

**WEEKLY TRAINING SESSION**

Try to train 2-3x's per week

MONDAY	☐ Warm Up/Basics	☐ Kicking Drills	☐ Conditioning	☐ Curriculum
TUESDAY	☐ Warm Up/Basics	☐ Kicking Drills	☐ Conditioning	☐ Curriculum
WEDNESDAY	☐ Warm Up/Basics	☐ Kicking Drills	☐ Conditioning	☐ Curriculum
THURSDAY	☐ Warm Up/Basics	☐ Kicking Drills	☐ Conditioning	☐ Curriculum
FRIDAY	☐ Warm Up/Basics	☐ Kicking Drills	☐ Conditioning	☐ Curriculum
SATURDAY	☐ Warm Up/Basics	☐ Kicking Drills	☐ Conditioning	☐ Curriculum

* Curriculum is at your belt level for form, one-step-sparring, or self-defense. Perform 4-6 repetitions of each.

BONUS ACTIVITIES

Do as many bonus activities that you would like to do!

Upload a photo of your training to your Facebook Page ☐ I Did It!

Upload a video of your training to your Facebook Page ☐ I Did It!

Kids: Trained with a Parent ☐ I Did It!

Complete the Challenge of the Day ☐ I Did It!

😊 Be sure to hashtag #TKDStrong #MasterYooTKD and tag @MasterYooTKD 😊

A NOTE TO PARENTS

At-home training can be highly beneficial and productive for your child. Please take advantage of all of the online resources that we have made available. By working together, we can provide your child with the support, structure, and encouragement they need to stay motivated and to continue to develop their skills. Thank you for your help!

Reminder: Be sure to read the document "Ten Ways to Get the Most Out of Our TKD Online Academy" for more strategies and specific tips.