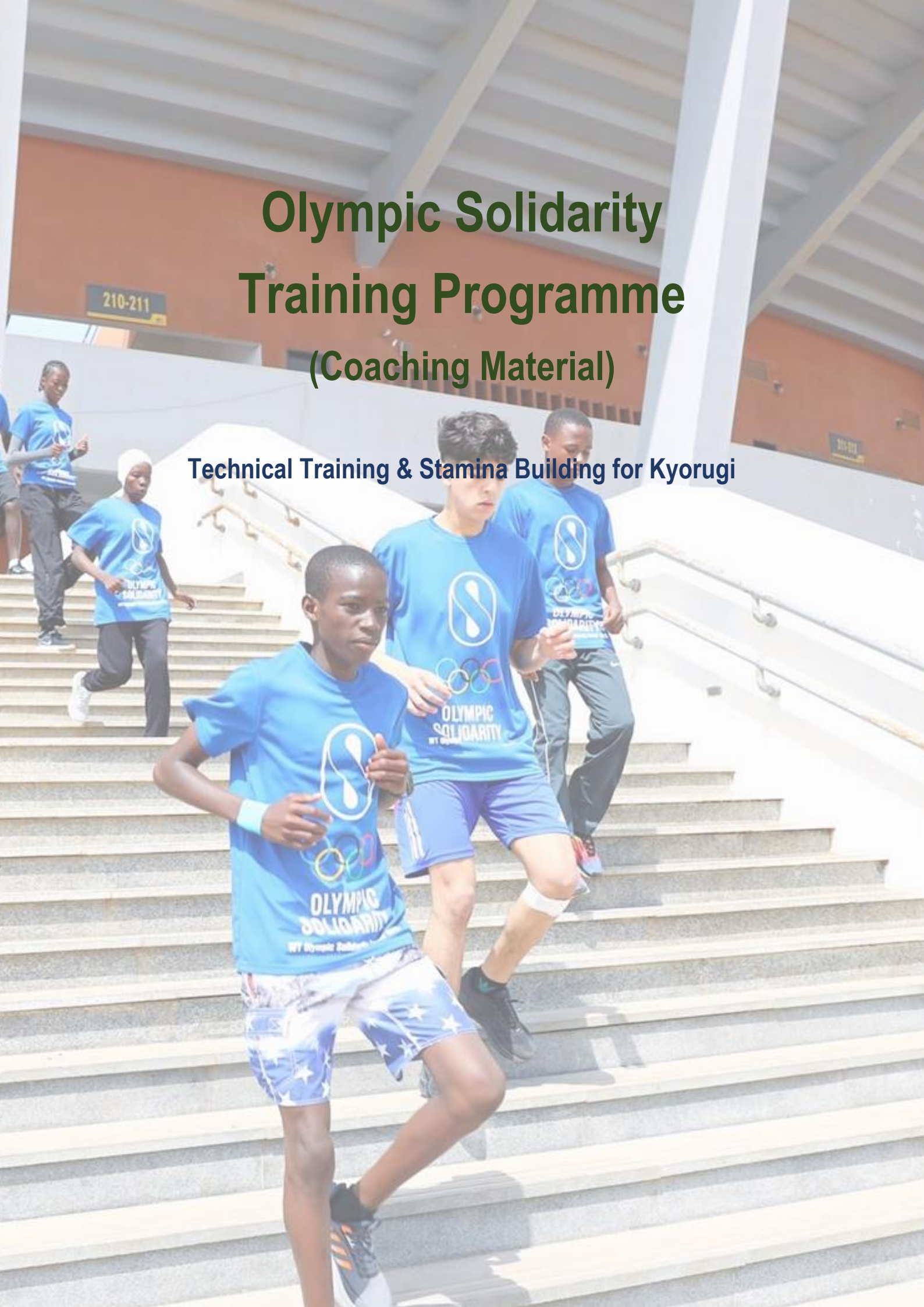


# Olympic Solidarity Training Programme (Coaching Material)

Technical Training & Stamina Building for Kyorugi



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# Training Overview

## 1. Training Objectives

To support the successful hosting of the **2026 Dakar Youth Olympic Games** and to enhance the performance of African youth athletes, this training programme has been structured to improve both **physical conditioning** and **technical proficiency** in Taekwondo Kyorugi.

- A. Improve the basic stamina required for Taekwondo Kyorugi.
- B. Enhance technical skills necessary for Taekwondo Kyorugi.
- C. Develop competitive performance through various training methods.
- D. Build tactical understanding essential for Taekwondo matches to improve overall proficiency.

## 2. Training Summary

Category	Stamina Training	Kyorugi (Technical) Training
Training Type	General Physical Preparation (GPP)	Kyorugi
Target Group	Kyorugi Athletes	
Duration	120 minutes	150 minutes
Training Purpose	Improve the basic stamina required for Taekwondo Kyorugi	Enhance technical proficiency by focusing on footwork and fundamental kicking techniques
Training Objectives	<ul style="list-style-type: none"><li>Enhance cardiovascular endurance</li><li>Improve muscular endurance, explosive power, agility, and coordination</li><li>Delay exhaustion during matches and promote sustained performance</li></ul>	<ul style="list-style-type: none"><li>Acquire various footwork techniques and basic kicks</li><li>Learn diverse footwork patterns and applied movements</li></ul>

### 3. Training Component

#### 3.1. Warm-up

- A. Stretching begins from areas closest to the heart, following guided commands.
- B. The goal is to raise body temperature and expand the range of joint motion to maximise training effectiveness and prevent injuries.

#### 3.2. Interval Training

- A. Aims to increase speed, endurance, and maximal oxygen uptake to enhance full-body stamina.
- B. Performed on a track at high intensity (target heart rate above 180 bpm).
- C. Time limits are set based on distance. Athletes who fail to meet the time must repeat the interval to achieve the target.
- D. Typically involves sprinting 200–400 metres, with 3 repetitions × 3 sets.
- E. Rest between sets is essential but intentionally incomplete, to further develop endurance.

