

# Taekwondo Training Guidelines for Beginners

For Taekwondo beginners, follow these steps to start training:

1. **Find a School:** Locate a reputable Taekwondo school with certified instructors and a welcoming environment.
2. **Basic Techniques:** Learn fundamental techniques such as stances, blocks, punches, and kicks.
3. **Etiquette and Discipline:** Understand the importance of respect, discipline, and etiquette in Taekwondo training.
4. **Warm-Up:** Begin each session with a warm-up to prevent injuries and prepare the body for training.
5. **Drills and Exercises:** Practice drills and exercises to improve balance, coordination, and flexibility.
6. **Forms (Poomsae):** Learn Taekwondo forms, sequences of movements that develop technique, focus, and memory.
7. **Sparring (Kyorugi):** When ready, participate in controlled sparring sessions to apply techniques in a dynamic environment.
8. **Gradual Progression:** Progress through belt levels by demonstrating proficiency in techniques, forms, and sparring.
9. **Consistent Practice:** Regularly attend classes and practice outside of class to reinforce skills and improve performance.
10. **Set Goals:** Set realistic goals and track progress to stay motivated and committed to training.

Remember to listen to your instructors, respect your training partners, and have fun while learning and practicing Taekwondo.



## Taekwondo for Beginners Lesson 1

For a beginner Taekwondo lesson, let's start with some fundamental techniques and basic movements. Here's a structured outline for Lesson 1:

### 1. Warm-Up (5-10 minutes):

- Start with light jogging or jumping jacks to raise the heart rate.
- Follow with dynamic stretches to loosen up muscles, focusing on the legs, hips, and arms.
- Incorporate joint rotations for ankles, knees, hips, shoulders, and wrists.

### 2. Basic Stances (5 minutes):

- Horse stance (Ap Seogi): Feet shoulder-width apart, knees bent, weight evenly distributed.
- Front stance (Ap Seogi): Step one foot forward, bend the front knee, keeping the back leg straight.
- Back stance (Dwit Bal Seogi): Step one foot back, bend the back knee, keeping the front leg straight.

### 3. Basic Blocks (10 minutes):

- Low block (Arae Makgi): Start in a ready stance, perform a downward block with one arm, keeping the other hand chambered at the waist.
- High block (Eolgul Makgi): From the ready stance, execute an upward block with one arm, keeping the other hand chambered at the waist.
- Middle block (Momtong Makgi): Begin in the ready stance, perform a horizontal block across the midsection with one arm, keeping the other hand chambered at the waist.

### 4. Basic Kicks (15 minutes):

- Front kick (Ap Chagi): Start in a front stance, lift the knee, extend the leg forward with the ball of the foot, and retract.
- Roundhouse kick (Dollyo Chagi): Pivot on the supporting foot, chamber the knee, execute a circular kick with the instep, and return to the starting position.
- Side kick (Yop Chagi): From a side stance, lift the knee to the side, extend the leg outward with the heel, and return to the starting position.

### 5. Cool Down and Stretching (5-10 minutes):

- Perform static stretches targeting the legs, hips, and upper body muscles.
- Focus on deep breathing and relaxation to promote recovery and flexibility.

### 6. Closing (2-3 minutes):

- Briefly review key points covered in the lesson.
- Encourage students to practice at home and ask questions if they have any.
- Conclude with a bow and expressions of respect.

## Taekwondo for Beginners Lesson 2



Ensure to adapt the pace and intensity of the lesson according to the students' abilities and fitness levels, and always prioritize safety and proper technique.

For Lesson 2 in Taekwondo for beginners, let's continue building on the basics while introducing new techniques. Here's a structured outline:

### 1. Warm-Up (5-10 minutes):

- Begin with light jogging or skipping to raise the heart rate.
- Perform dynamic stretches targeting major muscle groups, focusing on the legs, hips, and shoulders.

### 2. Review Basic Techniques (10 minutes):

- Briefly review stances (horse stance, front stance, back stance) and basic blocks (low block, high block, middle block) from Lesson 1.
- Ensure students understand proper technique and execution.

### 3. Introduction to Strikes (15 minutes):

- Punching techniques: Teach straight punch (Jireugi) and reverse punch (Bandaeg Jireugi), emphasizing proper hand position, alignment, and follow-through.
- Elbow strike (Palkup Taerigi): Demonstrate the elbow strike, focusing on targeting vulnerable areas and generating power from the hips.

