

# KNOWLE

TAEKWONDO

## HOMework GUIDE FOR THOSE WANTING TO IMPROVE SPARRING FLEXIBILITY & FITNESS



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# INTRODUCTION

During my 30 year of training in TAEKWONDO, I have had the pleasure of training with some of the top instructors in the country, Former founder members of British Taekwondo.

I have been an instructor for the past 22 years and I'm always often asked by my students if there is any think they can practice at home to better condition themselves for TKD .

Although training in the Dojang is the best type of training so you can be assessed and corrected on techniques and syllabus is practiced repeatedly,

There are some forms of cross training you can do to help, and benefit your TKD.

The goal of this book is to give you a blow by blow account of some routines to practice at Home.



# INDEX

- INTRODUCTION
- DIET/SUPPLEMENTS
- WARM UPS
- STRETCHING/STRENGTH
- WEIGHT TRAINING
- WORKOUT DRILLS

# Chapter One

## Nutrition

Male = 2500 calories  
Female = 2000 calories

**Fruit and vegetables**  
Eat at least 5 portions of a variety of fruit and vegetables every day.

**Potatoes, bread, rice, pasta and other starchy carbohydrates**  
Choose wholegrain or higher fibre varieties where possible. Less than 5% added fat, salt and sugar.

**Dairy and alternatives**  
Choose lower fat and lower sugar options.

**Beans, pulses, fish, eggs, meat and other proteins**  
Eat beans, pulses and pulses 2 portions of oily fish, lean meat and other proteins every day.

For a balanced diet:

- eat at least 5 portions of a variety of [fruit and vegetables](#) every day
- base meals on potatoes, bread, rice, pasta or other [starchy carbohydrates](#) – choose wholegrain or higher fibre where possible
- have some [dairy or dairy alternatives](#), such as soya drinks and yoghurts – choose lower-fat and lower-sugar options
- eat some beans, [pulses, fish, eggs, meat](#) and other protein – aim for 2 portions of fish every week, 1 of which should be oily, such as salmon or mackerel
- choose unsaturated oils and spreads, and eat them in small amounts
- drink [plenty of fluids](#) – the government recommends 6 to 8 cups or glasses a day



**6-8 a day**

**Water, lower fat milk, sugar-free drinks including tea and coffee all count.**  
Limit fruit juice and/or smoothies to a total of 150ml a day.



### Red, amber and green colour coding

Each serving contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
977KJ 235kcal	15.7g HIGH	1.7g MED	4.3g LOW	0.72g MED
12%	22%	9%	5%	12%

% of an adults reference intake.  
Typical values per 100g: Energy 1117kJ/269kcal

Some front-of-pack nutrition labels use red, amber and green colour coding.

Colour-coded nutritional information tells you at a glance if the food has high, medium or low amounts of fat, saturated fat, sugars and salt:

- red means high
- amber means medium
- green means low

In short, the more green on the label, the healthier the choice. If you buy a food that has all or mostly green on the label, you know straight away that it's a healthier choice.

Explore the interactive  
Eatwell Guide



## Guide To Supplement Diet

**Here are our top 5 supplements that we recommend for martial artists or active people that exercise regularly:**

### **1. Glucosamine**

Glucosamine can help to reduce pain, stiffness, and swelling in the joints.

### **2. Vitamin D3**

Vitamin D3 helps facilitate normal immune system function, maintain healthy bones and can boost your mood.

### **3. Whey Protein**

Whey Protein is a great protein source to promote muscular recovery. Try including a scoop at breakfast or after workout if your protein levels are low!

### **4. Vitamin C**

Vitamin C has a huge amount of benefits but will also help to fight off disease and strengthen your body's natural defences.

### **5. Omega 3**

Omega 3 can help prevent joint pain and stiffness. Omega 3 can also improve brain function which should help you concentrate more in class!

**Lastly, make sure you're prioritising your nutrition plan and optimising your sleep pattern first and foremost. Please remember that supplements are there to **SUPPLEMENT** your diet, not to replace it! Training hard, eating well and sleeping consistently should always come first!**

# Chapter Two

Warm Up/Cool Down



## Importance of Warming Up before Sport - Sports Injury Prevention

### What is a warm-up?

A warm-up is a session which takes place prior to doing physical activity; usually a warm-up will consist of light cardiovascular exercises combined with stretches.

### What happens in a warm-up?

Most warm-up sessions will include a combination of cardiovascular exercises, stretching and strength drills. The cardiovascular exercises are designed to increase circulation, increase body temperature and bring the heart rate up, while stretching warms the muscles and prepare them for the movements they will be required to carry out during the activity. Explosive strength exercises, which may include sprint drills or jumps, gently increase the level of intensity and prepare the body for sudden movements in the game which will follow; these exercises should only be done once the muscles are warm; this will prevent injuries.

### Effects of the warm-up

The warm-up should gently prepare the body for exercises by gradually increasing the heart rate and circulation; this will loosen the joints and increase blood flow to the muscles. Stretching the muscles prepares them for physical activity and prevents injuries. The warm-up is also a good opportunity for an individual to prepare themselves mentally for the game ahead and for a team to work together prior to the start of the game. Warm-ups can also be used to practice skills and team drills.

### How long should a warm up last?

Most warm up sessions last between 20 minutes and half an hour; this gives the body plenty of time to gradually get ready for physical activity and gives the player time to prepare themselves mentally.