#### 3.3. Circuit Training

- A. Designed to develop the entire body, enhancing muscular strength, stamina, power, and coordination.
- B. Various exercise stations are set up, allowing athletes to rotate through them.
- C. Exercise order is flexible; multiple athletes may train at different stations simultaneously.
- D. 12–16 exercises are selected and performed for 30 seconds at 40–50% of each athlete's maximum effort.
- E. Load is adjusted according to individual fitness levels, with a progressive overload approach applied.

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**\*Note:** Basic stamina training may be modified depending on circumstances.

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## 4. General Physical Preparation (GPP)

### Day 1 Stamina Training Plan (120 minutes)

Unit	Minutes	Key Training Content
Warm-up	20	Prepare for stamina training by increasing joint mobility and body temperature through dynamic stretching.
Jogging	30	Run 10 laps at moderate intensity (heart rate 150) around the track.
Rest	10	Take sufficient rest until heart rate stabilizes.
Explosive Drills	20	Perform various explosive power drills on a 25-meter slope.  <b>Drills (Slope 25m)</b> <ol style="list-style-type: none"><li>1. Sprinting</li><li>2. Group-step long jump</li><li>3. Single-leg hopping</li><li>4. Bunny hops</li><li>5. Duck walk, etc.</li></ol>
Rest	10	Take sufficient rest until heart rate stabilizes.
Core Training	20	Focus on upper body strength exercises.  <b>Exercises (Upper Body Focus)</b> <ol style="list-style-type: none"><li>1. Knee push-ups – 30 reps × 3 sets</li><li>2. Upper abs crunches – 20 reps × 3 sets</li><li>3. Lower abs (both legs, alternating) – 50 reps × 3 sets</li></ol>
Cool-down	10	Finish with static stretching as a cool-down exercise.

### Day 2 Stamina Training Plan (120 minutes)

Unit	Minutes	Key Training Content
Warm-up	20	Prepare for stamina training by increasing joint mobility and body temperature through dynamic stretching.
Jogging	30	Run 10 laps at moderate intensity (heart rate 150) around the track.
Rest	10	Take sufficient rest until heart rate stabilizes.
Basic Stamina	10	Perform various basic stamina drills in 30-meter shuttle runs.
Rest	10	Take sufficient rest until heart rate stabilizes.
Interval	30	Improve cardiovascular stamina through interval training.  <b>Interval Training (10 rounds, 2-minute rest per set)</b> 1. Perform high-intensity intervals (heart rate above 180 bpm) on the track. 2. Set target times based on distance; if the athlete fails to meet the time, the run is repeated to achieve the goal.
Cool-down	10	Finish with static stretching as a cool-down exercise.

### Day 3 Stamina Training Plan (120 minutes)

Unit	Minutes	Key Training Content
Warm-up	20	Prepare for stamina training by increasing joint mobility and body temperature through dynamic stretching.
Jogging	30	Run 10 laps at moderate intensity (heart rate 150) around the track.
Rest	10	Take sufficient rest until heart rate stabilizes.
Agility Training	20	<p>Improve agility through various stair drills.</p> <p><b>Agility Drills (Stair Training)</b></p> <ol style="list-style-type: none"> <li>1. Step up one stair</li> <li>2. Step up two stairs</li> <li>3. Group-step up one stair</li> <li>4. Group-step up two stairs</li> <li>5. Single-leg step up</li> <li>6. Squat step up</li> <li>7. Squat + group-step up</li> <li>8. Alternating two-leg up &amp; down steps</li> </ol>
Rest	10	Take sufficient rest until heart rate stabilizes.
Strength Training	20	<p>Focus on lower body strength exercises.</p> <p><b>Exercises (Lower Body Focus)</b></p> <ol style="list-style-type: none"> <li>1. Squats (regular &amp; jump) – 50 reps × 3 sets</li> <li>2. Lunges (each leg) – 20 reps × 3 sets</li> <li>3. Plank – 1 minute × 3 sets</li> </ol>
Cool-down	10	Finish with static stretching as a cool-down exercise.

#### Day 4 Stamina Training Plan (120 minutes)

Unit	Minutes	Key Training Content
Warm-up	20	Prepare for stamina training by increasing joint mobility and body temperature through dynamic stretching.
Jogging	30	Run 10 laps at moderate intensity (heart rate 150) around the track.
Rest	10	Take sufficient rest until heart rate stabilizes.
Cardio Stamina	20	Improve cardio stamina through shuttle runs. <b>Cardiovascular Stamina (30-Meter Shuttle Run)</b> 1. Run back and forth over 30 meters, increasing intensity progressively from 1 to 10 rounds. (Follow the coach's whistle signals to begin each round). <i>Example: whistle – 1 round, whistle – 2 rounds, whistle – 3 rounds, etc.</i>
Rest	10	Take sufficient rest until heart rate stabilizes.
Full-Body Stamina	20	Improve full-body stamina through burpee tests. <b>Full-Body Stamina (Burpee Test)</b> 1. In-place burpees, jump burpees, high-knee burpees, push-up burpees, push-up jump burpees 2. 30 reps × 3 sets for each variation
Cool-down	10	Finish with static stretching as a cool-down exercise.

### Day 5 Stamina Training Plan (120 minutes)

Unit	Minutes	Key Training Content
Warm-up	20	Prepare for stamina training by increasing joint mobility and body temperature through dynamic stretching.
Jogging	30	Run 10 laps at moderate intensity (heart rate 150) around the track.
Rest	5	Take sufficient rest until heart rate stabilizes.
Muscular Stamina	30	<p>Improve muscular stamina through stair-based step box exercises.</p> <p><b>Stair Exercises</b>  <b>(Using stairs as a step box; higher steps increase effectiveness)</b></p> <ol style="list-style-type: none"> <li>1. Step-ups – 20 reps × 3 sets</li> <li>2. Leg changes – 20 reps × 3 sets</li> <li>3. Leg kicks – 20 reps × 3 sets</li> <li>4. Side steps – 20 reps × 3 sets</li> <li>5. Lunge knee-ups (each leg) – 10 reps × 3 sets</li> <li>6. Mountain climbers – 20 reps × 3 sets</li> <li>7. Burpees – 20 reps × 3 sets</li> <li>8. Jumps – 20 reps × 3 sets</li> </ol>
Rest	5	Take sufficient rest until heart rate stabilizes.
Strength Training	20	<p>Focus on <b>upper body</b> strength exercises.</p> <p><b>Exercises (Upper Body Focus)</b></p> <ol style="list-style-type: none"> <li>1. Knee push-ups – 30 reps × 3 sets</li> <li>2. Upper abs crunches – 20 reps × 3 sets</li> <li>3. Lower abs (both legs, alternating) – 50 reps × 3 sets</li> <li>4. Plank – 2 minutes × 3 sets</li> </ol>
Cool-down	10	Finish with static stretching as a cool-down exercise.