### 4. Introduction to Kicks (20 minutes):

- Axe kick (Naeryeo Chagi): Start from a standing position, lift the knee high, extend the leg upward, and bring it down forcefully like an axe.
- Hook kick (Huryeo Chagi): Pivot on the supporting foot, chamber the knee, execute a circular kick with the heel, and return to the starting position.
- Crescent kick (Bandal Chagi): Perform a circular motion with the leg, striking with the edge of the foot in an upward or downward arc.

### 5. Partner Drills (10 minutes):

- Pair students up and practice basic combinations, such as jab-cross (straight punch), low block-punch, or front kick-reverse punch.
- Emphasize control, proper distancing, and communication between partners.

### 6. Cool Down and Stretching (5-10 minutes):

- Lead students through static stretches targeting the muscles used during training, including the legs, arms, and torso.
- Encourage deep breathing and relaxation to aid in recovery and flexibility.

### 7. Closing (2-3 minutes):

- Summarize key points covered in the lesson and provide feedback to students.
- Remind students to practice at home and prepare for the next lesson.
- Conclude with a bow and expressions of respect.

Adapt the pace and intensity of the lesson based on the students' abilities and progress. Encourage questions and provide individualized feedback to ensure understanding and improvement.

## Taekwondo for Beginners Lesson 3

For Lesson 3 in Taekwondo for beginners, let's continue building on the foundation while introducing new techniques and concepts. Here's a structured outline:

**1. Warm-Up (5-10 minutes):**

- Start with light jogging or jumping jacks to elevate heart rate.
- Incorporate dynamic stretches focusing on major muscle groups, including the legs, hips, and arms.

**2. Review Basic Techniques (10 minutes):**

- Recap stances (horse stance, front stance, back stance) and basic blocks (low block, high block, middle block) from previous lessons.
- Ensure students maintain proper form and technique.

**3. Introduction to Strikes (15 minutes):**

- Knifehand strike (Sonkal Taerigi): Demonstrate the knifehand strike targeting soft tissue areas with the edge of the hand, emphasizing proper wrist alignment.
- Hammerfist strike (Me Joomuk Taerigi): Teach the hammerfist strike, using the bottom of the fist to strike downward or sideways.

**4. Introduction to Kicks (20 minutes):**

- Back kick (Dwi Chagi): Teach the back kick, emphasizing pivoting on the supporting foot, chambering the knee, and executing a powerful kick backward.
- Spin hook kick (Dwi Huryeo Chagi): Demonstrate the spin hook kick, rotating the body while executing a hook kick with the heel.

**5. Combination Drills (10 minutes):**

- Pair students up and practice combinations incorporating strikes and kicks, such as jab-cross-front kick or low block-side kick.
- Encourage fluid transitions between techniques and maintain balance and control.

**6. Forms Practice (15 minutes):**

- Introduce the first few movements of a beginner-level Taekwondo form (Poomsae), emphasizing proper stance transitions, technique execution, and concentration.
- Practice the form slowly and gradually increase speed as students become more comfortable.

**7. Cool Down and Stretching (5-10 minutes):**

- Lead students through static stretches targeting the muscles used during training, focusing on the legs, arms, and back.
- Emphasize deep breathing and relaxation to aid in muscle recovery and flexibility.

**8. Closing (2-3 minutes):**

- Recap the key points covered in the lesson and provide feedback to students.
- Encourage continued practice outside of class and readiness for the next lesson.
- Conclude with a bow and expressions of respect.

As always, adapt the pace and difficulty of the lesson based on the students' abilities and progression. Encourage questions and provide individualized feedback to ensure understanding and improvement.

## **Taekwondo for Beginners Lesson 4**

For Lesson 4 in Taekwondo for beginners, let's continue building on the foundation while introducing more advanced techniques and concepts. Here's a structured outline:

### **1. Warm-Up (5-10 minutes):**

- Start with a light jog or skipping to elevate heart rate.
- Incorporate dynamic stretches targeting major muscle groups, including the legs, hips, and arms.

### **2. Review Basic Techniques (10 minutes):**

- Recap stances (horse stance, front stance, back stance) and basic blocks (low block, high block, middle block) from previous lessons.
- Ensure students maintain proper form and technique.

