



Poomsae Challenge

OCTOBER 2022

GREEN, BLUE, & PURPLE BELTS

Train To Be A Champion!!!

	S	M	T	W	T	F	S
Week 1							1
Week 2	2	3	4	5	6	7	8
Week 3	9	10	11	12	13	14	15
Week 4	16	17	18	19	20	21	22
Week 5	23	24	25	26	27	28	
Week 6	29	30	31				

October 1	Poomsae #1: Taegeuk Il Jang (Heaven & Light) x5 times
October 2	Practice each key movement x20 times each (Low Blocks, Punches, High Blocks, Front Kicks)
October 3	Record a video of you doing poomsae 1 and use it to spot your mistakes, then practice Poomsae #1 x5 times more.
October 4	Poomsae #2: Taegeuk E Jang (Joy) x5 times
October 5	Practice each key movement from form 2 x20 times each (Low Blocks, Punches, Inside Blocks, Front Kicks, High Blocks)
October 6	Record a video of you doing poomsae 2 and use it to spot your mistakes, then practice Poomsae #2 x5 times more.
October 7	Practice One Step Sparring and Self Defense x10 times each
October 8	Practice Keibons x6 times each
October 9	Practice all your highest-level fundamentals x10 times each on both sides (x20 total for each one).
October 10	Poomsae #3: Taegeuk Sam Jang (Fire) x5 times Yellow Belts – Poomsae #1: Taegeuk Il Jang 5x times
October 11	Practice key movements from Taegeuk Sam Jang x14 times each (Low Blocks, Double Punches, Front Kicks, Inside Suto (open handed) Blocks, Outside Suto Blocks <u>with</u> reverse punches (and stance changes with hip rotation)
October 12	Record a video of you doing poomsae 3 and use it to spot your mistakes, then practice Poomsae #3 x5 times more. Yellow Belts – Poomsae 2 x5 times
October 13	Poomsae #4 Taegeuk Sa Jang (Thunder) x5 times
October 14	Practice each key movement from Taegeuk Sa Jang x25 times each (High Knife Hand, Spear Hand, Swallow Style Knife Hand, Front Kicks, Side Kicks, Hammer Blocks, Back Fists, & Inside Blocks)

October 15	Record a video of you doing form 1, 2, 3, and 4 and use it to look for mistakes, then practice Poomsae #1 and #2 x1 time each, Poomsae #3 two times and Poomsae #4 x5 times.
October 16	Practice One Step Sparring and Self Defense x10 times each
October 17	Practice Keibons x6 times each
October 18	Practice all your highest-level fundamentals x10 times each on both sides (x20 total for each one).
October 19	Poomsae #5 Taegeuk O Jang (Wind) x5 times.
October 20	Practice each key movement from Taegeuk O Jang x25 times each (Low Blocks, Hammer Strikes, Inside Blocks, Front Kicks, Back Fists, Target Elbow Strikes, High Blocks, Side Kicks with Side Punches)
October 21	Record a video of you doing form 1, 2, 3, 4, and 5 and use it to look for mistakes, then practice Poomsae #1, #2 and #3 x1 times each, Poomsae #4 two times and Poomsae #5 x5 times.
October 22	Poomsae #6 Taegeuk Yuk Jang (Water) x5 times.
October 23	Practice each key movement from Taegeuk Yuk Jang x20 times each (Low Blocks, Defensive Hammer Blocks, Round Kicks, Front Kicks, Slow Double Low Blocks, Defensive
October 24	Record a video of you doing form 1, 2, 3, 4, 5, and 6 and use it to look for mistakes, then practice Poomsae #1, #2, #3, and #4 x1 times each, Poomsae #5 two times and Poomsae #6 x5 times
October 25	Practice One Step Sparring and Self Defense x10 times each
October 26	Practice Keibons x6 times each
October 27	Practice all your highest-level fundamentals x10 times each on both sides (x20 total for each one).
October 28	Practice all fundamentals from white belt to current belt x8 times each.
October 29	Practice Poomsae's 1,2,&3 x5 times each.
October 30	Practice Poomsae's 4,5,&6 x5 times each.
October 31	Poomsae Tournament against other students (medals will be awarded).