### Day 6 Stamina Training Plan (120 minutes)

Unit	Minutes	Key Training Content
Warm-up	20	Prepare for stamina training by increasing joint mobility and body temperature through dynamic stretching.
Jogging	30	Run 10 laps at moderate intensity (heart rate 150) around the track.
Rest	5	Take sufficient rest until heart rate stabilizes.
Basic Stamina	30	<p>Perform exercises in shuttle format (each set done back and forth).</p> <p><b>Basic Stamina (1 shuttle = 1 set; do 3 sets per exercise)</b></p> <ol style="list-style-type: none"> <li>1. Knee pitching – 10 sec</li> <li>2. Forward bend Step-ins – 10 sec</li> <li>3. Feet-together jumps – 10 reps</li> <li>4. L-jumps – 10 sec</li> <li>5. Wide-stance jumps – 10 reps</li> <li>6. Backward knee kicks (jumps) – 10 reps</li> <li>7. Scissor jumps – 10 reps</li> </ol>
Rest	5	Take sufficient rest until heart rate stabilizes.
Strength Training	20	<p>Focus on <b>lower body</b> strength exercises.</p> <p><b>Exercises (Lower Body Focus)</b></p> <ol style="list-style-type: none"> <li>1. Squats (regular &amp; jump) – 50 reps × 3 sets</li> <li>2. Lunges (each leg) – 20 reps × 3 sets</li> <li>3. Plank – 2 minutes × 3 sets</li> </ol>
Cool-down	10	Finish with static stretching as a cool-down exercise.

### Day 7 Stamina Training Plan (120 minutes)

Unit	Minutes	Key Training Content
Warm-up	20	Prepare for stamina training by increasing joint mobility and body temperature through dynamic stretching.
Jogging	30	Run 10 laps at moderate intensity (heart rate 150) around the track.
Rest	5	Take sufficient rest until heart rate stabilizes.
Basic Stamina	30	<p>Improve agility and coordination through ladder drills.</p> <p><b>Ladder Drills</b></p> <ol style="list-style-type: none"> <li>1. Pitch steps – 5 reps × 3 sets</li> <li>2. Side pitch steps – 5 reps × 3 sets</li> <li>3. Three-step – 5 reps × 3 sets</li> <li>4. Side three-step – 5 reps × 3 sets</li> <li>5. Reverse side three-step – 5 reps × 3 sets</li> <li>6. Front-back step – 5 reps × 3 sets</li> <li>7. Single-leg hops – 5 reps × 3 sets</li> <li>8. Double-leg hops – 5 reps × 3 sets</li> <li>9. In-out jumps (feet together and apart) – 5 reps × 3 sets</li> <li>10. Alternating jumps – 5 reps × 3 sets</li> <li>11. Front crossover jumps – 5 reps × 3 sets</li> <li>12. Front-back crossover jumps – 5 reps × 3 sets</li> <li>13. Backward crossover jumps – 5 reps × 3 sets</li> <li>14. One-foot in drill – 5 reps × 3 sets</li> <li>15. Four steps front, two steps back – 5 reps × 3 sets</li> </ol>
Rest	5	Take sufficient rest until heart rate stabilizes.
Bodyweight Training	20	<p>Improve muscular stamina and total body strength using self-loaded exercises (no equipment).</p> <p><b>Exercises</b></p> <ol style="list-style-type: none"> <li>1. Knee push-ups – 30 reps × 3 sets</li> <li>2. Upper abs crunches – 20 reps × 3 sets</li> <li>3. Lower abs (both legs, alternating) – 50 reps × 3 sets</li> <li>4. Squats (regular &amp; jump) – 50 reps × 3 sets</li> <li>5. Lunges (each leg) – 20 reps × 3 sets</li> <li>6. Plank – 1 minute × 3 sets</li> <li>7. Burpee variations (in-place, jump, high knees) – 30 reps × 3 sets each</li> </ol>
Cool-down	10	Finish with static stretching as a cool-down exercise.

### Day 8 Stamina Training Plan (120 minutes)

Unit	Minutes	Key Training Content
Warm-up	20	Prepare for stamina training by increasing joint mobility and body temperature through dynamic stretching.
Jogging	30	Run 10 laps at moderate intensity (heart rate 150) around the track.
Rest	5	Take sufficient rest until heart rate stabilizes.
Power Drills	20	Perform various explosive movement drills on a 25-meter slope. <b>Slope Drills (25 meters)</b> <ol style="list-style-type: none"><li>1. Sprinting</li><li>2. Group-step broad jumps</li><li>3. Single-leg hopping</li><li>4. Bunny hops</li><li>5. Duck walk, etc</li></ol>
Rest	5	Take sufficient rest until heart rate stabilizes.
Interval	30	Improve cardio stamina through structured interval training. <b>Interval Training (10 rounds, 2-minute rest between sets)</b> <ol style="list-style-type: none"><li>1. Perform high-intensity intervals (target heart rate over 180 bpm) on the track.</li><li>2. Set distance-based time limits. If an athlete fails to complete the interval within the time, they repeat it until the goal is achieved.</li></ol>
Cool-down	10	Finish with static stretching as a cool-down exercise.