### **3. Introduction to Strikes (15 minutes):**

- Spinning backfist (Dwi Jeon Dolmyo Jirugi): Demonstrate the spinning backfist, pivoting on the supporting foot while executing a backfist strike with the back hand.
- Ridge hand strike (Sonnal Taerigi): Teach the ridge hand strike, using the edge of the hand to strike horizontally or diagonally.

### **4. Introduction to Kicks (20 minutes):**

- Flying side kick (Twimyo Yop Chagi): Introduce the flying side kick, emphasizing explosiveness and height achieved by jumping off the supporting foot.
- Double roundhouse kick (Doo Dollyo Chagi): Demonstrate the double roundhouse kick, executing two consecutive roundhouse kicks with the same leg.

### **5. Sparring Drills (15 minutes):**

- Pair students up and practice controlled sparring drills, focusing on timing, distance, and defensive techniques.
- Emphasize proper use of footwork, blocking, and counter-attacks.

### **6. Forms Practice (15 minutes):**

- Continue practicing the beginner-level Taekwondo form (Poomsae) introduced in previous lessons, focusing on fluidity, precision, and breath control.
- Break down challenging movements and transitions for students to grasp effectively.

### **7. Cool Down and Stretching (5-10 minutes):**

- Lead students through static stretches targeting the muscles used during training, focusing on the legs, arms, and back.
- Encourage deep breathing and relaxation to facilitate muscle recovery and flexibility.

#### 8. **Closing (2-3 minutes):**

- Recap the key points covered in the lesson and provide feedback to students.
- Encourage continued practice outside of class and readiness for the next lesson.
- Conclude with a bow and expressions of respect.

As always, adapt the pace and difficulty of the lesson based on the students' abilities and progression. Encourage questions and provide individualized feedback to ensure understanding and improvement.

## **Taekwondo for Beginners Lesson 5**

For Lesson 5 in Taekwondo for beginners, let's continue to build upon the skills and techniques learned in previous lessons while introducing new elements. Here's a structured outline:

#### 1. **Warm-Up (5-10 minutes):**

- Begin with light jogging or skipping to raise the heart rate.
- Incorporate dynamic stretches targeting major muscle groups, including the legs, hips, and arms.

#### 2. **Review Basic Techniques (10 minutes):**

- Briefly recap stances (horse stance, front stance, back stance) and basic blocks (low block, high block, middle block) from previous lessons.
- Ensure students maintain proper form and technique.

#### 3. **Introduction to Strikes (15 minutes):**

- Side elbow strike (Yop Palkup Taerigi): Demonstrate the side elbow strike, focusing on generating power from the hips and rotating the body.
- Backfist strike (Dung Joomuk Taerigi): Teach the backfist strike, using the back of the fist to strike horizontally.

#### 4. **Introduction to Kicks (20 minutes):**

- Spinning hook kick (Dwi Huryeo Dollyo Chagi): Introduce the spinning hook kick, executing a spinning motion while executing a hook kick with the heel.
- Jumping front kick (Eolgul Chagi): Demonstrate the jumping front kick, emphasizing explosiveness and height achieved by jumping off the supporting foot.

#### 5. **Partner Drills (15 minutes):**

- Pair students up and practice combination drills incorporating strikes and kicks, such as jab-cross-hook kick or low block-side kick-backfist strike.
- Focus on fluidity, timing, and maintaining control during partner drills.

#### 6. **Forms Practice (15 minutes):**

- Continue practicing the beginner-level Taekwondo form (Poomsae) introduced in previous lessons, focusing on refining movements and transitions.
- Pay attention to accuracy, balance, and synchronization with breathing.

**7. Cool Down and Stretching (5-10 minutes):**

- Lead students through static stretches targeting the muscles used during training, focusing on the legs, arms, and back.
- Encourage deep breathing and relaxation to aid in muscle recovery and flexibility.

**8. Closing (2-3 minutes):**

- Recap the key points covered in the lesson and provide feedback to students.
- Encourage continued practice outside of class and readiness for the next lesson.
- Conclude with a bow and expressions of respect.

As always, adapt the pace and difficulty of the lesson based on the students' abilities and progression. Encourage questions and provide individualized feedback to ensure understanding and improvement.



