



PRIMARY TAEKWON-DO

Become a press up superstar

Below is a chart to help you keep tally of how many press ups you are doing. This will help you get better over 10 weeks to reach the goal needed to pass your grading.

If you **CAN NOT** do 7 good full press ups please start by doing the **HALF** press ups at the bottom.

If you **CAN** do 7 full press ups please start on the **FULL** press ups.

Bring this to each class so Mr Gibbs can help you achieve your goal.

We suggest you start at the lowest number and go up to the highest number. Give yourself a minute in between each set.

WEEK	MON		TUE		WED		THU		FRI		SAT		SUN	
1	6	7	6	7	6	7	6	7	6	7	6	7	6	7
	5		5		5		5		5		5		5	
2	8	9	8	9	8	9	8	9	8	9	8	9	8	9
	7		7		7		7		7		7		7	
3	10	11	10	11	10	11	10	11	10	11	10	11	10	11
	9		9		9		9		9		9		9	
4	13	14	13	14	13	14	13	14	13	14	13	14	13	14
	12		12		12		12		12		12		12	
5	14	15	14	15	14	15	14	15	14	15	14	15	14	15
	13		13		13		13		13		13		13	
6	15	16	15	16	15	16	15	16	15	16	15	16	15	16
	14		14		14		14		14		14		14	
7	16	17	16	17	16	17	16	17	16	17	16	17	16	17
	15		15		15		15		15		15		15	
8	17	18	17	18	17	18	17	18	17	18	17	18	17	18
	16		16		16		16		16		16		16	
9	18	19	18	19	18	19	18	19	18	19	18	19	18	19
	17		17		17		17		17		17		17	
10	19	20	19	20	19	20	19	20	19	20	19	20	19	20
	18		18		18		18		18		18		18	

Full press ups

Only the feet and hands should touch the floor ever. Count the number at the top.



Press-ups

Half Press ups

Start with the knees on the floor and lower yourself down so your belly button touches the floor, as soon as it does push back up to the start position.



Kneeling press-ups