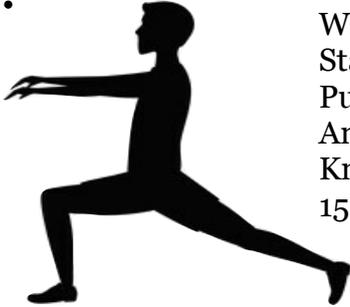
### Preventing injury

The most important reason for doing a warm up is to prevent injury during exercise; keeping the muscles warm will prevent acute injuries such as hamstring strains and will stave off overuse injuries by allowing the body to prepare steadily and safely. In more static sports, such as cricket, it is a good idea to stretch throughout the game as this will keep the muscles warm and allow them to function effectively; substitutes should also continue to run and stretch while they are waiting to join a game; this is commonly seen in football matches where the substitutes jog, jump and stretch along the sidelines

# Chapter Three

## Stretching

1.



**Walking Stance Stretch:**

Start in walking stance lift rear foot so your on the ball of your foot, Push forward knee further forward past the ankle joint, try and maintain balance And keep back straight and upright. For increase stretch place hands on forward Knee and push forward leg as far forward as possible try and hold each pose for 15 sec.

2.



**Sideway Lunge:**

Start with feet twice shoulder width bend one leg as shown in diagram. Try and maintain balance throughout, hold position for 15 sec straighten leg and Repeat 5 times. For extra stretch place hands on bent leg roll foot over to balance on heel Try bend leg even further trying to lower tail bone to the floor.

3.



**Spilt Stretch:**

Widen legs apart so you can hold your own bodyweight, change position or arms , Try and keep your back parallel to the floor, fold your arms, place on head, waist, behind the back on the knees and to the ankles, Try and hold each pose for 15 sec. Place hands on floor widen legs and repeat try for 5 sets .

For added stretch try positioning your hand as far back between your legs without raising you toes and as far forward as you can without lift your heels.

4.



**Forward Hamstring Stretch:**

From a seated position legs should be slightly less than shoulder width apart with Toes pointing upward. Raise your arms take a deep breath as you exhale lower hands towards feet or lower shin, 3 x position hands inside, outside and over the top of the toes. Try and hold your lowest position for 15 sec try not to bounce as this will strain the lower back 5 sets of each.

For extra stretch try one leg bent with sole against the inner thigh of the other leg.

Other stretches  
for warm up  
before you begin  
And finish.



(SQUATS)



(STANDING QUAD STRETCH)



(LYING DOWN HAMSTRING STRETCH)

## Core Exercises

(All should be for a count of 20 or 30 sec Hold)

1. Sit ups are the basic exercise of any core workout program.



For variation place hands at different points

Eg: Head, waist, Hands over the knees this will hit different Parts of your abdominal's

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2. Plank rest on elbow and hold body in a straight line from heel to shoulders.



For a variation raise hips to hit other core ABS.

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3. Rest on all fours raise one leg till knee is level with hips.



Keep sole of the foot parallel to the ceiling and raise foot up and down 20 times only about 6" movement.

This will hit the outside ABS.

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4. Lying Flat on the floor face down hands above your head feet straight. Lift both arms and legs about 6" off the floor and hold for 30 sec.



This will also strengthen back muscles used to hold ABS tight.

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5. Seated Squat although you will feel this in your legs its a good AB stabilizer. and will provide good steamier for all your other AB workouts .



Try and keep your rear parallel to the floor and back straight

For a more strenuous workout try holding your arm up above your head while in this pose.

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If these workouts start to get easier with practice increase the Reps to 25-30-40 etc.

But do not increase the hold time from 30 sec just increase the number of times you do it.

Try to aim for 3 sets of each and allow at least 20 sec rest between Reps.

# Chapter Four

## Weight Training



(Weight lifting)

Before starting a weight Lifting Programme, Follow These Rules:

1. In the beginning start with light weights until you have learned correct exercise form.
2. Warm up each muscle with light weights before using heavier.
3. Train rapidly, taking only short rests between sets (60 sec max)
4. Always allow a days rest between weight workouts and alternate muscle group on consecutive workouts.
5. If injured stop doing exercise which effect that muscle, but don't lay off your other exercises.

Break your workouts in to three key areas

- Back/Shoulders & chest
- Arms triceps/biceps
- Legs Thighs/calf's

Start with a simple routine you can manage without over Training.

Start with a weigh that you can manage comfortably and do 10-12 Reps

Complete in sets of no more than x4. Or pyramid training were you increase the weight and reduce the reps.

EG;