## Taekwondo for Beginners Lesson 6

For Lesson 6 in Taekwondo for beginners, let's continue to advance the skills and techniques learned in previous lessons while introducing new challenges. Here's a structured outline:

**1. Warm-Up (5-10 minutes):**

- Begin with light jogging or skipping to elevate heart rate.
- Incorporate dynamic stretches targeting major muscle groups, including the legs, hips, and arms.

**2. Review Basic Techniques (10 minutes):**

- Briefly review stances (horse stance, front stance, back stance) and basic blocks (low block, high block, middle block) from previous lessons.
- Ensure students maintain proper form and technique.

**3. Introduction to Strikes (15 minutes):**

- Palm heel strike (Sonbadak Taerigi): Demonstrate the palm heel strike, using the base of the palm to strike forward.
- Hammer fist strike (Me Joomuk Taerigi): Review the hammer fist strike, focusing on generating power from the hips and striking with the bottom of the fist.

**4. Introduction to Kicks (20 minutes):**

- Spinning back kick (Dwi Dollyo Chagi): Introduce the spinning back kick, emphasizing the rotation of the body and the extension of the leg for maximum power.
- Jumping roundhouse kick (Twio Dollyo Chagi): Demonstrate the jumping roundhouse kick, incorporating a jump to generate height and power.

#### 5. **Partner Drills (15 minutes):**

- Pair students up and practice combination drills incorporating strikes and kicks, such as jab-cross-side kick or low block-roundhouse kick-punch.
- Emphasize fluidity, timing, and maintaining control during partner drills.

#### 6. **Forms Practice (15 minutes):**

- Continue practicing the beginner-level Taekwondo form (Poomsae) introduced in previous lessons, focusing on refining movements and transitions.
- Pay attention to accuracy, balance, and synchronization with breathing.

#### 7. **Sparring Fundamentals (15 minutes):**

- Introduce basic sparring techniques and concepts, such as footwork, distance management, and defensive strategies.
- Practice light sparring drills with a focus on control and safety.

#### 8. **Cool Down and Stretching (5-10 minutes):**

- Lead students through static stretches targeting the muscles used during training, focusing on the legs, arms, and back.
- Encourage deep breathing and relaxation to aid in muscle recovery and flexibility.

#### 9. **Closing (2-3 minutes):**

- Recap the key points covered in the lesson and provide feedback to students.
- Encourage continued practice outside of class and readiness for the next lesson.
- Conclude with a bow and expressions of respect.

As always, adapt the pace and difficulty of the lesson based on the students' abilities and progression. Encourage questions and provide individualized feedback to ensure understanding and improvement.



## Taekwondo for Beginners Lesson 7

For Lesson 7 in Taekwondo for beginners, let's continue to build upon the foundation while introducing more advanced techniques and concepts. Here's a structured outline:

#### 1. **Warm-Up (5-10 minutes):**



- Begin with light jogging or skipping to elevate heart rate.
- Incorporate dynamic stretches targeting major muscle groups, including the legs, hips, and arms.

## 2. **Review Basic Techniques (10 minutes):**

- Briefly review stances (horse stance, front stance, back stance) and basic blocks (low block, high block, middle block) from previous lessons.
- Ensure students maintain proper form and technique.

## 3. **Introduction to Strikes (15 minutes):**

- Reverse knifehand strike (Bandaek Sonkal Taerigi): Demonstrate the reverse knifehand strike, using the bottom of the hand to strike backward.
- Spearhand strike (Pyonsonkut Tulgi): Teach the spearhand strike, focusing on striking with the fingertips in a straight line.

## 4. **Introduction to Kicks (20 minutes):**

- Jumping side kick (Twio Yop Chagi): Introduce the jumping side kick, emphasizing explosiveness and height achieved by jumping off the supporting foot.
- Flying roundhouse kick (Twimyo Dollyo Chagi): Demonstrate the flying roundhouse kick, incorporating a jump to generate power and reach.

## 5. **Partner Drills (15 minutes):**

- Pair students up and practice combination drills incorporating strikes and kicks, such as jab-cross-hook kick or low block-side kick-backfist strike.
- Focus on fluidity, timing, and maintaining control during partner drills.