## 5. Kyorugi (Technical) Training

### Day 1 Kyorugi Training Plan (150 minutes)

Unit	Minutes	Key Training Content
Preparation	10	Prepare for stamina training by increasing joint mobility and body temperature through dynamic stretching.
Warm-up	20	Conduct shuttle-style warm-up drills while moving back and forth: <ol style="list-style-type: none"> <li>1. Light jogging</li> <li>2. High knees (both legs, single leg)</li> <li>3. Sprinting</li> <li>4. Torso twist while moving</li> <li>5. Toe touches (grain picking)</li> <li>6. Jump and spin</li> <li>7. Knee pitching</li> <li>8. Jump with shoulder rolls</li> <li>9. Step-ins with torso bent forward</li> <li>10. Jump and twist torso side to side</li> <li>11. Others</li> </ol>
Rest	10	Take sufficient rest until heart rate stabilizes.
Footwork	20	Perform various stationary and moving steps in response to signals. <ol style="list-style-type: none"> <li>1. <b>Stationary Steps</b> <ol style="list-style-type: none"> <li>A. In-place stepping</li> <li>B. Stance-switching step</li> <li>C. Foot-switching step</li> <li>D. Side step using front or back foot as pivot</li> </ol> </li> <li>2. <b>Forward Steps</b> <ol style="list-style-type: none"> <li>A. Step forward with both feet simultaneously</li> <li>B. Single stride forward</li> <li>C. Quick-step forward</li> <li>D. Step forward lifting the front foot</li> <li>E. Step forward lifting the back foot</li> <li>F. Turn around and step backward</li> </ol> </li> <li>3. <b>Applied Steps (Combination Footwork)</b> <ol style="list-style-type: none"> <li>A. Step-in + single stride</li> <li>B. Front push step + single stride or Step-in</li> <li>C. Single stride + close step forward</li> </ol> </li> </ol>
Rest	10	Take sufficient rest until heart rate stabilizes.
Basic Kicking	20	Paired training (2-person teams), using commands and footwork to perform target kicks. <b>Basic Kicks (Offensive)</b> <ol style="list-style-type: none"> <li>1. <b>In-place step</b> <ol style="list-style-type: none"> <li>A. Middle roundhouse kick</li> <li>B. Step-in kick (middle)</li> <li>C. Step-in axe kick</li> <li>D. Nare-Kick</li> <li>E. Back kick</li> </ol> </li> </ol>

		<ol style="list-style-type: none"> <li><b>2. Stance-switching step</b> <ol style="list-style-type: none"> <li>A. Roundhouse kick</li> <li>B. Step-in kick</li> <li>C. Step-in axe kick</li> </ol> </li> <li><b>3. Step-in pushing step</b> <ol style="list-style-type: none"> <li>A. Middle roundhouse kick</li> <li>B. Step-in kick (middle)</li> <li>C. Step-in axe kick</li> <li>D. Nare-Kick</li> <li>E. Back kick</li> </ol> </li> </ol> <p><b>Basic Kicks (Defensive)</b></p> <ol style="list-style-type: none"> <li><b>1. Step back with both feet</b> <ol style="list-style-type: none"> <li>A. Front leg roundhouse kick</li> <li>B. Back leg roundhouse kick</li> <li>C. Nare-Kick</li> <li>D. Front leg hook kick</li> </ol> </li> <li><b>2. Single step back</b> <ol style="list-style-type: none"> <li>A. Front leg roundhouse kick</li> <li>B. Front leg hook kick</li> <li>C. Nare-Kick</li> </ol> </li> </ol>
Speed Kicking	20	<p>Partner drill (2-person teams), targeting Step-in Front Roundhouse Kick s with focus on control and repetition.</p> <ol style="list-style-type: none"> <li><b>1. Right leg roundhouse kick</b> 20 times to middle &amp; 20 times to high section</li> <li><b>2. Left leg roundhouse kick</b> 20 times to middle &amp; 20 times to high section</li> <li><b>3. Left &amp; right continuous roundhouse kicks</b> Middle–middle–high (10 sets)</li> <li><b>4. Step-in kick</b> Middle</li> <li><b>5. Step-in axe kick (left &amp; right, continuous)</b> 20 times each side</li> <li><b>6. Front leg Nare-Kick</b> 20 times to middle section</li> <li><b>7. Back leg Nare-Kick</b> 20 times to middle section</li> <li><b>8. Front leg hook kick (left &amp; right)</b> 20 times to high section</li> <li><b>9. Front leg roundhouse + Nare-Kick combo</b> 10 times to middle section</li> </ol>
Rest	10	Take sufficient rest until heart rate stabilizes.
Step Kyorugi	15	Move sideways in pairs while doing step-by-step Kyorugi. 2 minutes × 5 rounds.
Cool-down	15	Finish with static stretching as a cool-down exercise.

## Day 2 Kyorugi Training Plan (150 minutes)

Unit	Minutes	Key Training Content
Preparation	10	Prepare for stamina training by increasing joint mobility and body temperature through dynamic stretching.
Warm-up	20	Conduct shuttle-style warm-up drills while moving back and forth: <ol style="list-style-type: none"> <li>1. Light jogging</li> <li>2. High knees (both legs, single leg)</li> <li>3. Sprinting</li> <li>4. Torso twist while moving</li> <li>5. Toe touches (grain picking)</li> <li>6. Jump and spin</li> <li>7. Knee pitching</li> <li>8. Jump with shoulder rolls</li> <li>9. Step-ins with torso bent forward</li> <li>10. Jump and twist torso side to side</li> <li>11. Others</li> </ol>
Step Kyorugi	15	Move forward while Kyorugi in pairs, 5 rounds.
Rest	10	Take sufficient rest until heart rate stabilizes.
Basic Kicks	15	<p>Performed while moving forward.</p> <p><b>Basic Kicks (Offensive)</b></p> <ol style="list-style-type: none"> <li>1. <b>Front Kick</b> Target Area: Midsection, Head</li> <li>2. <b>Roundhouse Kick</b> Target Area: Midsection, Head</li> <li>3. <b>Step-in Front Roundhouse Kick</b> Target Area: Midsection, Head</li> <li>4. <b>Step-in Axe Kick</b> Target Area: Head</li> <li>5. <b>Cut Kick</b> Target Area: Midsection, Head</li> <li>6. <b>Hook Kick (Front Hook, Back Hook)</b> Target Area: Head</li> <li>7. <b>Back Kick</b> Target Area: Midsection, Head (Jump)</li> <li>8. <b>Narae Kick</b> Target Area: Mid-Mid, Mid-High</li> <li>9. <b>Turning Kick</b> Target Area: Midsection, Head</li> <li>10. <b>Punch</b> Target Area: Body</li> </ol> <p><b>Basic Kicks (Counterattack)</b></p> <ol style="list-style-type: none"> <li>1. <b>Roundhouse Kick (One-Step, On the Spot)</b> Target Area: Midsection, Head</li> <li>2. <b>Front Foot Kick (After Shifting Weight, On the Spot)</b> Target Area: Midsection, Head</li> <li>3. <b>Narae Kick (Back Foot, Front Foot)</b></li> </ol>