10Kg Dumbell 10-12 reps

12Kg Dumbell 8 reps

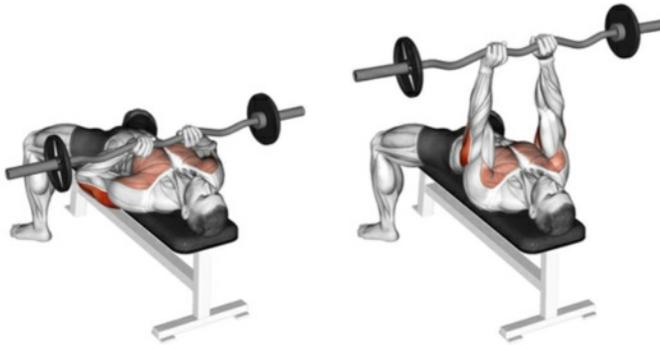
15Kg Dumbell 6 reps

17.5Kg Dumbell 4 reps

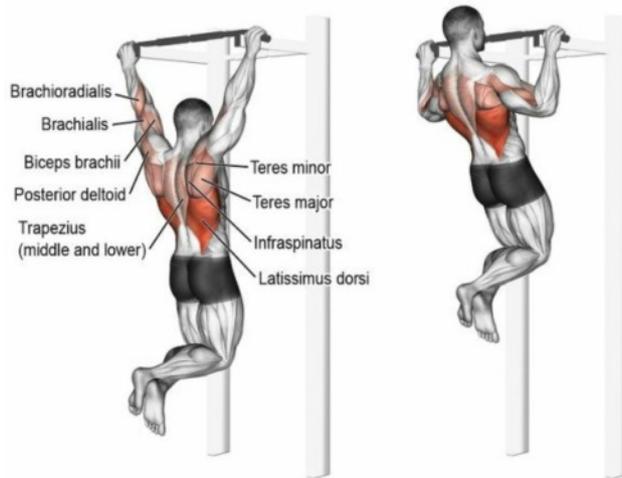
## CHEST;

### Bench Press

Use close grip and allow forearms to brush side of ribs.

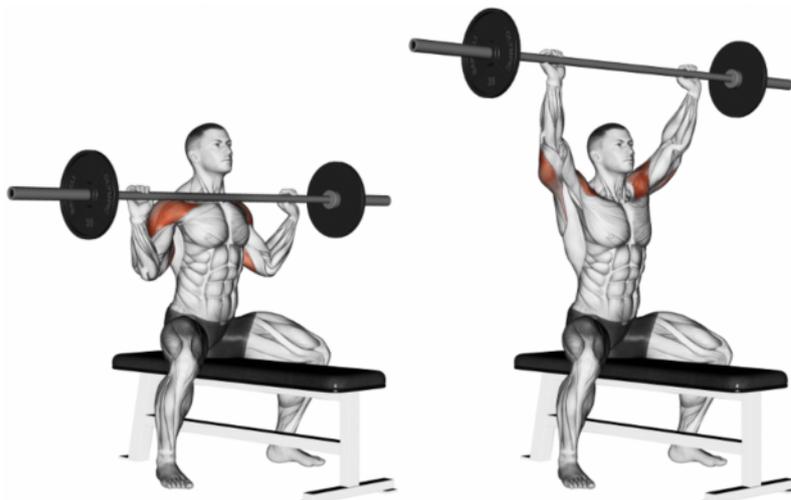


### Pull Ups.



## SHOULDERS

### Military Press

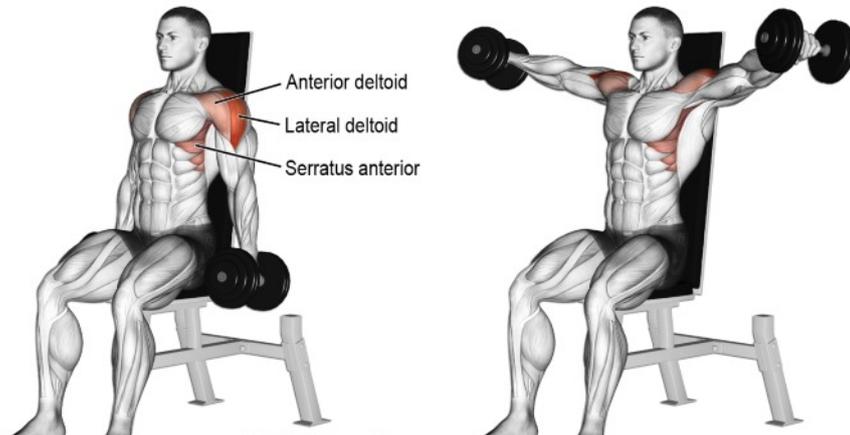


(Weight lifting)

Workouts:

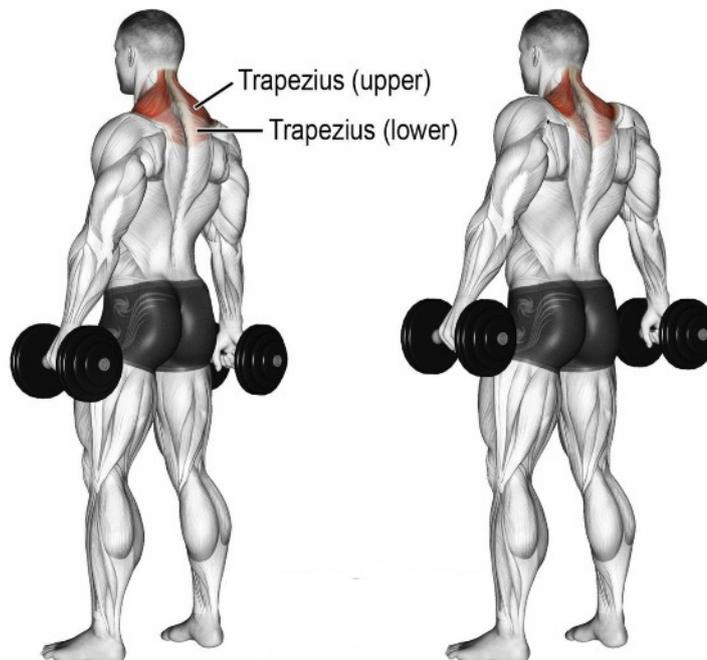
## SHOULDERS

### Dumbbell Laterals



## TRAPEZIUS

### Shrugs

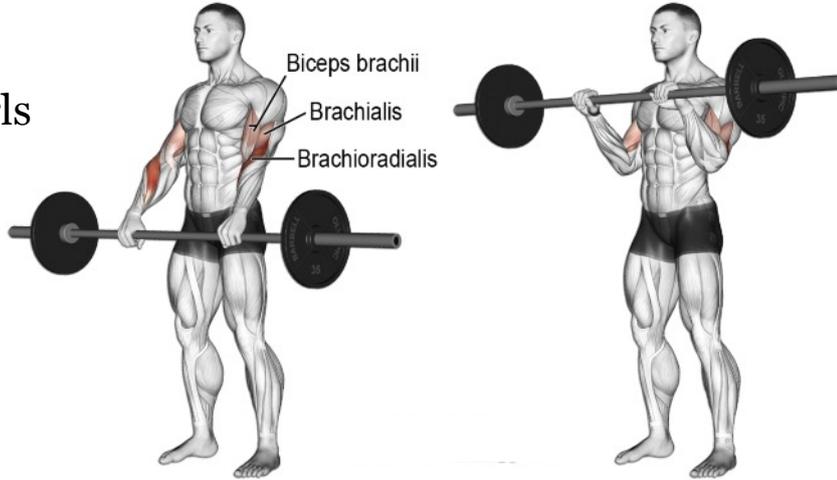


(Weight lifting)

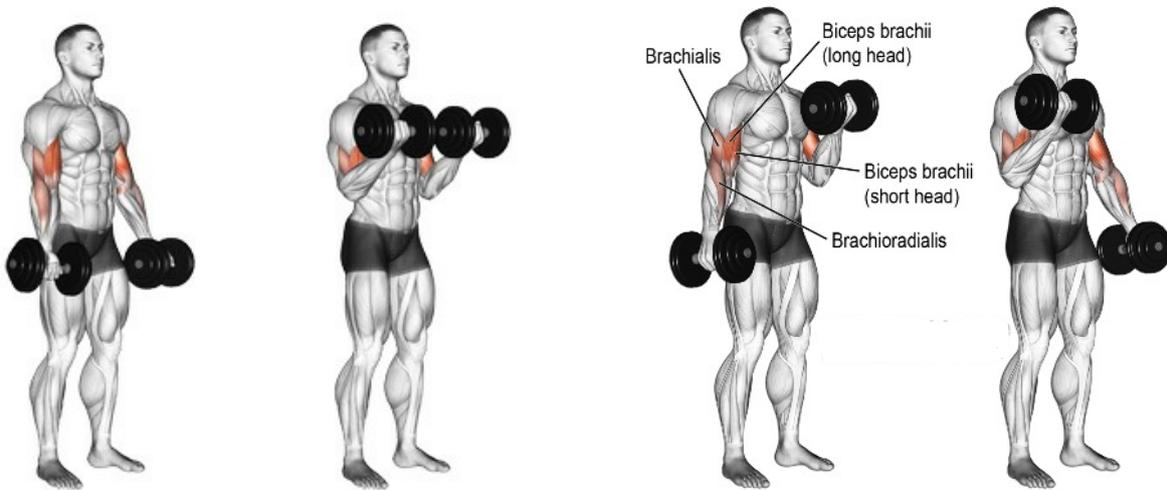
Workouts:

## ARMS

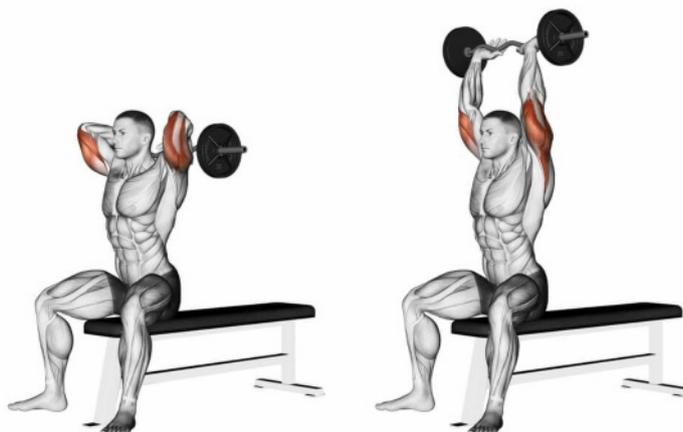
### Barbell Curls



### Dumbbell Curls (Two versions)

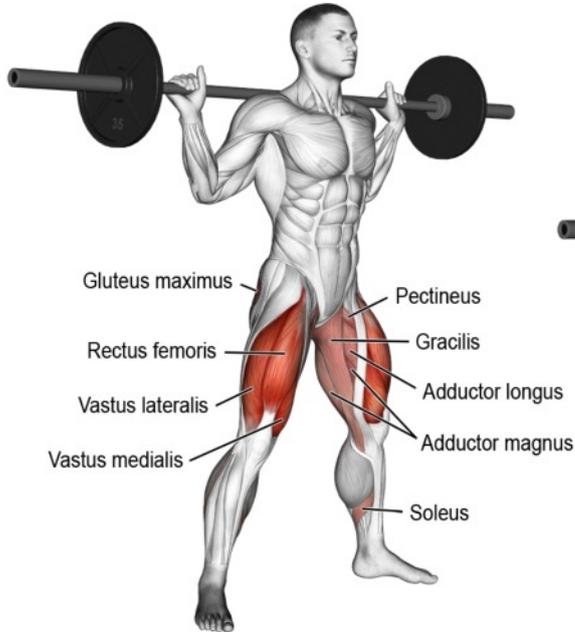


## Triceps

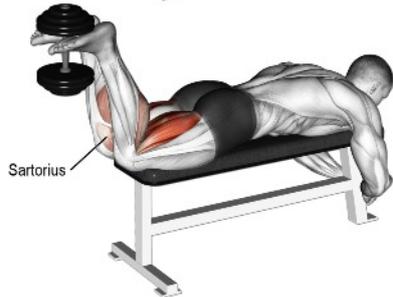
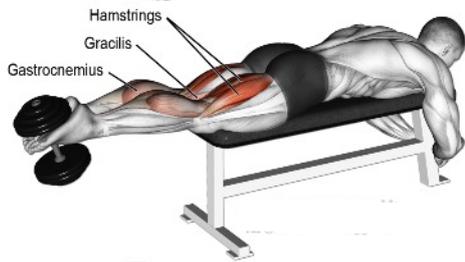


### LEGS

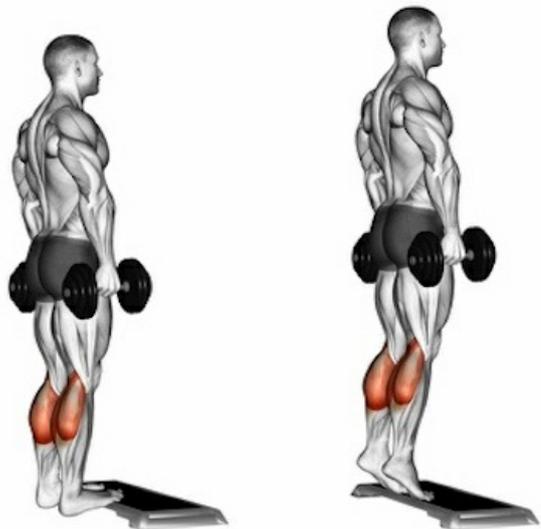
#### Squats



#### Leg Curls



#### Calf Raises



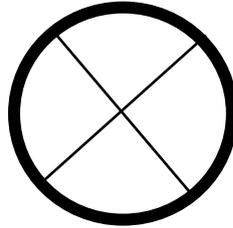
# Chapter Five

## Home Workout Drills

### (Footwork kicking drill)

Hanging Bag or Pad Holder Required;

LAYOUT AS SHOWN;



3

1

2



(Step out angle) ●

● (Step out angle)



Complete five sets of each listed;

- Left Leg ↑ To 1 execute side kick with right leg place right leg back to 1 and return left ↓ foot to 4
- Right leg to 2 ↗ Left leg to 2 ↗ execute turning kick right leg to pad return foot to 2 and step out on angle ↘
- Left leg to 3 ↖ right leg execute hook kick with right leg return 3 and step out on angle ↗ with left foot
- Final set complete all three in sequence 1 x A, 1 x B, 1 x c. Total of 5 times.

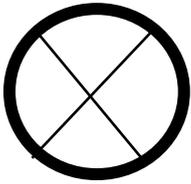
- Place markers on the floor at position 1-4 to help guide you of the kicking angle.
- Always make sure your leg is fully extended at the point of kicking.
- Concentrate on the leg return speed as equally as the kicking speed itself.

N.B remember when stepping right right foot moves first and stepping left left foot moves first. Start slow to conquer routine and build speed as foot work improves. Playing music with a beat helps with timing and over time helps with your inner clock.

## (Counter Attack Kicking drill)

Hanging Bag (Swinging);

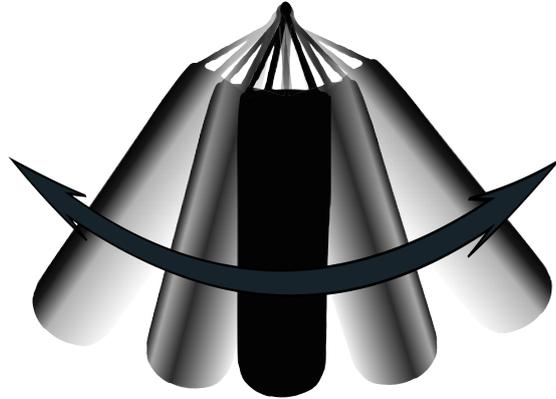
LAYOUT AS SHOWN;



(R)