## 6. **Forms Practice (15 minutes):**

- Continue practicing the beginner-level Taekwondo form (Poomsae) introduced in previous lessons, focusing on refining movements and transitions.
- Pay attention to accuracy, balance, and synchronization with breathing.

## 7. **Sparring Drills (15 minutes):**

- Introduce controlled sparring drills focusing on specific techniques or scenarios, such as counter-attacks or defensive tactics.
- Emphasize control, timing, and awareness of distance.

## 8. **Cool Down and Stretching (5-10 minutes):**

- Lead students through static stretches targeting the muscles used during training, focusing on the legs, arms, and back.
- Encourage deep breathing and relaxation to facilitate muscle recovery and flexibility.

## 9. **Closing (2-3 minutes):**

- Recap the key points covered in the lesson and provide feedback to students.
- Encourage continued practice outside of class and readiness for the next lesson.
- Conclude with a bow and expressions of respect.

As always, adapt the pace and difficulty of the lesson based on the students' abilities and progression. Encourage questions and provide individualized feedback to ensure understanding and improvement.



## Taekwondo for Beginners Lesson 8

For Lesson 8 in Taekwondo for beginners, let's continue advancing the skills and techniques learned in previous lessons while introducing new challenges. Here's a structured outline:

### 1. Warm-Up (5-10 minutes):

- Begin with light jogging or skipping to elevate heart rate.
- Incorporate dynamic stretches targeting major muscle groups, including the legs, hips, and arms.

### 2. Review Basic Techniques (10 minutes):

- Briefly review stances (horse stance, front stance, back stance) and basic blocks (low block, high block, middle block) from previous lessons.
- Ensure students maintain proper form and technique.

### 3. Introduction to Strikes (15 minutes):

- Hook punch (Hook Jireugi): Demonstrate the hook punch, using a circular motion to strike with the front knuckles.
- Uppercut punch (Momtong An Jireugi): Teach the uppercut punch, focusing on generating power from the hips and lifting the fist upward.

### 4. Introduction to Kicks (20 minutes):

- Jumping back kick (Twio Dwi Chagi): Introduce the jumping back kick, emphasizing the rotation of the body and the extension of the leg for maximum power.
- Flying side kick (Twimyo Yop Chagi): Demonstrate the flying side kick, incorporating a jump to generate height and power.

### 5. Partner Drills (15 minutes):

- Pair students up and practice combination drills incorporating strikes and kicks, such as jab-cross-hook punch or low block-roundhouse kick-side kick.
- Emphasize fluidity, timing, and maintaining control during partner drills.

### 6. Forms Practice (15 minutes):

- Continue practicing the beginner-level Taekwondo form (Poomsae) introduced in previous lessons, focusing on refining movements and transitions.

- Pay attention to accuracy, balance, and synchronization with breathing.

#### 7. **Sparring Drills (15 minutes):**

- Introduce more dynamic sparring drills focusing on agility, footwork, and strategy.
- Emphasize controlled contact and awareness of distance and timing.

#### 8. **Cool Down and Stretching (5-10 minutes):**

- Lead students through static stretches targeting the muscles used during training, focusing on the legs, arms, and back.
- Encourage deep breathing and relaxation to aid in muscle recovery and flexibility.

#### 9. **Closing (2-3 minutes):**

- Recap the key points covered in the lesson and provide feedback to students.
- Encourage continued practice outside of class and readiness for the next lesson.
- Conclude with a bow and expressions of respect.

As always, adapt the pace and difficulty of the lesson based on the students' abilities and progression. Encourage questions and provide individualized feedback to ensure understanding and improvement.

## **Taekwondo for Beginners Lesson 9**

For Lesson 9 in Taekwondo for beginners, let's focus on refining techniques, building endurance, and preparing for more advanced training. Here's a structured outline:

#### 1. **Warm-Up (5-10 minutes):**

- Start with light jogging or skipping to elevate heart rate.
- Incorporate dynamic stretches targeting major muscle groups, including the legs, hips, and arms.

#### 2. **Review Basic Techniques (10 minutes):**

- Briefly review stances (horse stance, front stance, back stance) and basic blocks (low block, high block, middle block) from previous lessons.
- Ensure students maintain proper form and technique.

#### 3. **Advanced Strikes (15 minutes):**

- Spinning backfist (Dwi Jeon Dolmyo Jirugi): Review the spinning backfist, emphasizing proper rotation and extension of the arm.
- Double punch (Doo Jirugi): Teach the double punch, executing two consecutive punches with the same hand.

