repeatedly

**Time (In Minutes):** 10

**Type:** Basic, Competition, Tactical

### **Gear-Up Practice:**

**Description:** Practice getting your sparring gear on and off

**Time (In Minutes):** 3

**Type:** Basic, Competition, Tactical

### **Phone Booth Sparring:**

**Description:** Practice sparring in a tight space (or use a bungee cord) to simulate a real life scenario

**Time (In Minutes):** 10

**Type:** Basic, Tactical

### **Sparring 15 Practice:**

**Description:** Practice any number of the Sparring 15 combinations

**Time (In Minutes):** 7

**Type:** Basic, Competition

### **Player 2 Sparring Practice:**

**Description:** Practice the Player 2 Sparring combination on the bag

**Time (In Minutes):** 7

**Type:** Basic, Competition, Tactical, Accuracy, Speed

### **Techniques:**

#### **Reaction Time - Wonderboy Blitz:**

**Description:** Explode forward at the sound with reverse punches

**Time (In Minutes):** 5

**Type:** Accuracy, Speed, Competition

#### **Intro To Slide Kicks:**

**Description:** Start from a half square away from the hanging bag, and get progressively further while maintaining contact with the bag

**Time (In Minutes):** 5

**Type:** Intro, Power, Competition

### **Defense Against The Wonderboy Blitz:**

**Description:** Practice fade away side kicks to counter the Blitz's range

**Time (In Minutes):** 5

**Type:** Intro, Competition

### **Intro To The Monroe Special:**

**Description:** Generate force using an axe kick into a jump front kick

**Time (In Minutes):** 5

**Type:** Intro, Power, Competition

### **Combination Walks - #11:**

**Description:** #1 Front Kick, Low Block, Cross, #2 Round down the line

**Time (In Minutes):** 3

**Type:** Basic, Competition, Tactical

**Video:** 📺 Green Belt Sparring 15 Walks - Made with Clipchamp.mp4

### **Combination Walks - #14:**

**Description:** #2 Front Kick, Spin Side Kick, Cross, #2 Round down the line

**Time (In Minutes):** 3

**Type:** Basic, Competition, Tactical

**Video:** 📺 Brown Belt Sparring 15 Walks - Made with Clipchamp.mp4

### **Chinese Jump rope Combination:**

**Description:** #2 Outside Crescent, Spin Hook Kick down the line

**Time (In Minutes):** 5

**Type:** Basic, Competition, Tactical

# Kick Drills

## **Kicks:**

### **Front:**

#### **#2 Front Kick Walks:**

**Description:** Introduction to Front Kicks

**Time (In Minutes):** 2

**Type:** Intro, Competition, Tactical

**Video:** 📺 #2 Front Kick Walks - Made with Clipchamp.mp4

#### **Taekwondo Counting - Front Kicks:**

**Description:** #1/#3/#2 Front Kicks down the mat

**Time (In Minutes):** 3

**Type:** Intro, Competition, Tactical

**Video:** 📺 Taekwondo Counting - Front Kicks - Made with Clipchamp.mp4

#### **Reaction Time - Front Kicks:**

**Description:** Practice reaction time using kick targets

**Time (In Minutes):** 5

**Type:** Accuracy, Speed, Partner, Competition, Tactical

#### **Front Kick Hold:**

**Description:** Hold a Front Kick chamber for 30 seconds (Can use a chair)

**Time (In Minutes):** 1

**Type:** Basic, Competition, Tactical

#### **Nistler's Drill - Front Kicks:**

**Description:** Practice front kicks laying down, holding the chamber, extension, and retraction

**Time (In Minutes):** 3

**Type:** Basic, Competition, Tactical

## **Side:**

### **#2 Side Kick Walks:**

**Description:** Introduction to Side Kicks

**Time (In Minutes):** 2

**Type:** Intro, Competition, Tactical