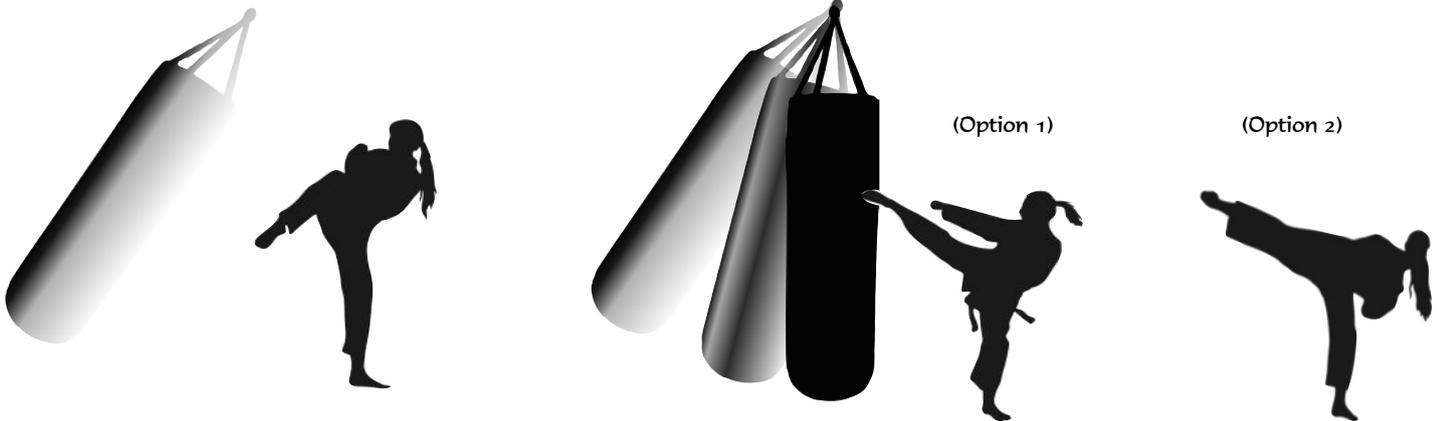


(L)



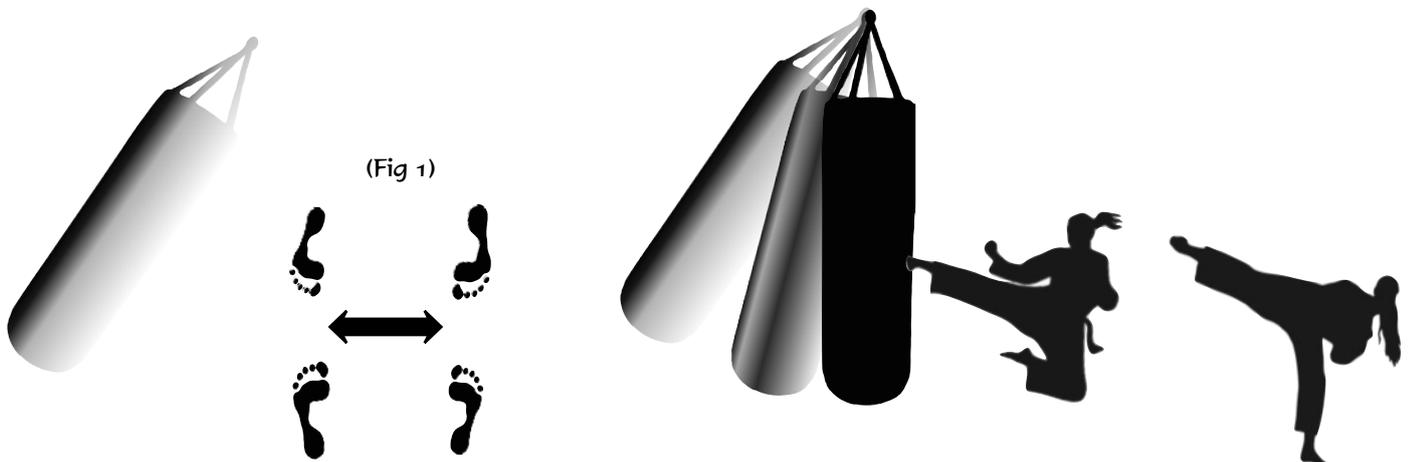
Swing Punch bag back and forth

### 1. Side Kick Counter



Option 1 : Swing Punch Bag And Time Optimum Point Of Impact so Kicking Leg is fully Extended And Stops Bag Dead.  
 Option 2 : Lean Back at The Point Of Impact To Avoid Head shot Follow Up.

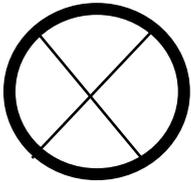
### 2. Back Kick Counter



Quickly change feet at top of the swing (Fig 1) and execute a back kick (Standing or Jumping) at optimum point.

**N.B This Is a Timing Drill To Increase Counter Attack Speed And Increase Leg Strength**

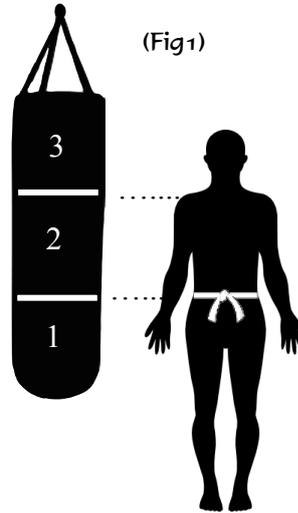
LAYOUT AS SHOWN;



(R)



(L)



Mark Punch Bag As Shown Above (Fig 1)

- Use Masking Tape or PVC tape to Mark Punch Bag Into Sections as Shown Above

1. Once set up work out different combinations practice the same combo 5 times.
2. Compile at least 4/5 different combos and give each one a number, example below.
3. Use a mixture of hand and leg combos.