#### 4. **Advanced Kicks (20 minutes):**



- 540 kick (Olgul Bandal Chagi): Introduce the 540 kick, a spinning jump kick involving a 540-degree rotation in the air.
- Flying front kick (Twimyo Ap Chagi): Demonstrate the flying front kick, emphasizing explosive power and accuracy.

**5. Combinations and Drills (15 minutes):**

- Practice combinations incorporating advanced strikes and kicks, such as spinning backfist-540 kick or double punch-flying front kick.
- Emphasize fluidity, speed, and precision in executing combinations.

**6. Forms Practice (15 minutes):**

- Continue practicing the beginner-level Taekwondo form (Poomsae) introduced in previous lessons, focusing on refining movements and transitions.
- Pay attention to details such as stance transitions, hand positions, and breathing.

**7. Endurance Training (15 minutes):**

- Incorporate cardio drills such as high knees, jumping jacks, or burpees to build endurance and stamina.
- Emphasize maintaining proper form and intensity throughout the drills.

**8. Cool Down and Stretching (5-10 minutes):**

- Lead students through static stretches targeting the muscles used during training, focusing on the legs, arms, and back.
- Encourage deep breathing and relaxation to aid in muscle recovery and flexibility.

**9. Closing (2-3 minutes):**

- Recap the key points covered in the lesson and provide feedback to students.
- Encourage continued practice outside of class and readiness for the next lesson.
- Conclude with a bow and expressions of respect.

As always, adapt the pace and difficulty of the lesson based on the students' abilities and progression. Encourage questions and provide individualized feedback to ensure understanding and improvement.

## Taekwondo for Beginners Lesson 10

For Lesson 10 in Taekwondo for beginners, let's focus on consolidating the skills learned throughout the previous lessons and preparing for advancement. Here's a structured outline:

**1. Warm-Up (5-10 minutes):**

- Begin with light jogging or skipping to elevate heart rate.
- Incorporate dynamic stretches targeting major muscle groups, including the legs, hips, and arms.

## 2. **Review and Refinement (15 minutes):**

- Review key techniques learned throughout previous lessons, including stances, blocks, strikes, and kicks.
- Provide opportunities for students to refine their form and technique under guidance.

## 3. **Advanced Techniques (15 minutes):**

- Introduce advanced variations of basic techniques, such as spinning back kick, tornado kick, or axe kick.
- Break down these techniques into smaller components to facilitate learning.

## 4. **Forms Practice (20 minutes):**

- Dedicate time to practicing the beginner-level Taekwondo form (Poomsae) introduced in previous lessons.
- Emphasize fluidity, precision, and synchronization of movements.
- Provide individualized feedback to help students improve their performance.

## 5. **Sparring Drills (15 minutes):**

- Introduce controlled sparring drills focusing on applying techniques in a dynamic and reactive setting.
- Emphasize proper distancing, timing, and defensive tactics.
- Ensure safety measures are in place and closely supervise students during sparring drills.

## 6. **Endurance and Strength Training (15 minutes):**

- Incorporate exercises such as push-ups, sit-ups, squats, and lunges to build strength and endurance.
- Include plyometric exercises to improve explosiveness and agility.

## 7. **Cool Down and Stretching (5-10 minutes):**

- Lead students through static stretches targeting the muscles used during training, focusing on the legs, arms, and back.
- Encourage deep breathing and relaxation to aid in muscle recovery and flexibility.

## 8. **Goal Setting and Reflection (10 minutes):**

- Engage students in a discussion about their progress, achievements, and challenges throughout the course.
- Encourage students to set personal goals for their Taekwondo journey and discuss strategies for achieving them.

## 9. **Closing (2-3 minutes):**

- Recap the key points covered in the lesson and provide feedback to students.
- Congratulate students on their efforts and progress throughout the course.
- Conclude with a bow and expressions of respect.

As always, adapt the lesson plan to suit the needs and abilities of the students. Encourage a positive and supportive learning environment, and celebrate the accomplishments of each student as they continue their Taekwondo journey.

