



Professional Taekwondo Gambia

☎: 3743305, 3069565, 7996445

✉: fabaga@msn.com 🌐: www.protaekwondo.gm

INDICATIVE TAEKWONDO TRAINING PROGRAMME

TIMING	ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
20 Minutes	1. JUMBI UNDONG						BODY CONDITIONING/PHYSICAL TRAINING/	REST AND RECUPERATION
30 Minutes	• KIBON KISOOL	5 Times each side	5 times each side	5 Times each side	5 times each side	5 times each side		
	• KIBON DON JAK	5 Times each side	5 times each side	5 Times each side	5 times each side	5 Times each side		
	• SANH KISOOL	5 Times each side	5 times each side	5 Times each side	5 times each side	5 times each side		
	• BAHK KISOOL	5 Times each side	5 times each side	5 Times each side	5 times each side	5 Times each side with target pads		
	• KIBON SEOGI	As needed	As needed	As needed	5 Times each side with target pads	5 Times each side with target pads		
	• SAR BANG PANG WEE	2 times	2 times	2 times	2 times	2 times		
20 Minutes	2. POOMSAE	Kibon/Kicho 1 – 3 Taeguk 1 - 8 Palgwe 1 - 8 Repeat each 2 Times	Kibon/Kicho 1 – 3 Taeguk 1 - 8 Palgwe 1 - 8 Repeat each 2 Times	Kibon/Kicho 1 – 3 Taeguk 1 - 8 Palgwe 1 - 8 Repeat each 2 Times				
30 Minutes	3. KYORUGI							
	• BAHK JITGI				Different steps/feints	Different steps/feints		
	• YUNG SEUK KISOOL	Different combinations	Different combinations with targets	Different combinations	Different combination with target	Different combination with target		
	• HAN BUN KYORUGI	Different techniques	Different techniques	Different techniques				
	• DUE BAN KYORUGI	Different techniques	Different techniques	Different techniques				
	• SAE BAN KYORUGI	Different techniques	Different techniques	Different techniques				
	• STRATEGIES				Different strategies attack/counter-attack	Different strategies attack/counter-attack		
	• EXERCISES				Exercises to improve Kyorugi	Exercises to improve Kyorugi		
15 Minutes	4. HOSINSOOL	Different techniques, to include: blocking, counter-attack, throws, locks	Different techniques, to include: blocking, counter-attack, throws, locks	Different techniques, to include: blocking, counter-attack, throws, locks				
5 Minutes	5. JUNGLEE UNDONG							