**Video:** 📺 #2 Side Kick Walks - Made with Clipchamp.mp4

### **Taekwondo Counting - Side Kicks:**

**Description:** #1/#3/#2 Side Kicks down the mat

**Time (In Minutes):** 3

**Type:** Intro, Competition, Tactical

**Video:** 📺 Taekwondo Counting - Side Kicks - Made with Clipchamp.mp4

### **Reaction Time - Side Kicks:**

**Description:** Practice reaction time using kick targets

**Time (In Minutes):** 5

**Type:** Accuracy, Speed, Partner, Competition, Tactical

### **Side Kick Hold:**

**Description:** Hold a Side Kick chamber for 30 seconds (Can use a chair)

**Time (In Minutes):** 1

**Type:** Basic, Competition, Tactical

### **Side Kick Ladder Drill:**

**Description:** Hold a Side Kick chamber while kicking and retracting down each square

**Time (In Minutes):** 5

**Type:** Basic, Competition, Tactical

### **Double Target Side Kick Drill:**

**Description:** Fire a side kick at the target in front of you, being sure to hit the target behind with your knee

**Time (In Minutes):** 5

**Type:** Accuracy, Partner, Competition, Tactical

### **Nistler's Drill - Side Kicks:**

**Description:** Practice side kicks laying down, holding the chamber, extension, and retraction

**Time (In Minutes):** 3

**Type:** Basic, Competition, Tactical

### **Round:**

#### **#2 Round Kick Walks:**

**Description:** Introduction to Round Kicks

**Time (In Minutes):** 2

**Type:** Intro, Competition, Tactical

**Video:** 📺 #2 Round Kick Walks - Made with Clipchamp.mp4

#### **Taekwondo Counting - Round Kicks:**

**Description:** #1/#3/#2 Round Kicks down the mat

**Time (In Minutes):** 3

**Type:** Intro, Competition, Tactical

**Video:** 📺 Taekwondo Counting - Round Kicks - Made with Clipchamp.mp4

#### **Reaction Time - Round Kicks:**

**Description:** Practice reaction time using kick targets

**Time (In Minutes):** 5

**Type:** Accuracy, Speed, Partner, Competition, Tactical

#### **Round Kick Hold:**

**Description:** Hold a Round Kick chamber for 30 seconds (Can use a chair)

**Time (In Minutes):** 1

**Type:** Basic, Competition, Tactical

### **Nistler's Drill - Round Kicks:**

**Description:** Practice round kicks laying down, holding the chamber, extension, and retraction

**Time (In Minutes):** 3

**Type:** Basic, Competition, Tactical

### **Crescent:**

#### **Reaction Time - Crescent Kicks:**

**Description:** Practice reaction time using kick targets

**Time (In Minutes):** 5

**Type:** Accuracy, Speed, Partner, Competition, Tactical

### **Twist:**

#### **Reaction Time - Twist Kicks:**

**Description:** Practice reaction time using kick targets

**Time (In Minutes):** 5

**Type:** Accuracy, Speed, Partner, Competition, Tactical

#### **#2 Twist Kick Walks:**

**Description:** Introduction to Twist Kicks

**Time (In Minutes):** 3

**Type:** Intro, Competition, Tactical

**Video:** 📺 #2 Twist Kick Walks - Made with Clipchamp.mp4

## **Taekwondo Counting - Twist Kicks:**

**Description:** #1/#3/#2 Round Kicks down the mat

**Time (In Minutes):** 3

**Type:** Intro, Competition, Tactical

**Video:** 📺 Taekwondo Counting - Twist Kicks - Made with Clipchamp.mp4

## **Hook:**

### **Reaction Time - Hook Kicks:**

**Description:** Practice reaction time using kick targets

**Time (In Minutes):** 5

**Type:** Accuracy, Speed, Partner, Competition, Tactical

### **#2 Hook Kick Walks:**

**Description:** Introduction to Hook Kicks

**Time (In Minutes):** 3

**Type:** Intro, Competition, Tactical

**Video:** 📺 #2 Hook Kick Walks - Made with Clipchamp.mp4

### **Nistler's Drill - Hook Kicks:**

**Description:** Practice hook kicks laying down, holding the chamber, extension, and retraction

**Time (In Minutes):** 3

**Type:** Basic, Competition, Tactical

### **Taekwondo Counting - Hook Kicks:**

**Description:** #1/#3/#2 Round Kicks down the mat

**Time (In Minutes):** 3

**Type:** Intro, Competition, Tactical

**Video:** 📺 Taekwondo Counting - Hook Kicks - Made with Clipchamp.mp4

## **Axe:**

## **Double Kicks:**

### **Double Kicks, Double Targets:**

**Description:** Use 2 targets to fire different kicks in different places

**Time (In Minutes):** 5

**Type:** Intro, Partner, Competition, Tactical

## **Spin Kicks:**

### **Spinning Backfist Method:**

**Description:** Practice Spinning Backfists on the bags to get used to the spinning motion

**Time (In Minutes):** 5

**Type:** Intro, Competition, Tactical

### **Spin Kick Walks:**

**Description:** Walk down the line with alternating spin kicks, being sure to land the kicking foot in front

**Time (In Minutes):** 3

**Type:** Intro, Competition, Tactical

**Video:** 📺 Spin Kick Walks - Made with Clipchamp.mp4

## **Jump Kicks:**

# Coordination Drills

## **Coordination:**

### **Hand-Eye:**

#### **Clap Line Drill:**

**Description:** Clap your hands while doing power stances across the mat.

**Time (In Minutes):** 2

**Type:** Basic, Accuracy, Competition, Tactical

#### **Reverse Punch Walks:**

**Description:** Do reverse punches while doing power stances across the mat.

**Time (In Minutes):** 2

**Type:** Basic, Accuracy, Competition, Tactical

**Video:**  Reverse Punch Walks - Made with Clipchamp.mp4

#### **Footwork Basics:**

**Description:** Go straight back or forward when the instructor says, and use the appropriate foot first

**Time (In Minutes):** 5

**Type:** Basic, Competition, Tactical

#### **Intro To Round Step:**

**Description:** Go side to side using the round step when the instructor says

**Time (In Minutes):** 5

**Type:** Intro, Competition, Tactical

#### **Intro To Walking Step:**

**Description:** Go side to side using the walking step when the instructor says

**Time (In Minutes):** 5

**Type:** Intro, Competition, Tactical

## **Balance:**

### **Front Kick Hold:**

**Description:** Hold a Front Kick chamber for 30 seconds (Can use a chair)

**Time (In Minutes):** 1

**Type:** Basic, Competition, Tactical

### **Side Kick Hold:**

**Description:** Hold a Side Kick chamber for 30 seconds (Can use a chair)

**Time (In Minutes):** 1

**Type:** Basic, Competition, Tactical

### **Round Kick Hold:**

**Description:** Hold a Round Kick chamber for 30 seconds (Can use a chair)

**Time (In Minutes):** 1

**Type:** Basic, Competition, Tactical

### **Tabletop Pad Drill:**

**Description:** Hold a Side or Round Kick chamber for 30 seconds while keeping the breaking pad on your knee

**Time (In Minutes):** 3

**Type:** Basic, Competition, Tactical

### **Tabletop Dot Drill:**

**Description:** Hold a Front, Side or Round Kick chamber for 30 seconds while keeping the dot on your leg

**Time (In Minutes):** 3

**Type:** Basic, Competition, Tactical

### **Pivot Balance Series:**

**Description:** Hold a pre-pivot along the wall for 30 seconds at a time, every time taking more and more pressure off said wall

