

WOLVES TAEKWONDO

WOLVES WARRIOR PROGRAM

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The **Wolves Warrior Program** is a specific Taekwondo program that is specifically designed to challenge and develop the skills of any Junior or Senior Provisional Black Belt, plus any Black Belt seeking to grade to their next Dan level. This program targets specific skills and attitudes to help them develop physically and emotionally. This program is not compulsory for students to reach their Black Belt or next Dan grading. However, I would strongly recommend all Junior or Senior Provisional Black Belts or Black Belts attempt this program for their own benefit.

WHEN DOES THIS PROGRAM START?

The **Wolves Warrior Program** can be started at any time. However, for all the students who are hoping to grade to Junior or Senior Provisional Black belt plus any Dan in June 2007, I would encourage them to start on the week of 12th February 2007.

HOW THE WOLVES WARRIOR PROGRAM WORKS:

The **Wolves Warrior Program** is split into two training segments: 'Home training tasks' and 'Formal class training tasks'. Within each segment there will be three tasks to be completed, the student will be strongly encouraged to successfully complete each task of their Home and Formal training.

FORMAL TRAINING TASKS

Notes on attendance requirements and style of classes that are strongly recommended to achieve the formal training.

Tasks:

- Junior Provisional Black Belts need to be attending at least two to three classes per week. I recommend at least one Advance Commando Wolves class plus one or two Advance family classes.
- Senior Provisional Black Belts need to be attending at least three to four classes per week. I recommend at least one or two Advance Family classes plus one or two Advance/sports classes.
- Black Belts need to be attending at least three to four classes per week. I recommend at least one or two Advance Family classes plus one or two Advance/sports classes.

1. Traditional material

- Self-defence – Learn all Self defence moves appropriate to your grade.
- Poomsae – Learn all Self defence moves appropriate to your grade.
- Technical – Learn all technical kicks, blocks, stepping and stances appropriate to your grade.
- Board breaking – Practise breaking techniques appropriate to your grade.

2. Sport training

- Students must attempt to attend some sports classes prior to their grading.

3. Commitment

- All students must attend the set amount of classes appropriate to your grade.
- All students must attend at least two challenge camps within 18 months of them grading to Black Belt or another Dan grading.

WOLVES WARRIOR PROGRAM – HOME TRAINING

Physical development

Taekwondo History & general knowledge development

Mental development

This program is centred on students achieving a higher level of fitness and endurance. This training program also consists of Taekwondo History & general knowledge development and it will also improve the student's mental development. The 2007 – Term 1 & 2 Home training Program is for 18 weeks. There will be 9 separate stages, each stage will be for two weeks. I recommend that students follow the training program twice a week and with no less than four separate sessions per stage. Each stage will have a theme for the students to concentrate on. Each stage will have a self-administered challenge to achieve. I highly recommend that all students keep a training diary that I or one of the senior instructors can observe, so we can offer our encouragement.

STAGE WEEK 1 TO 2

Theme **Basic Technique – Strength**

Challenge *On the last training day of this stage you must attempt:
100 push ups (junior – 50 push ups) in 2 minutes
Junior age is 12 years and under*

- 10 minute warm up (push ups, sit ups, jogging, bike riding or swimming)
- 5 minute stretch
- 15 minutes slow kicking drills
 1. Round house kicks – 10 times per leg – hold each kick for 8 seconds
 2. Side kicks – 10 times per leg – hold each kick for 8 seconds
 3. Front kicks – 10 times per leg – hold each kick for 8 seconds
 4. Back kicks – 10 times per leg – hold each kick for 8 seconds
- 10 minutes of patterns – practice to the standard of Taekwondo Patterns DVD
- 10 minute – Taekwondo History & general knowledge

STAGE WEEK 3 TO 4

Theme **Basic Technique – Endurance**

Challenge *On the last training day of this stage you must attempt:
100 sit ups (Junior 50 sit ups) in 2 minutes
Junior age is 12 years and under*

- 10 minute warm up (Push ups, sit ups, jogging, bike riding or swimming)
- 5 minute stretch
- 15 minutes strong kicking drills or punching bag or kick pad or paddle
 1. Round house kicks – 20 times per leg
 2. Side kicks – 20 times per leg
 3. Front kick – 20 times per leg
 4. Back kicks – 20 times per leg
- 10 minutes of patterns – practice to the standard of Taekwondo Patterns DVD
- 10 minute – Taekwondo History & general knowledge

STAGE WEEK 5 & 6

Theme Advance (1) Technique – Strength

**Challenge On the last training day of this stage you must attempt:
Continuous Round house kicks waist height-100 times-50 per leg
(Juniors – 50 times and 25 per leg) in 5 minutes
Junior age is 12 years and under**

- 10 minute warm up (push ups, sit ups, jogging, bike riding or swimming)
- 5 minute stretch
- 15 minutes slow kicking drills
 1. Shuffle Round house kicks – 10 times per leg – hold each kick for 8 seconds
 2. Double Side kicks – 10 times per leg – hold each kick for 8 seconds
 3. Shuffle Front kicks – 10 times per leg – hold each kick for 8 seconds
 4. Step in Back kicks – 10 times per leg – hold each kick for 8 seconds
- 15 minutes of patterns – practice to the standard of Taekwondo Patterns DVD
- 10 minute – Taekwondo History & general knowledge

