

	Focused Practice	Ninja Challenge	Performance 25												
Techniques Week 1	Practice your new Techniques 25 times on each side. Slow it down and make sure you're starting and ending in the correct place on each one. Only increase speed once you can hit your spot reliably every time.	Conditioning: Practice any applicable Techniques against a firm/hard surface until it gets a little uncomfortable (you should not hurt yourself!), then do other side. Let your body recover completely before doing that technique again. This is great for knife hands, ridge hands, spear hands, punches, palm strikes, roundhouse kicks (on bobs instead of squishy targets), ax kicks, or any other striking surface that you want to strengthen. The key is to start small, be careful, and not cause bruising or other signs of damage. You want your body to get stronger through consistent repetition. In this case the tortoise really does beat the hare!	Do a Performance 25 for 2 past rank forms.												
Techniques Week 2	Prepare for Pass-off: Ask for feedback on your techniques and practice whatever needs to be fixed until it is ready.	Flexibility is a key component to Taekwondo. Hold the following stretches for at least 2 minutes each: <table border="1" style="margin-left: 20px;"> <tr><td>Straddles</td></tr> <tr><td>Right Splits</td></tr> <tr><td>Left Splits</td></tr> </table> For maximum results you should do this consistently. 10 minutes a week over multiple days is ideal if you want to gain flexibility!	Straddles	Right Splits	Left Splits	Do a Performance 25 for 2 past rank forms.									
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Poomsae Week 1	Practice as much of your New Poomsae as you know 25x.	Do your poomsae at least 5 times each way: <table border="1" style="margin-left: 20px;"> <tr><td>Super Tense the whole way through</td></tr> <tr><td>Relaxed the whole way through</td></tr> <tr><td>With relaxed sets and then fast execution, tensing on impact (pop)</td></tr> </table>	Super Tense the whole way through	Relaxed the whole way through	With relaxed sets and then fast execution, tensing on impact (pop)	Do a Performance 25 for 2 past rank forms.									
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Poomsae Week 2	Prepare for Pass-off: Ask for feedback on your poomsae and practice whatever needs to be fixed until it is ready.	Practice your new poomsae 25x using at least 5 different methods (examples below): <table border="1" style="margin-left: 20px;"> <tr><td>in slow motion</td></tr> <tr><td>checking stances</td></tr> <tr><td>checking hands</td></tr> <tr><td>with eyes closed</td></tr> <tr><td>with as much "pop" as possible</td></tr> <tr><td>like a robot</td></tr> <tr><td>like a superhero</td></tr> <tr><td>like you are underwater</td></tr> <tr><td>with a keyap on every strike, kick, or block</td></tr> <tr><td>with zero extra steps</td></tr> <tr><td>making sure you're turning on your toes (not your heels)</td></tr> <tr><td>with your "intense face on"</td></tr> </table>	in slow motion	checking stances	checking hands	with eyes closed	with as much "pop" as possible	like a robot	like a superhero	like you are underwater	with a keyap on every strike, kick, or block	with zero extra steps	making sure you're turning on your toes (not your heels)	with your "intense face on"	Do a Performance 25 for your current poomsae and 1 past rank poomsae.
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Kicks Week 1	Practice your new Kicks 25x on each side. Make sure your foot position, chamber, extension, and retraction are accurate for each one.	Practice your basic chambers: Do 25 tight chambers on each side for front snap, roundhouse, side, and back kicks. Focus on hip and foot position.	Do a Performance 25 for 2 past rank forms.												
Kicks Week 2	Prepare for Pass-off: Ask for feedback on your kicks and practice whatever needs to be fixed until it is ready.	Practice your hold kicks 50x on each side. (Hold your front snap, roundhouse, side, and back kicks for as long as you can without hopping, setting it down, or falling. Try to get to a count of 10!)	Do a Performance 25 for your current poomsae and 1 past rank poomsae.												
Self Defense Week 1	Practice your new Self Defense 25x on each side on a willing classmate or family member.	Do your rolls to fighting stance and rolls to a side breakfall 25x on each side.	Do a Performance 25 for your current poomsae and 1 past rank poomsae.												
Self Defense Week 2	Prepare for Pass-off: Ask for feedback on your self defense and practice whatever needs to be fixed until it is ready.	Do 25 breakfalls in each direction (back, front, left, right). Work on going slightly outside of your comfort zone. Remember to drink lots of water!	Do a Performance 25 for your current poomsae and 1 past rank poomsae.												
Kick Combos Week 1	Practice your new Kick Combos 25x on each side. Work on your flow: Take out any pauses so that you are able to use the momentum of the first kick to augment the next kick.	Take out extra steps! Set each kick down exactly where it needs to be for your next kick. Do 25 Combos on each side.	Do a Performance 25 for your current poomsae and 1 past rank poomsae.												
Kick Combos Week 2	Prepare for Pass-off: Ask for feedback on your kick combos and practice whatever needs to be fixed until it is ready.	Work on height & direction – Are all of the kicks in your combo hitting the correct imaginary target? If you're unsure, ask what the target should be. Do 25 combos on each side on targets, if you have them, or in the air if you don't.	Do a Performance 25 for your current poomsae and 1 past rank poomsae.												
Review Week	Review a different tape each day. Make sure you know each of the requirements you will be asked to perform at testing.	Take it up a notch – Make sure you can perform each requirement confidently. Ask for help from an instructor if you have any questions.	Do a Performance 25 for your testing poomsae.												
Testing Week	Meditate Testing – See yourself doing each requirement correctly with power and focus.	Go above & beyond – Have a great attitude, loud keyaps, superb self control, and lots of energy!	Do a Performance 25 for your testing poomsae.												