**Time (In Minutes):** 5

**Type:** Basic, Competition, Tactical

### **Reaction Time:**

#### **Reaction Time - Front Kicks:**

**Description:** Practice reaction time using kick targets

**Time (In Minutes):** 5

**Type:** Accuracy, Speed, Partner, Competition, Tactical

#### **Reaction Time - Side Kicks:**

**Description:** Practice reaction time using kick targets

**Time (In Minutes):** 5

**Type:** Accuracy, Speed, Partner, Competition, Tactical

#### **Reaction Time - Round Kicks:**

**Description:** Practice reaction time using kick targets

**Time (In Minutes):** 5

**Type:** Accuracy, Speed, Partner, Competition, Tactical

#### **Reaction Time - Crescent Kicks:**

**Description:** Practice reaction time using kick targets

**Time (In Minutes):** 5

**Type:** Accuracy, Speed, Partner, Competition, Tactical

#### **Reaction Time - Twist Kicks:**

**Description:** Practice reaction time using kick targets

**Time (In Minutes):** 5

**Type:** Accuracy, Speed, Partner, Competition, Tactical

#### **Reaction Time - Hook Kicks:**

**Description:** Practice reaction time using kick targets

**Time (In Minutes):** 5

**Type:** Accuracy, Speed, Partner, Competition, Tactical

### **Reaction Time - Wonderboy Blitz:**

**Description:** Explode forward at the sound with reverse punches

**Time (In Minutes):** 5

**Type:** Accuracy, Speed, Competition

### **Ring Reaction Drill:**

**Description:** Fire the corresponding kick when the ring drops

**Time (In Minutes):** 5

**Type:** Accuracy, Speed, Partner, Competition, Tactical

# Defense Drills

## **Defense:**

### **Defense 15:**

#### **Defense 15 Practice:**

**Description:** Practice any number of the Defense 15 scenarios

**Time (In Minutes):** 7

**Type:** Basic, Tactical

### **Ground Work:**

#### **Intro To Combat Rolls:**

**Description:** Roll over shoulder with forward momentum (Can be done on mat or training floor)

**Time (In Minutes):** 4

**Type:** Intro, Tactical

#### **Intro To Backwards Breakfalls:**

**Description:** Roll on your back with the chin tucked (Can be done on mat or training floor)

**Time (In Minutes):** 5

**Type:** Intro, Tactical

#### **Intro To Forwards Breakfalls:**

**Description:** Fall on your stomach, forming a triangle shape with your hands and being sure to tuck your chin to the side (Do on mat)

**Time (In Minutes):** 5

**Type:** Intro, Tactical

#### **Tactical Get-Up #1 - Front Leg Kick:**

**Description:** Kick with your front leg, being sure to not put any hands on the ground

**Time (In Minutes):** 3

**Type:** Intro, Tactical

**Video:**  Tactical Get-Up - Front Leg - Made with Clipchamp.mp4

### **Tactical Get-Up #2 - Back Leg Kick:**

**Description:** Kick with your back leg, being sure to swing the leg behind you and not to put any hands on the ground

**Time (In Minutes):** 3

**Type:** Intro, Tactical

**Video:** 📺 Tactical Get-Up - Back Leg - Made with Clipchamp.mp4

### **Tactical Get-Up #3 - The Turtle:**

**Description:** Kick with both legs upwards, being sure to not put any hands on the ground

**Time (In Minutes):** 3

**Type:** Intro, Tactical

**Video:** 📺 Tactical Get-Up - The Turtle - Made with Clipchamp.mp4

### **Tactical Get-Up #4 - The Backwards Roll:**

**Description:** Roll over the entire way after doing a breakfall

**Time (In Minutes):** 5

**Type:** Intro, Tactical

**Video:** 📺 Tactical Get-Up - The Backwards Roll - Made with Clipchamp.mp4

### **Intro To The Double Leg Takedown:**

**Description:** Place your hands at the knees, drive forward with your shoulder and pull with your hands to land in guard (Can be done using VS. Bag or BeboP/Rocksteady)

**Time (In Minutes):** 5

**Type:** Intro, Tactical

### **Intro To The 360 Degree Roll:**

**Description:** Squeeze your hands and knees around the target, and roll over until you end up back on top

**Time (In Minutes):** 5

**Type:** Intro, Tactical

### **Intro To Guard & Mount:**

**Description:** Start in Guard after a Double Leg Takedown, place one knee on theirs while pinning the arms, and shuffle into the Mount position