COMBO: Examples

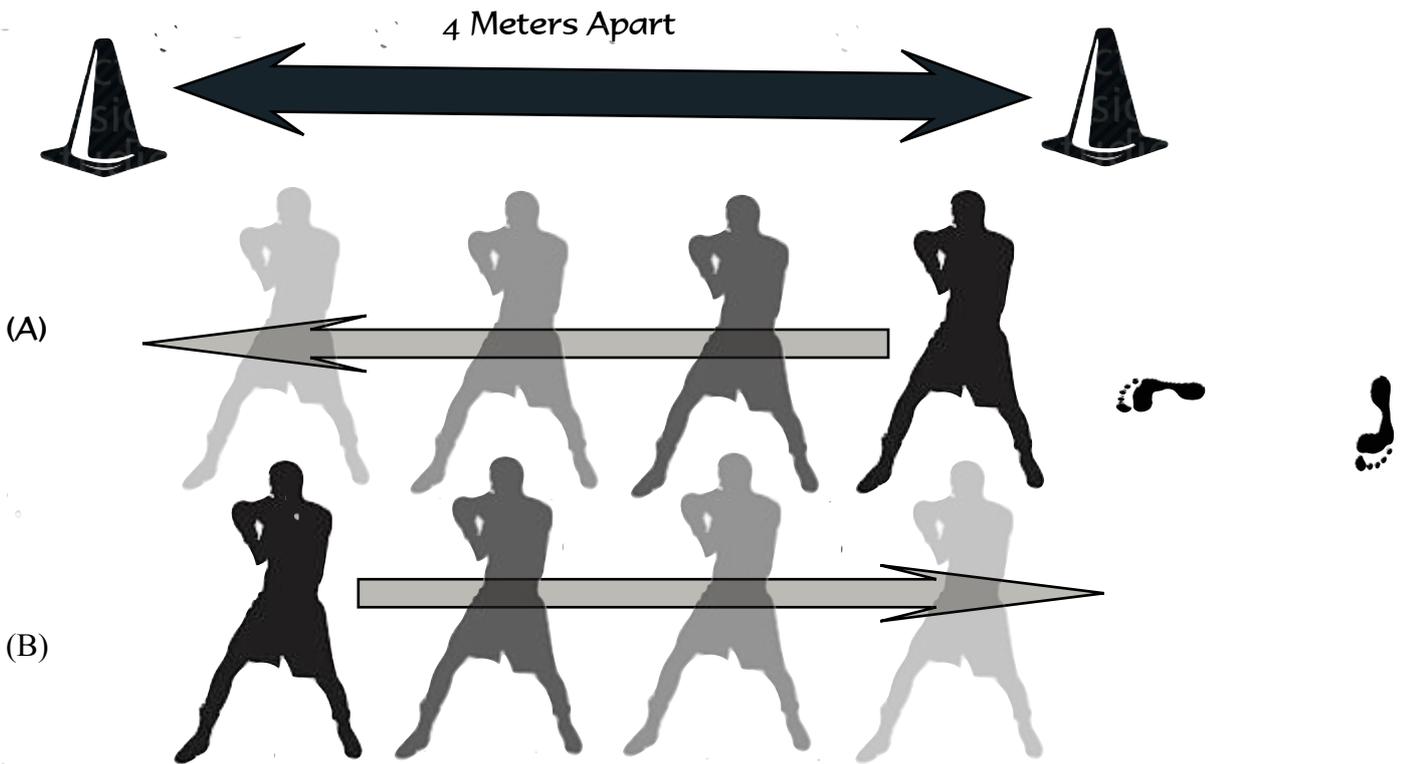
1. Backfist (3) Reverse punch (2).
2. Turning kick (2) Back fist (3).
3. Turning Kick (2) Right leg Turning kick (2) Left leg.

There is An Unlimited Amount Of Options,  
So Write Them Down And Give Them A Number

N.B

Write the number down on the wall in a random sequence ie, 2,5,1,4,2 try and switch Combinations in your head, So when it comes to sparring or competition rather than trying to remember sequence you can just think of a number and explode into that sequence of techniques, Remember the more you practise the more the body will remember. Also Keep Them Simple, No more than three techniques in a sequence.

LAYOUT AS SHOWN;



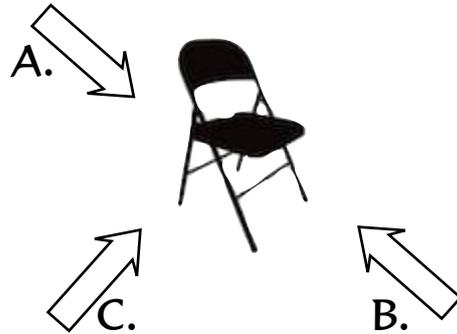
Shuffle forward in fighting stance keeping same leg forward and reverse maintaining stance  
Between two cone for 30 sec duration ( count how many you complete (do both sides left/Right leg

N.B you can change ( A ) For different attacks but keep (B) same  
see examples below...



(Complete 30 sec burst between to cones 30 sec rest repeat each set 3 times. )

### Equipment Required :



- Standing at position ( A ) Stand upright place hand on the back of the chair and execute a turning kick in slow motion until leg is fully extended, Hold for a count of 5 and return to the ground and repeat 5 times.



- Repeat as above only this time keep the leg elevated throughout the sets try not to let the chamber leg Drop

- Repeat again only this time lean as far as you can and elevate the leg to the highest point of the turning kick using the chair for support.