		<p>Target Area: Mid-Mid, Mid-High</p> <p><b>4. Back Kick</b> Target Area: Midsection, Head (Jump)</p> <p><b>5. Punch</b> Target Area: Body</p>
Rest	10	Take sufficient rest until heart rate stabilizes.
Circuit Target Kicking	20	<p>Kicking drills in column formation with partners (2-person teams)</p> <p><b>1. Performer-Centred Column Kicking:</b> The performer kicks the target held by the assistant. The assistant then rotates to the back of the column to hold the target again.</p> <ul style="list-style-type: none"> <li>• Back Foot Roundhouse Kick</li> <li>• Front Foot Roundhouse Kick</li> <li>• Front Foot Hook Kick (Left, Right)</li> <li>• Front Foot Narae Kick</li> <li>• Back Foot Narae Kick</li> <li>• Front Foot Cut Kick (Left, Right)</li> </ul> <p><b>2. Assistant-Centred Column Kicking:</b> While the assistant remains in place, performers take turns executing kicks in column formation.</p> <ul style="list-style-type: none"> <li>• Step-In Push Kick (Left, Right)</li> <li>• Back Foot Roundhouse Kick (Left, Right)</li> <li>• Step-In Kick (Left, Right)</li> <li>• Step-In Axe Kick (Left, Right)</li> <li>• Turning Kick (Left, Right)</li> <li>• Back Kick (Left, Right)</li> <li>• Etc.</li> </ul>
3-Person Target Kick Training	15	<p>Form groups of three. Take turns performing kicks while moving back and forth.</p> <ul style="list-style-type: none"> <li>• Back Foot Roundhouse Kick (Midsection, Head)</li> <li>• Step-In Kick</li> <li>• Narae Kick</li> <li>• Turning Kick</li> <li>• Step-In Axe Kick</li> <li>• Back Kick</li> <li>• Step-In Kick + Narae Kick</li> </ul>
Rest	10	Take sufficient rest until heart rate stabilizes.
Step Kyorugi	15	Move sideways in pairs while doing step-by-step Kyorugi. 2 minutes × 5 rounds.
Cool-down	15	Finish with static stretching as a cool-down exercise.

### Day 3 Kyorugi Training Plan (150 minutes)

Unit	Minutes	Key Training Content
Preparation	10	Prepare for stamina training by increasing joint mobility and body temperature through dynamic stretching.
Warm-up	20	Conduct shuttle-style warm-up drills while moving back and forth: <ol style="list-style-type: none"> <li>1. Light jogging</li> <li>2. High knees (both legs, single leg)</li> <li>3. Sprinting</li> <li>4. Torso twist while moving</li> <li>5. Toe touches (grain picking)</li> <li>6. Jump and spin</li> <li>7. Knee pitching</li> <li>8. Jump with shoulder rolls</li> <li>9. Step-ins with torso bent forward</li> <li>10. Jump and twist torso side to side</li> <li>11. Others</li> </ol>
Step Kyorugi	10	Move forward while Kyorugi in pairs, 5 rounds.
Rest	10	Take sufficient rest until heart rate stabilizes.
Basic Kicks	15	<p>Performed while moving forward.</p> <p><b>Basic Kicks (Offensive)</b></p> <ol style="list-style-type: none"> <li>1. <b>Front Kick</b> Target Area: Midsection, Head</li> <li>2. <b>Roundhouse Kick</b> Target Area: Midsection, Head</li> <li>3. <b>Step-in Front Roundhouse Kick</b> Target Area: Midsection, Head</li> <li>4. <b>Step-in Axe Kick</b> Target Area: Head</li> <li>5. <b>Cut Kick</b> Target Area: Midsection</li> <li>6. <b>Hook Kick (Front Hook, Back Hook)</b> Target Area: Head</li> <li>7. <b>Jump Back Kick</b> Target Area: Midsection</li> <li>8. <b>Narae Kick</b> Target Area: Mid-Mid, Mid-High</li> <li>9. <b>Turning Kick</b> Target Area: Midsection</li> <li>10. <b>Punch</b> Target Area: Body</li> </ol> <p><b>Basic Kicks (Counter Attack)</b></p> <ol style="list-style-type: none"> <li>1. <b>Roundhouse Kick (One-Step, On the Spot)</b> Target Area: Midsection</li> <li>2. <b>Front Foot Kick (After Shifting Weight, On the Spot)</b> Target Area: Midsection, Head</li> <li>3. <b>Narae Kick (Back Foot, Front Foot)</b> Target Area: Mid-Mid, Mid-High</li> <li>4. <b>Back Kick</b> Target Area: Midsection, Head (Jump)</li> </ol>

		<b>5. Punch</b> Target Area: Body
Rest	10	Take sufficient rest until heart rate stabilizes.
Circuit Target Kicking	35	<p>Work in pairs (2 people). Line up side by side and move laterally while performing each technique.</p> <p><b>Circuit Target Kicking (×10 each):</b></p> <ol style="list-style-type: none"> <li>1. Left Front Roundhouse Kick – Target: Middle, High</li> <li>2. Right Front Roundhouse Kick – Target: Middle, High\</li> <li>3. Double Roundhouse Kick (Both Legs) – Target: Middle</li> <li>4. Step-In Axe Kick – Target: High</li> <li>5. Left Front Hook Kick – Target: Inward, Outward</li> <li>6. Right Front Hook Kick – Target: Inward, Outward</li> <li>7. Left Step-In Kick – Target: High</li> <li>8. Right Step-In Kick – Target: Middle</li> <li>9. Rear Leg Turning Kick – Target: Middle, High</li> <li>10. Front Leg Turning Kick – Target: Inward, Outward</li> <li>11. Step-In Kick – Target: Mid-Mid, Mid-High</li> <li>12. Jump with 4 Punches – Target: Middle, High</li> <li>13. Target Kyorugi – Target: Middle, High</li> </ol>
Rest	10	Take sufficient rest until heart rate stabilizes.
Step Kyorugi	15	Move sideways in pairs while doing step-by-step Kyorugi. 2 minutes × 5 rounds.
Cool-down	10	Finish with static stretching as a cool-down exercise.