**Time (In Minutes):** 5

**Type:** Intro, Tactical

### **Breaking:**

#### **Hip Thrust Drill - #2 Front Kick:**

**Description:** Lay on the floor with knees bent, thrust your hips to simulate a pushing #2 front kick

**Time (In Minutes):** 5

**Type:** Power, Competition, Tactical

#### **Beginner Breaking - Hammerfist:**

**Description:** Use the bottom of your hand to drive through the board using gravity

**Time (In Minutes):** 5

**Type:** Intro, Power, Competition, Tactical

#### **Beginner Breaking - Downwards Palm Heel:**

**Description:** Use the heel of your palm to drive through the board using gravity

**Time (In Minutes):** 5

**Type:** Intro, Power, Competition, Tactical

#### **Beginner Breaking - Downwards Elbow:**

**Description:** Use the forearm to drive through the board using gravity

**Time (In Minutes):** 5

**Type:** Intro, Power, Competition, Tactical

#### **Black Belt Breaking - Jump Front Kicks:**

**Description:** Use gravity to be able to push through the board

**Time (In Minutes):** 5

**Type:** Intro, Power, Competition, Tactical

### **Black Belt Breaking - Spin Side Kicks:**

**Description:** Use knowledge of your heel and the center of the board to drive through

**Time (In Minutes):** 5

**Type:** Intro, Power, Competition, Tactical

### **Advanced Breaking - Axe Kicks:**

**Description:** Use your heel to drive into the board, making sure to not stop

**Time (In Minutes):** 3

**Type:** Power, Competition, Tactical

### **Advanced Breaking - #2 Round Kicks:**

**Description:** Use the shin or ball of the foot to break the board at a perpendicular line

**Time (In Minutes):** 3

**Type:** Power, Competition, Tactical

### **Advanced Breaking - Standing Palm Heel:**

**Description:** Use the heel of the palm to drive through the board without stopping

**Time (In Minutes):** 3

**Type:** Power, Competition, Tactical

### **Advanced Breaking - Standing Elbow:**

**Description:** Use the forearm to drive through the board without stopping

**Time (In Minutes):** 3

**Type:** Power, Competition, Tactical

# XP Drills

## **Extreme Performance (XP):**

### **Gymnastics:**

#### **Intro To Dive Rolls:**

**Description:** Practice diving over larger obstacles to master the Dive Roll

**Time (In Minutes):** 4

**Type:** Intro, Competition, Tactical

#### **Intro To Cartwheels:**

**Description:** Practice the motion of Cartwheels step by step before attempting it yourself

**Time (In Minutes):** 5

**Type:** Intro, Competition, Tactical

### **Parkour:**

#### **Intro To Step Vaults:**

**Description:** Practice getting over obstacles with ease

**Time (In Minutes):** 5

**Type:** Intro, Competition, Tactical

#### **Intro To Speed Vaults:**

**Description:** Practice getting over obstacles with ease, but faster

**Time (In Minutes):** 5

**Type:** Intro, Competition, Tactical

#### **Intro To Lazy Vaults:**

**Description:** They are indeed not lazy

**Time (In Minutes):** 5

**Type:** Intro, Competition, Tactical

### **Intro To Kong Vaults:**

**Description:** Practice getting over obstacles with ease, but this one is way harder

**Time (In Minutes):** 5

**Type:** Intro, Competition, Tactical

### **Expert Moves:**

### **Intro To Butterfly Kicks:**

**Description:** Practice the motion of Butterfly Kicks on the A-Frame before attempting it yourself

**Time (In Minutes):** 5

**Type:** Intro, Competition, Tactical

### **Intro To Tornado Kicks:**

**Description:** Practice the separate motions of each stage of the Tornado Kick before attempting it yourself

**Time (In Minutes):** 5

**Type:** Intro, Competition, Tactical

# Exercise Drills

## **Exercise:**

### **Neck:**

#### **Neck Rolls:**

**Description:** Roll your neck from side to side

**Time (In Minutes):** 1

**Type:** Dynamic Stretch

### **Shoulders:**

#### **Shoulder Rolls/Arm Circles:**

**Description:** Roll your shoulders or arms back and forth

**Time (In Minutes):** 1

**Type:** Dynamic Stretch

### **Arms:**

#### **Plank-Ups:**

**Description:** Switch from a regular plank position to elbow plank position constantly

**Time (In Minutes):** 1

**Type:** Workout

#### **Tricep Dips:**

**Description:** Hold onto a bench or block and get your butt down

**Time (In Minutes):** 1

**Type:** Workout

#### **Assisted Handstand:**

**Description:** Hands on the balance