## Taekwondo for Beginners Lesson Step-by-step Routine for 07 days

Here's a step-by-step routine for a 7-day Taekwondo beginner's program:

### Day 1: Introduction and Basic Techniques

#### 1. Warm-Up (10 minutes)

- Light jogging or skipping
- Dynamic stretches: leg swings, arm circles, torso twists



#### 2. Introduction to Stances and Blocks (15 minutes)

- Teach horse stance, front stance, and back stance
- Demonstrate low block, middle block, and high block

#### 3. Basic Strikes (15 minutes)

- Introduce straight punch (Jireugi) and palm heel strike (Sonbadak Taerigi)
- Practice proper hand positioning and alignment

#### 4. Basic Kicks (20 minutes)

- Teach front kick (Ap Chagi) and roundhouse kick (Dollyo Chagi)
- Focus on chambering, extension, and retraction of the leg

#### 5. Partner Drills (10 minutes)

- Pair students up for mirror drills: practicing blocks, strikes, and kicks in sync
- Emphasize control and proper technique

#### 6. Cool Down and Stretching (10 minutes)

- Static stretches targeting major muscle groups: quads, hamstrings, calves, shoulders, arms

### Day 2: Review and Forms Practice

#### 1. Warm-Up (10 minutes)

- Light jogging or skipping
- Dynamic stretches: leg swings, arm circles, torso twists

#### 2. Review Basic Techniques (15 minutes)

- Recap stances, blocks, strikes, and kicks from Day 1
- Provide individual feedback to ensure proper form

#### 3. Forms Practice (30 minutes)

- Introduce the beginner-level Taekwondo form (Poomsae)
- Break down movements and practice step by step

#### 4. **Partner Drills (10 minutes)**

- Pair students up for controlled sparring drills
- Focus on footwork, distancing, and defensive techniques

#### 5. **Cool Down and Stretching (10 minutes)**

- Static stretches targeting major muscle groups: quads, hamstrings, calves, shoulders, arms

### **Day 3: Advanced Techniques and Sparring Drills**

#### 1. **Warm-Up (10 minutes)**

- Light jogging or skipping
- Dynamic stretches: leg swings, arm circles, torso twists

#### 2. **Introduction to Advanced Strikes (15 minutes)**

- Teach spinning backfist and ridge hand strike
- Emphasize proper technique and execution

#### 3. **Introduction to Advanced Kicks (20 minutes)**

- Introduce spinning hook kick and jumping back kick
- Break down movements and practice step by step

#### 4. **Sparring Drills (20 minutes)**

- Pair students up for controlled sparring drills focusing on timing, distancing, and defensive tactics
- Ensure safety measures are in place and closely supervise students

#### 5. **Cool Down and Stretching (10 minutes)**

- Static stretches targeting major muscle groups: quads, hamstrings, calves, shoulders, arms

Continue with similar routines for the remaining days, alternating between review sessions, forms practice, advanced techniques, and sparring drills. Gradually increase the intensity and complexity of the exercises as students progress. Always prioritize safety, proper technique, and individual feedback throughout the training sessions.

## **Taekwondo for Beginners Lesson Step-by-step Routine for 15 days**

Here's a step-by-step routine for a 15-day Taekwondo beginner's program:

## Day 1: Introduction and Basic Techniques

### 1. Warm-Up (10 minutes)

- Light jogging or skipping
- Dynamic stretches: leg swings, arm circles, torso twists

### 2. Introduction to Stances and Blocks (15 minutes)

- Teach horse stance, front stance, and back stance
- Demonstrate low block, middle block, and high block

### 3. Basic Strikes (15 minutes)

- Introduce straight punch (Jireugi) and palm heel strike (Sonbadak Taerigi)
- Practice proper hand positioning and alignment

### 4. Basic Kicks (20 minutes)

- Teach front kick (Ap Chagi) and roundhouse kick (Dollyo Chagi)
- Focus on chambering, extension, and retraction of the leg

### 5. Partner Drills (10 minutes)

- Pair students up for mirror drills: practicing blocks, strikes, and kicks in sync
- Emphasize control and proper technique

### 6. Cool Down and Stretching (10 minutes)

- Static stretches targeting major muscle groups: quads, hamstrings, calves, shoulders, arms

## Day 2: Review and Forms Practice

### 1. Warm-Up (10 minutes)

- Light jogging or skipping
- Dynamic stretches: leg swings, arm circles, torso twists