### Day 4 Kyorugi Training Plan (150 minutes)

Unit	Minutes	Key Training Content
Preparation	10	Prepare for stamina training by increasing joint mobility and body temperature through dynamic stretching.
Warm-up	20	Conduct shuttle-style warm-up drills while moving back and forth: <ol style="list-style-type: none"> <li>1. Light jogging</li> <li>2. High knees (both legs, single leg)</li> <li>3. Sprinting</li> <li>4. Torso twist while moving</li> <li>5. Toe touches (grain picking)</li> <li>6. Jump and spin</li> <li>7. Knee pitching</li> <li>8. Jump with shoulder rolls</li> <li>9. Step-ins with torso bent forward</li> <li>10. Jump and twist torso side to side</li> <li>11. Others</li> </ol>
Step Kyorugi	15	Move sideways in pairs while doing Kyorugi. 2 minutes × 5 rounds.
Rest	10	Take sufficient rest until heart rate stabilizes.
Target Combination Kicks	20	Move forward while performing the following kick combinations: <ol style="list-style-type: none"> <li>1. <b>Roundhouse Kick</b> <ol style="list-style-type: none"> <li>A. Roundhouse Kick (Middle, High)</li> <li>B. Step-In Kick</li> <li>C. Turning Kick (Middle, Mid-High)</li> <li>D. Spin Kick</li> <li>E. Step-In Axe Kick</li> </ol> </li> <li>2. <b>Step-In Kick</b> <ol style="list-style-type: none"> <li>A. Roundhouse Kick (Middle, High)</li> <li>B. Turning Kick (Mid-Mid, Mid-High)</li> <li>C. Step-In Axe Kick</li> <li>D. Rear Leg Axe Kick</li> <li>E. Front Hook Kick</li> </ol> </li> <li>3. <b>Front Push Kick</b> <ol style="list-style-type: none"> <li>A. Roundhouse Kick (Middle, High)</li> <li>B. Turning Kick (Middle, Mid-High)</li> <li>C. Step-In Axe Kick</li> <li>D. Rear Leg Axe Kick</li> <li>E. Front Hook Kick</li> </ol> </li> <li>4. <b>Front Roundhouse Kick</b> <ol style="list-style-type: none"> <li>A. Rear Roundhouse Kick (Middle, High)</li> <li>B. Turning Kick (Middle, Mid-High)</li> <li>C. Axe Kick</li> </ol> </li> </ol>
Rest	10	Take sufficient rest until heart rate stabilizes.
Tactical Drill (Body protector)	30	Move sideways in pairs with a Body Protector, performing the following combinations: <ol style="list-style-type: none"> <li>1. <b>Rear Push Kick</b> <ol style="list-style-type: none"> <li>A. Rear Roundhouse Kick (Middle, High)</li> </ol> </li> </ol>

		<p>B. Approach &amp; Push → Rear Roundhouse Kick (Middle, High)</p> <p>C. Approach &amp; Hook Kick (Left &amp; Right)</p> <p>D. Front Leg Hook → Rear Hook Kick</p> <p>E. Front Narae Kick (Mid-Mid, Mid-High)</p> <p><b>2. Front Push Kick</b></p> <p>A. Front Roundhouse Kick</p> <p>B. Approach &amp; Push → Front Roundhouse Kick</p> <p>C. Approach &amp; Push → Hook Kick</p> <p>D. Approach → Narae Kick</p> <p>E. Back Kick</p> <p><b>3. Step-in Front Roundhouse Kick</b></p> <p>A. Front Counter Kick (Middle, High)</p> <p>B. Step Back → Narae Kick</p> <p>C. Approach → Narae Kick</p> <p>D. Back Kick</p>
Rest	10	Take sufficient rest until heart rate stabilizes.
Step Kyorugi	15	Move sideways in pairs while doing step-by-step Kyorugi. 2 minutes × 5 rounds.
Cool-down	10	Finish with static stretching as a cool-down exercise.

### Day 5 Kyorugi Training Plan (150 minutes)

Unit	Minutes	Key Training Content
Preparation	10	Prepare for stamina training by increasing joint mobility and body temperature through dynamic stretching.
Warm-up	20	Conduct shuttle-style warm-up drills while moving back and forth: <ol style="list-style-type: none"> <li>1. Light jogging</li> <li>2. High knees (both legs, single leg)</li> <li>3. Sprinting</li> <li>4. Torso twist while moving</li> <li>5. Toe touches (grass picking)</li> <li>6. Jump and spin</li> <li>7. Knee pitching</li> <li>8. Jump with shoulder rolls</li> <li>9. Step-ins with torso bent forward</li> <li>10. Jump and twist torso side to side</li> <li>11. Others</li> </ol>
Step Kyorugi	15	Move sideways in pairs while doing step-by-step Kyorugi. 2 minutes × 5 rounds.
Rest	10	Take sufficient rest until heart rate stabilizes.
Rotating Target Kicking	25	In pairs, line up in a column formation and rotate during each drill. <ol style="list-style-type: none"> <li>1. <b>Kicker-Centered Drill</b> One kicker moves down the line, performing kicks on each partner's target. The partner holds the target and rotates back to the end of the line. <ol style="list-style-type: none"> <li>A. Rear Roundhouse Kick</li> <li>B. Front Roundhouse Kick</li> <li>C. Front Hook Kick (Left &amp; Right)</li> <li>D. Front Narae Kick</li> <li>E. Rear Narae Kick</li> <li>F. Front Cut Kick (Left &amp; Right)</li> </ol> </li> <li>2. <b>Holder-Centered Drill</b> One target holder stays in place. Each kicker rotates down the line and performs kicks. <ol style="list-style-type: none"> <li>A. Step-In Push Kick (Left &amp; Right)</li> <li>B. Rear Roundhouse Kick (Left &amp; Right)</li> <li>C. Step-In Kick (Left &amp; Right)</li> <li>D. Step-In Axe Kick (Left &amp; Right)</li> <li>E. Spin Kick (Left &amp; Right)</li> <li>F. Back Kick (Left &amp; Right)</li> <li>G. etc.</li> </ol> </li> </ol>
Rest	10	Take sufficient rest until heart rate stabilizes.
Target Speed Kick Training	30	In pairs, face each other and perform speed kicks on targets. <ol style="list-style-type: none"> <li>1. Right Roundhouse Kick – 20 reps each (Middle, High)</li> <li>2. Left Roundhouse Kick – 20 reps each (Middle, High)</li> <li>3. Continuous Roundhouse Kicks (Left → Right) – Middle, Middle, High ×10</li> <li>4. Step-In Kick – Middle</li> <li>5. Step-In Axe Kick (Left &amp; Right continuous) – 20 reps</li> </ol>