beam while your feet are on top of a surface

**Time (In Minutes):** 1

**Type:** Workout

## **Chest:**

### **Pushups:**

**Description:** Push using your chest while your body is aligned

**Time (In Minutes):** 1

**Type:** Workout

### **Incline Pushups:**

**Description:** Pushups while having your arms on an elevated surface

**Time (In Minutes):** 1

**Type:** Workout

### **Decline Pushups:**

**Description:** Pushups while having your feet on an elevated surface

**Time (In Minutes):** 1

**Type:** Workout

### **Windmill Pushups:**

**Description:** Reach up to the sky after doing a pushup

**Time (In Minutes):** 1

**Type:** Workout

### **Mountain Climbers:**

**Description:** Keep a pushup position while switching your feet

**Time (In Minutes):** 1

**Type:** Workout, Speed

## **Abs:**

### **Crunches:**

**Description:** Squeeze your core as tightly as possible

**Time (In Minutes):** 1

**Type:** Workout

### **Sit-Ups:**

**Description:** Squeeze your core while sitting up with knees bent

**Time (In Minutes):** 1

**Type:** Workout

### **V-Ups:**

**Description:** Squeeze your core while touching your legs in a “V” shape

**Time (In Minutes):** 1

**Type:** Workout

### **Leg Lifts:**

**Description:** Squeeze your core while lifting your legs off the ground

**Time (In Minutes):** 1

**Type:** Workout

### **Russian Twists:**

**Description:** Squeeze your core while turning from side to side

**Time (In Minutes):** 1

**Type:** Workout

### **Hips:**

#### **Twists:**

**Description:** Rotate your hips from side to side (Can be done with reverse punches)

**Time (In Minutes):** 1

**Type:** Dynamic Stretch

#### **Hip Circles:**

**Description:** Rotate your hips around repeatedly

**Time (In Minutes):** 1

**Type:** Dynamic Stretch

## **Back:**

### **Touch The Sky:**

**Description:** Lift your arms up and stretch as high as you can (Can be done sitting)

**Time (In Minutes):** 1

**Type:** Static Stretch

### **Hit The Ground:**

**Description:** Hang your arms down with your feet shoulder width apart

**Time (In Minutes):** 1

**Type:** Static Stretch

### **Back Hold:**

**Description:** Keep your back flat while pushing backwards on your heels or glutes (Can be done sitting)

**Time (In Minutes):** 1

**Type:** Static Stretch

### **Windmills:**

**Description:** Touch each foot with the alternate hand repeatedly

**Time (In Minutes):** 1

**Type:** Dynamic Stretch

### **Planks:**

**Description:** Keep the body straight in a pushup position

**Time (In Minutes):** 1

**Type:** Workout

### **Plank X-Outs:**

**Description:** Keep the body straight in a pushup position while moving your legs in and out

**Time (In Minutes):** 1

**Type:** Workout

### **Supermans:**

**Description:** Keep the core tight while only touching the ground with your stomach

**Time (In Minutes):** 1

**Type:** Workout

### **Legs:**

#### **Straight Leg Kicks:**

**Description:** Swing legs up for a specified number of times

**Time (In Minutes):** 1

**Type:** Dynamic Stretch

#### **Knee Circles:**

**Description:** Rotate your knees around repeatedly

**Time (In Minutes):** 1

**Type:** Dynamic Stretch

#### **Ankle Rolls:**

**Description:** Rotate your ankles around repeatedly

**Time (In Minutes):** 1

**Type:** Dynamic Stretch

#### **Butterfly Stretch:**

**Description:** Put your feet together putting pressure on the inside of the legs

**Time (In Minutes):** 1

**Type:** Dynamic Stretch, Static Stretch

#### **Frog Stretch:**

**Description:** Spread your legs out and push back repeatedly for a better result

**Time (In Minutes):** 1

**Type:** Dynamic Stretch, Static Stretch

### **V Stretch:**

**Description:** Put your legs in a V putting pressure on your hamstrings (Can go from side to side)

**Time (In Minutes):** 1

**Type:** Dynamic Stretch, Static Stretch

### **Lunge Stretch:**

**Description:** Spread out to a lunge, then put your elbows and back knee down for better results

**Time (In Minutes):** 1

**Type:** Dynamic Stretch

### **Half Straddle:**

**Description:** Put one leg out to the side keeping your posture up

**Time (In Minutes):** 1

**Type:** Dynamic Stretch, Static Stretch

### **Pigeon Stretch:**

**Description:** Put one leg bent out in front of you while the other one lays flat, can be done facing forward or facing down