- Standing at position ( B ) as close to the chair seat as poss, Chamber nearest leg to seat into side kick ready position and execute a Sidekick above the back of the chair execute this in slow motion for 5 set and normal speed for 5 sets.

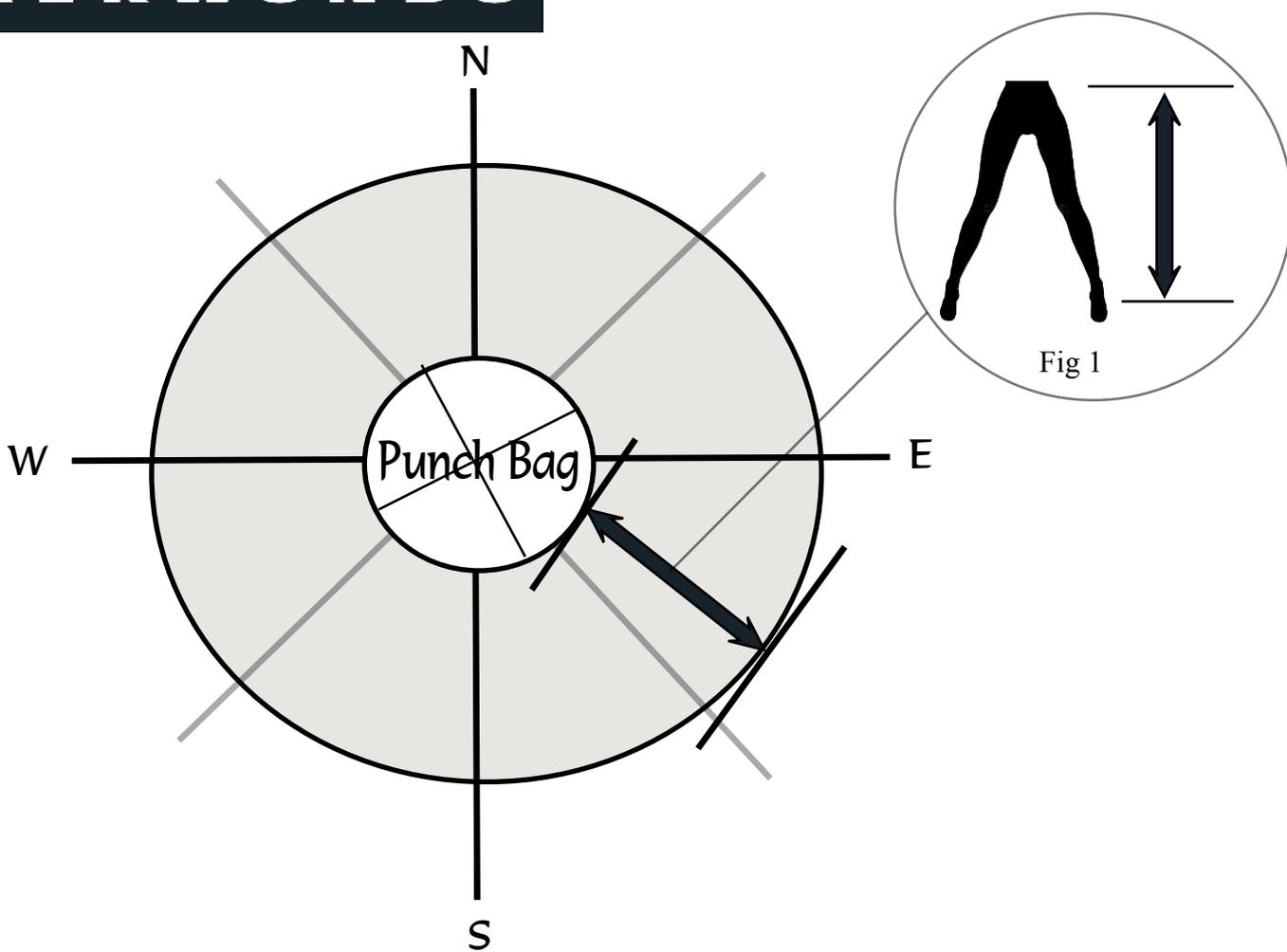


- Standing at position ( C ) execute a turning kick with rear leg over back of the chair keep chambered knee high to avoid contact with chair , execute full range of kick placing foot down on opposite side of the chair.

- Execute same kick only this time stop kick at highest point above the chair and return kick back to starting position in reverse direction back to guarding stance

Repeat both sets 5 time on both legs.

## Sparring Distance Drill



1. Measure Outside leg from Hip to Outside Foot (Fig 1)
2. Mark Circle around Punch Bag (Danger Zone)
3. Starting At North Move in Combinations and Move Out Past Danger Zone
4. Work Your Way Around The Punch Bag Try And Move Out On The Angles. (Like a Compass).

N.B Try and skip in and skip out try not to take To Many Steps Especially On Exiting.

Only allow a second before re-entering the zone as if your opponent had missed a kick for example.

# KNOWLE

## TAEKWONDO

**This Book was created For Home Use As A Guide Only  
All Exercise Program Are Done At Your Own Risk.  
If You Have Any Doubt You Should Always Consult A Doctor.  
This Guide Is Not To Replace Your Training In The Dojang But  
To Fill The Gaps Between Training Sessions.**

**S Hope This Book Helps Supplement Your training To The Next  
Level,**

**If You Have Any Question Or Are Seeking Advice Check Out  
Other Books In The Collection Or Contact Me:-**

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