		6. Front Narae Kick – Middle ×20 7. Rear Narae Kick – Middle ×20 8. Front Hook Kick (Left & Right) – High ×20 9. Front Roundhouse Kick + Narae Kick – Middle ×10 10. Front Roundhouse Kick + Narae Kick – High ×10 11. Front Punch – Middle ×10
Rest	10	Take sufficient rest until heart rate stabilizes.
Step Kyorugi	15	Move sideways in pairs while doing step-by-step Kyorugi. 2 minutes × 5 rounds.
Cool-down	10	Finish with static stretching as a cool-down exercise.

## Day 6 Kyorugi Training Plan (150 minutes)

Unit	Minutes	Key Training Content
Preparation	10	Prepare for stamina training by increasing joint mobility and body temperature through dynamic stretching.
Warm-up	20	Conduct shuttle-style warm-up drills while moving back and forth: <ol style="list-style-type: none"> <li>1. Light jogging</li> <li>2. High knees (both legs, single leg)</li> <li>3. Sprinting</li> <li>4. Torso twist while moving</li> <li>5. Toe touches (grass picking)</li> <li>6. Jump and spin</li> <li>7. Knee pitching</li> <li>8. Jump with shoulder rolls</li> <li>9. Step-ins with torso bent forward</li> <li>10. Jump and twist torso side to side</li> <li>11. Others</li> </ol>
Step Kyorugi	10	Move sideways in pairs while doing step-by-step Kyorugi. 2 minutes × 5 rounds.
Rest	10	Take sufficient rest until heart rate stabilizes.
Target Combination Kicking	25	In pairs, line up in a column formation and perform target combination kicks. <ol style="list-style-type: none"> <li>1. <b>Roundhouse Kick</b> <ol style="list-style-type: none"> <li>A. Roundhouse Kick (Middle, High)</li> <li>B. Narae Kick (Mid-Mid, Mid-High)</li> <li>C. Step-In Kick (Middle)</li> <li>D. Front Counter Kick (Middle, High)</li> <li>E. Back Kick</li> </ol> </li> <li>2. <b>Step-In Kick</b> <ol style="list-style-type: none"> <li>A. Roundhouse Kick (Middle, High)</li> <li>B. Narae Kick (Mid-Mid, Mid-High)</li> <li>C. Step-In Kick (Middle, High)</li> <li>D. Front Counter Kick (Middle, High)</li> <li>E. Turning Kick</li> <li>F. Front Hook Kick</li> </ol> </li> <li>3. <b>Front Push Kick</b> <ol style="list-style-type: none"> <li>A. Front Axe Kick</li> <li>B. Rear Axe Kick</li> <li>C. Front Counter Kick</li> <li>D. Narae Kick</li> </ol> </li> </ol>
Rest	10	Take sufficient rest until heart rate stabilizes.
Signal-Based Single & Combination Kick Training	30	Perform free stepping. At the coach's signal, execute the assigned kick or combination. <ol style="list-style-type: none"> <li>1. <b>Single Kick Types</b> <ol style="list-style-type: none"> <li>A. Roundhouse Kick – Middle, High</li> <li>B. Step-in Front Roundhouse Kick – Middle, High</li> <li>C. Step-In Kick – High</li> <li>D. Front Hook Kick – High</li> </ol> </li> </ol>

		<p>E. Back Kick – Middle</p> <p>F. Narae Kick – Mid-Mid, Mid-High</p> <p>G. Spin Kick – Middle, High</p> <p>H. Punch – Body</p> <p><b>2. Combination Kick Types</b></p> <p>A. Roundhouse Kick + Roundhouse Kick – Middle, High</p> <p>B. Roundhouse Kick + Front Hook Kick – Middle, High</p> <p>C. Step-In Kick + Front Roundhouse Kick – Middle, High</p> <p>D. Front Hook Kick + Rear Roundhouse Kick – High</p> <p>E. Front Roundhouse Kick + Rear Axe Kick – Middle, High</p> <p>F. Front Cut Kick + Rear Hook Kick</p>
Rest	10	Take sufficient rest until heart rate stabilizes.
Step Kyorugi	15	Move sideways in pairs while doing step-by-step Kyorugi. 2 minutes × 5 rounds.
Cool-down	10	Finish with static stretching as a cool-down exercise.