**Time (In Minutes):** 1

**Type:** Dynamic Stretch

### **One Leg In, One Leg Out:**

**Description:** Try to pull your hamstring by going as far as you can

**Time (In Minutes):** 1

**Type:** Static Stretch

### **Leg Twist:**

**Description:** Put one leg over the other, twisting your body

**Time (In Minutes):** 1

**Type:** Dynamic Stretch

**Cradle:**

**Description:** Pull one foot into your stomach and rock side to side

**Time (In Minutes):** 1

**Type:** Dynamic Stretch

**Box Jumps:**

**Description:** Jump up and down on the boxes, keeping your hands up

**Time (In Minutes):** 1

**Type:** Workout, Speed

**Broad Jumps:**

**Description:** Jump as far as you can, using your arms to build momentum

**Time (In Minutes):** 1

**Type:** Workout

**Tuck Jumps:**

**Description:** Jump as high as you can, holding your knees in before letting go

**Time (In Minutes):** 1

**Type:** Workout, Speed

**Squats:**

**Description:** Go as far down as possible while keeping the back straight (Can be done with any kick)

**Time (In Minutes):** 1

**Type:** Workout

**Assisted Pistol Squats:**

**Description:** Go as far down as possible while keeping one leg up

**Time (In Minutes):** 1

**Type:** Workout

## **Lunges:**

**Description:** Go as far down and forward as possible while keeping the back straight

**Time (In Minutes):** 1

**Type:** Workout

## **Endurance:**

### **Benji Shuffle:**

**Description:** Sets of 3 moves (Shuffle, Punches, Knees, Front Kicks, Burpees)

**Time (In Minutes):** 5

**Type:** Workout, Speed

### **Running Cycle:**

**Description:** Running in place, high knees, and butt kickers

**Time (In Minutes):** 1

**Type:** Workout, Speed

### **Mrs. Paxton's Running Drill:**

**Description:** Do a specified exercise after every certain word in a song

**Time (In Minutes):** 3

**Type:** Workout, Speed

### **Star Drill:**

**Description:** Run around in a star pattern stopping at each cone

**Time (In Minutes):** 5

**Type:** Workout, Speed

### **T Drill:**

**Description:** Run in a "T" pattern making sure to turn around at each cone

**Time (In Minutes):** 3

**Type:** Workout, Speed

### **In's & Out's:**

**Description:** Spread the legs out and in at each square on the ladder

**Time (In Minutes):** 2

**Type:** Workout, Speed

### **Salsa:**

**Description:** Move the feet back and forth on the ladder in a "R-L-R-L" pattern

**Time (In Minutes):** 2

**Type:** Workout, Speed

### **Jumpswitch Drill:**

**Description:** Start in a Sparring Stance and jumpswitch upon each ladder square

**Time (In Minutes):** 2

**Type:** Workout, Speed

### **Jumping Jacks:**

**Description:** Jump up and down spreading your legs and hands apart repeatedly

**Time (In Minutes):** 1

**Type:** Workout, Speed

### **Super Jacks:**

**Description:** Jump up and down spreading your legs and hands wide apart

**Time (In Minutes):** 1

**Type:** Workout, Speed

### **Ab Workout Series:**

**Description:** Use your abs to hold your legs in the air with your partner forming different movements

**Time (In Minutes):** 5

**Type:** Workout, Partner

### **Partner Plank Workout:**

**Description:** One person jumps over and crawls under the other partner's high/low planks

**Time (In Minutes):** 3

**Type:** Workout, Speed, Partner

### **HIIT Training:**

**Description:** The best training in the world

**Time (In Minutes):** 10

**Type:** Workout

### **Plank Plank Slide:**

**Description:** Do plank exercises to the Cha Cha Slide

**Time (In Minutes):** 4

**Type:** Workout

### **Suicides:**

**Description:** Run from cone to cone as fast as possible

**Time (In Minutes):** 4

**Type:** Workout, Speed

### **Relay:**

#### **Sprints:**

**Description:** Run as fast you can down the line and back

**Time (In Minutes):** 2

**Type:** Relay

#### **Backwards Sprints:**

**Description:** Run as fast you can facing the opposite direction down the line and back

**Time (In Minutes):** 2

**Type:** Relay

**Bear Walk:**

**Description:** Walk on all fours (stomach down) down the line and back

**Time (In Minutes):** 2

**Type:** Relay

**Crab Walk:**

**Description:** Walk on all fours (stomach up) down the line and back

**Time (In Minutes):** 2

**Type:** Relay

**Bunny Hops:**

**Description:** Hop as fast you can down the line and back

**Time (In Minutes):** 2

**Type:** Relay

**One Foot Hops:**

**Description:** Hop as fast you can one one foot down the line and back

**Time (In Minutes):** 2

**Type:** Relay

**Frog Jumps:**

**Description:** Squat down and jump down the line and back

**Time (In Minutes):** 2

**Type:** Relay

DRILLS NOT PUT IN

**THE FOLLOWING DRILLS ARE IN THIS DOCUMENT AND HAVE NOT BEEN ADDED TO INSTRUCTO:**

- Taekwondo Counting - Twist Kicks
- Taekwondo Counting - Hook Kicks

**THE FOLLOWING DRILLS HAVE NOT BEEN ADDED TO THIS DOCUMENT AND HAVE NOT BEEN ADDED TO INSTRUCTO:**

- Jumpback Jumpswitch Drills
- Bean Bag Hand Eye Coordination Drills