STAGE WEEK 7 & 8

Theme Advance (1) Technique – Endurance

**Challenge On the last training day of this stage you must attempt:
Continuous shuffle in Round house kicks waist height-100 times-50 per leg
(Junior – 50 times and 25 per leg) in 5 minutes
Junior age is 12 years and under**

- 10 minute warm up (push ups, sit ups, jogging, bike riding or swimming)
- 5 minute stretch
- 15 minutes slow kicking drills
 1. Shuffle Round house kicks – 10 times per leg – hold each kick for 8 seconds
 2. Double Side kicks – 10 times per leg – hold each kick for 8 seconds
 3. Shuffle Front kicks – 10 times per leg – hold each kick for 8 seconds
 4. Step in Back kicks – 10 times per leg – hold each kick for 8 seconds
- 10 minutes of patterns – practice to the standard of Taekwondo Patterns DVD
- 10 minute – Taekwondo History & general knowledge

STAGE WEEK 9 – REST WEEK – NO HOME TRAINING

STAGE WEEK 10

Theme Dynamic Technique – Strength

Challenge *On the last training day of this stage you must attempt:*

Continuous shuffle in Round house kicks and then reverse turning kicks – 80 times – 40 per leg (Juniors – 40 times and 20 per leg) in 5 minutes

Junior age is 12 years and under

- 10 minute warm up (push ups, sit ups, jogging, bike riding or swimming)
- 5 minute stretch
- 15 minutes slow kicking drills
 1. Shuffle Round house kicks & Reverse turning kicks head height – 10 times per leg. Practice as slow as you can
 2. Shuffle Round house kicks & 180's kicks head height – 10 times per leg. Practice as slow as you can
 3. 45's kicks – 10 times per leg. Practice as slow as you can
 4. Jumping up back kick – 10 times per leg. Practice as slow as you can
- 10 minutes of patterns – practice to the standard of Taekwondo Patterns DVD
- 10 minute – Taekwondo History & general knowledge

STAGE WEEK 11 & 12

Theme Dynamic Technique – Speed

Challenge *On the last training day of this stage you must attempt:*

Continuous shuffle in Round house kicks and then 180's kicks – 80 times – 40 per leg (Juniors – 40 times and 20 per leg) in 5 minutes

Junior age is 12 years and under

- 10 minute warm up (push ups, sit ups, jogging, bike riding or swimming)
- 5 minute stretch
- 15 minutes fast kicking drills
 1. Slide back then Shuffle Round house kicks & Reverse turning kicks head height – 10 times per leg Practice as fast as you can
 2. Slide back then Shuffle Round house kicks & 180's kicks head height – 10 times per leg. Practice as fast as you can
 3. Slide back then 45's kicks – 10 times per leg. Practice as fast as you can
 4. Slide back then Jumping up back kick – 10 times per leg. Practice as fast as you can
- 10 minutes of patterns – practice to the standard of Taekwondo Patterns DVD
- 10 minute – Taekwondo History & general knowledge

STAGE WEEK 14 & 15

Theme Sport Techniques Part Two – Attacks

Challenge 5km run in less than 25 minutes (Juniors – 2.5km in less than 15 minutes)

Master Andrew will run this challenge with students. Further details to be announced.

- 10 minute warm up (push ups, sit ups, jogging, bike riding or swimming)
- 5 minute stretch
- 15 minutes fast kicking drills with 1 minute rest between sets
 1. Slide front foot forward then round kick then close – 8 times with 30 second rest between sets
 2. Slide front foot forward then round kick then back kick – 8 times with 30 second rest between sets
 3. Slide front foot forward then round kick then step to side – 8 times with 30 second rest between sets
 4. Slide front foot forward then shuffle round kick – 8 times with 30 second rest between sets
- 10 minutes of patterns – practice to the standard of Taekwondo Patterns DVD
- 10 minute – Taekwondo History & general knowledge

STAGE WEEK 16 & 17

Theme Sport Techniques Part two – Counters

Challenge Mountain Bike Time Trail Ride

Master Andrew will ride this challenge with students. Further details to be announced.