### Day 7 Kyorugi Training Plan (150 minutes)

Unit	Minutes	Key Training Content
Preparation	10	Prepare for stamina training by increasing joint mobility and body temperature through dynamic stretching.
Warm-up	20	<p>Conduct shuttle-style warm-up drills while moving back and forth:</p> <ol style="list-style-type: none"> <li>1. Light jogging</li> <li>2. High knees (both legs, single leg)</li> <li>3. Sprinting</li> <li>4. Torso twist while moving</li> <li>5. Toe touches (grain picking)</li> <li>6. Jump and spin</li> <li>7. Knee pitching</li> <li>8. Jump with shoulder rolls</li> <li>9. Step-ins with torso bent forward</li> <li>10. Jump and twist torso side to side</li> <li>11. Others</li> </ol>
Step Kyorugi	10	Move forward while Kyorugi in pairs, 5 rounds.
Rest	10	Take sufficient rest until heart rate stabilizes.
Basic & Combination Kicks	25	<p>Move forward while performing the following kicks.</p> <ol style="list-style-type: none"> <li>1. <b>Basic Kicks (Attack)</b> <ol style="list-style-type: none"> <li>A. Front Kick – Middle, High</li> <li>B. Roundhouse Kick – Middle, High</li> <li>C. Step-in Front Roundhouse Kick – Middle, High</li> <li>D. Step-in Axe Kick – High</li> <li>E. Cut Kick – Middle, High</li> <li>F. Hook Kick (Front &amp; Rear) – High</li> <li>G. Back Kick – Middle, High (Jump)</li> <li>H. Narae Kick – Mid-Mid, Mid-High</li> <li>I. Turning Kick – Middle, High</li> <li>J. Punch – Body</li> </ol> </li> <li>2. <b>Combination Kicks</b> <ol style="list-style-type: none"> <li>A. Roundhouse Kick <ol style="list-style-type: none"> <li>I. Roundhouse Kick (Middle, High)</li> <li>II. Step-In Kick</li> <li>III. Narae Kick (Mid-Mid, Mid-High)</li> <li>IV. Turning Kick</li> <li>V. Step-In Axe Kick</li> </ol> </li> <li>B. Step-In Kick <ol style="list-style-type: none"> <li>I. Roundhouse Kick (Middle, High)</li> <li>II. Narae Kick</li> <li>III. Step-In Axe Kick</li> <li>IV. Rear Axe Kick</li> <li>V. Front Hook Kick</li> </ol> </li> <li>C. Front Push Kick <ol style="list-style-type: none"> <li>I. Roundhouse Kick (Middle, High)</li> <li>II. Narae Kick</li> </ol> </li> </ol> </li> </ol>

		III. Step-In Axe Kick IV. Rear Axe Kick V. Front Hook Kick  D. Front Roundhouse Kick I. Rear Roundhouse Kick (Middle, High) II. Narae Kick III. Axe Kick
Rest	10	Take sufficient rest until heart rate stabilizes.
Circuit Target Kicking	30	In pairs, move sideways while performing the following kicks. <ol style="list-style-type: none"> <li>1. Left Front Roundhouse Kick ×10 – Middle, High</li> <li>2. Right Front Roundhouse Kick ×10 – Middle, High</li> <li>3. Double Roundhouse Kick (Both Legs) ×10 – Middle</li> <li>4. Step-In Kick ×10 – Middle, High</li> <li>5. Left Front Hook Kick ×10 – In, Out</li> <li>6. Right Front Hook Kick ×10 – In, Out</li> <li>7. Left Step-In Kick ×10 – High</li> <li>8. Right Step-In Kick ×10 – Middle</li> <li>9. Rear Leg Narae Kick ×10 – Middle, High</li> <li>10. Front Leg Narae Kick ×10 – In, Out</li> <li>11. Step-In Kick ×10 – Mid-Mid, Mid-High</li> <li>12. Jump with 4 Punches ×10 – Middle, High</li> <li>13. Target Kyorugi ×10 – Middle, High</li> </ol>
Rest	10	Take sufficient rest until heart rate stabilizes.
Step Kyorugi	15	Move sideways in pairs while doing step-by-step Kyorugi. 2 minutes × 5 rounds.
Cool-down	10	Finish with static stretching as a cool-down exercise.

## Day 8 Kyorugi Training Plan (150 minutes)

Unit	Minutes	Key Training Content
Preparation	10	Prepare for stamina training by increasing joint mobility and body temperature through dynamic stretching.
Warm-up	20	Conduct shuttle-style warm-up drills while moving back and forth: <ol style="list-style-type: none"> <li>1. Light jogging</li> <li>2. High knees (both legs, single leg)</li> <li>3. Sprinting</li> <li>4. Torso twist while moving</li> <li>5. Toe touches (grain picking)</li> <li>6. Jump and spin</li> <li>7. Knee pitching</li> <li>8. Jump with shoulder rolls</li> <li>9. Step-ins with torso bent forward</li> <li>10. Jump and twist torso side to side</li> <li>11. Others</li> </ol>
Step Kyorugi	10	Move forward while Kyorugi in pairs, 5 rounds.
Rest	10	Take sufficient rest until heart rate stabilizes.
Combination Kicks	10	Move forward while performing the following kick combinations. <ol style="list-style-type: none"> <li><b>1. Roundhouse Kick</b> <ol style="list-style-type: none"> <li>A. Roundhouse Kick (Middle, High)</li> <li>B. Step-In Kick</li> <li>C. Narae Kick (Mid-Mid, Mid-High)</li> <li>D. Turning Kick</li> <li>E. Step-In Axe Kick</li> </ol> </li> <li><b>2. Step-In Kick</b> <ol style="list-style-type: none"> <li>A. Roundhouse Kick (Middle, High)</li> <li>B. Narae Kick (Mid-Mid, Mid-High)</li> <li>C. Step-In Axe Kick</li> <li>D. Rear Axe Kick</li> <li>E. Front Hook Kick</li> </ol> </li> <li><b>3. Front Push Kick</b> <ol style="list-style-type: none"> <li>A. Roundhouse Kick (Middle, High)</li> <li>B. Narae Kick (Mid-Mid, Mid-High)</li> <li>C. Step-In Axe Kick</li> <li>D. Rear Axe Kick</li> <li>E. Front Hook Kick</li> </ol> </li> <li><b>4. Front Roundhouse Kick</b> <ol style="list-style-type: none"> <li>A. Rear Roundhouse Kick (Middle, High)</li> <li>B. Narae Kick (Mid-Mid, Mid-High)</li> <li>C. Axe Kick</li> </ol> </li> </ol>
Rest	10	Take sufficient rest until heart rate stabilizes.
Kyorugi Evaluation	70	Male and female matches based on weight divisions. National team selection format. 3 rounds × 2 minutes.
Cool-down	10	Finish with static stretching as a cool-down exercise.

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