### 2. Review Basic Techniques (15 minutes)

- Recap stances, blocks, strikes, and kicks from Day 1
- Provide individual feedback to ensure proper form

### 3. Forms Practice (30 minutes)

- Introduce the beginner-level Taekwondo form (Poomsae)
- Break down movements and practice step by step

### 4. Partner Drills (10 minutes)

- Pair students up for controlled sparring drills
- Focus on footwork, distancing, and defensive techniques

### 5. Cool Down and Stretching (10 minutes)

- Static stretches targeting major muscle groups: quads, hamstrings, calves, shoulders, arms





Continue with similar routines for the following days, gradually increasing the complexity and intensity of the exercises. Here's a general outline for the next days:

### **Days 3-7: Advanced Techniques and Sparring Drills**

- Introduce advanced strikes (spinning backfist, ridge hand strike) and kicks (spinning hook kick, jumping back kick).
- Incorporate sparring drills focusing on timing, distancing, and defensive tactics.
- Continue forms practice and review basic techniques.

### **Days 8-11: Strength and Conditioning**

- Focus on strength and conditioning exercises such as push-ups, sit-ups, squats, and lunges.
- Include plyometric exercises to improve explosiveness and agility.
- Continue practicing forms and refining techniques.

### **Days 12-15: Consolidation and Evaluation**

- Review all techniques learned throughout the program.
- Practice forms and sparring drills to reinforce skills.
- Conduct evaluations to assess progress and provide feedback to students.
- Conclude the program with a final review session and celebration of achievements.

Adjust the duration and intensity of each session based on the participants' abilities and progression. Always prioritize safety, proper technique, and individual feedback throughout the training program.

## **Taekwondo for Beginners Lesson Step-by-step Routine for 30 days**

Here's a step-by-step routine for a 30-day Taekwondo beginner's program:

### **Days 1-5: Introduction and Basic Techniques**

#### **Day 1: Introduction to Taekwondo**

1. Warm-Up (10 minutes)
2. Introduction to Taekwondo history, etiquette, and basic terminology (15 minutes)



3. Basic stances and blocks (20 minutes)
4. Basic punches and kicks (20 minutes)
5. Cool Down and Stretching (10 minutes)

### **Days 2-5: Basic Techniques Review and Drills**

1. Warm-Up (10 minutes)
2. Review basic stances, blocks, punches, and kicks (20 minutes)
3. Partner drills focusing on technique and control (20 minutes)
4. Forms practice (20 minutes)
5. Cool Down and Stretching (10 minutes)



### **Days 6-10: Advanced Techniques and Forms Practice**

1. Warm-Up (10 minutes)
2. Introduction to advanced strikes and kicks (20 minutes)
3. Partner drills incorporating advanced techniques (20 minutes)
4. Forms practice, focusing on fluidity and precision (20 minutes)
5. Cool Down and Stretching (10 minutes)

### **Days 11-15: Sparring Drills and Strength Training**

1. Warm-Up (10 minutes)
2. Introduction to sparring techniques and safety rules (20 minutes)
3. Controlled sparring drills with partners (20 minutes)
4. Strength training exercises (20 minutes)
5. Cool Down and Stretching (10 minutes)

### **Days 16-20: Advanced Drills and Conditioning**

1. Warm-Up (10 minutes)
2. Advanced drills focusing on agility, speed, and coordination (20 minutes)
3. Plyometric exercises for power and explosiveness (20 minutes)
4. Forms practice (20 minutes)
5. Cool Down and Stretching (10 minutes)

### **Days 21-25: Review and Evaluation**

1. Warm-Up (10 minutes)
2. Review all techniques learned so far (20 minutes)

3. Forms practice and refinement (20 minutes)
4. Evaluation of individual progress and skills (20 minutes)
5. Cool Down and Stretching (10 minutes)

### **Days 26-30: Final Preparation and Celebration**

1. Warm-Up (10 minutes)
2. Final review of techniques and forms (20 minutes)
3. Sparring drills and mock matches (20 minutes)
4. Celebration of achievements and awards ceremony (20 minutes)
5. Cool Down and Stretching (10 minutes)

Adjust the duration and intensity of each session based on the participants' abilities and progression. Always prioritize safety, proper technique, and individual feedback throughout the training program.



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