- 10 minute warm up (push ups, sit ups, jogging, bike riding or swimming)
- 5 minute stretch
- 15 minutes fast kicking drills with 1 minute rest between sets
- Slide back wards twice then round kick then close – 8 times with 30 second rest between sets
- Slide Backward twice then round kick then close chest to chest – 8 times with 30 second rest between sets
- Step in Block and Punch then close chest to chest – 8 times with 30 second rest between sets
- Back kick then round kick then step to side – 8 times with 30 second rest between sets
- 10 minutes of patterns – practice to the standard of Taekwondo Patterns DVD
- 10 minute – Taekwondo History & general knowledge

STAGE WEEK 18 – REST WEEK – NO HOME TRAINING

THE WOLVES WARRIOR PROGRAM HOME TRAINING ADVICE

“The more you practice, the better you will be” we hear this line time and time again, but how often do we follow through on this valuable advice? We can’t realistically come over to your home and make you train: after all, we understand that in this day and age, there are millions of things competing for your attention. But what if you learned how to balance out your time? What if you made a schedule that included study time, creative time, free time, chore time, and practice time? Although this does sound too good to be true, it can be if you really want it to be. You may have to tighten the reigns here and there, but it can definitely be worth it. To make your job a little bit easier, we’ve put together some tips and guidelines for you to follow when you practice at home.

Here are tips for your child to remember

1. Avoid training in an area where you can get hurt, or hurt someone else. Ex: play ground, swimming pool, slippery areas, uneven areas, or areas where there are a lot of obstacles in the way.
2. Avoid training when your friends are around. They can be distracting.
3. Avoid training in the heat without proper hydration available.
4. Avoid training late at night. This will affect your sleep.
5. The best place to train is in a wide-open room or in a safe yard late in the afternoon.

Notes on training Taekwondo safely

1. Never train when you are physically or mentally tired.
2. Always drink 4-6 glasses of water a day. In extreme heat conditions drink as much as you can.
3. Eat a balanced diet. Seek medical advice.
4. Never train if you under medical supervision or on medication.
5. If a serious injury has occurred in the past, you must obtain a medical certificate to resume training.
6. Always wear as much protective equipment you can. Use double padding on legs, feet, arms and hands. Don’t forget the groin, chest plate, chest guard, mouth guard and protection foot wear for supplementary training.

HELPFUL HINTS ON TRAINING FOR A BLACK BELT OR YOUR NEXT DAN LEVEL!

How many times should I train each week?

To move closer to obtaining your Black Belt or Dan grade the student should attend two-three classes a week and train at least 2-3 times per week at home. If time doesn’t permit the student to train two separate nights a week maybe two classes on one night would be sufficient. Make the commitment and watch the results follow.

When should I start training more?

When the student reaches Yellow belt – three stripes they should start to train more, for the students to progress onto Blue Belt level with ease they need that extra time with the instructors. When students start to notice that other students are progressing and they’re not, it’s damaging to their self-confidence.

What’s the difference between warming up and stretching?

The term “warming up” is where the student carries out basic aerobic movements (fast walking, light jogging, star jumps, etc.) to lift the body’s heart rate and pump more blood to major muscle groups. The term “stretching” is when we have warmed up our muscles and want to work on improving the elasticity of our muscles. The better flexibility we have the easier we will find moving our bodies through the Taekwondo techniques we carry out.

How do I motivate myself to train harder to get my Black Belt?

Firstly don't look at it as "training harder", see it as "making the decision to improve". I have always found it hard to train by myself with the intent of improving. The best chance of improvement is looking for help. Find a friend to train with, they don't have to be at your level but just committed to helping you train. This will also help your friend improve. Remember commitment is the key. "If you aim for improvement you go ahead, don't dream about being a Black Belt, and become one.

Should I set goals or just wait and see what happens?

Setting goals is not just for business executives or for top athletes; it's a powerful tool for everyone. The secret to goal setting is understanding your capabilities and being realistic! Try this exercise and let me know how you go.

1. Chose a short-term (2-3 months) goal for yourself, e.g. I want to know my next pattern, to be able to do 25 push ups without stopping, perform a difficult kick really well, etc.
2. Write down your goal, tell someone about it and put it somewhere you can see it every day.
3. Record your weekly progresses on a sheet of paper and keep it next to your goal sheet.
4. After the 2-3 months is up look at your improvement, if you did or didn't complete your goal it doesn't matter. The real success is you tried your best – you are the winner – reward yourself!

How often should I grade?

Taekwondo is not like other sports and activities, we don't get to perform or show skills very often. The grading is the only time a student gets a chance to "shine". As the club's Head instructor who has seen thousands of student's grades, I believe that Yellow belt students should be grading every three months and Blue and red belt students should be grading every three to six months. Some parents may not see a student improve from one grading to the next but the student's progression of spirit and confidence is so often over looked. These are the real reasons the students are practising Taekwondo.

Where do I get more information about training for my Black Belt?

Ask the instructors and current Black Belts questions. We are all happy to help you achieve your Black Belt. There is lots of information available on the internet, martial arts stores and libraries. Researching Taekwondo is part of your development and I encourage all students to source out any information to help them obtain their Black Belt.

What equipment do I need to have to practise Taekwondo?

Something comfortable is a great start that normally is a Taekwondo uniform. After training Taekwondo for six months or more many students like to get a little more physical with their training this is when a good set of pads is a good idea. The contact aspect of Taekwondo is similar to soccer or basketball. As a student of the martial arts of more than 25 years I strongly recommend that all students have protective padding. The basic kit would consist of arm, leg, groin guards and a good mouth guard is compulsory. Optional equipment like gloves, head and chest guard is also strongly recommended.