

DRILLS

Ladder Drills	<ol style="list-style-type: none"> 1. Ninja Run (1 foot or 2 feet per square). 2. Ninja Run + Forward/backward. 3. Piano Run (Side). 4. Forward Shuffle. 5. Cha-Cha - 2 feet in/2 feet out (Side). 6. Hop Scotch. 7. Bunny Hop. 8. Front Kick Position Hop. 9. Front Kick Hop + Switch Feet. 10. Cut Kick Position Hop. 	<ol style="list-style-type: none"> 11. Spar Stance - Front Foot in/Out (Side). 12. Spar Stance - Switch Feet (Side). 13. Spar Stance - Front Foot in/Out/Switch (Side). 14. Spar Stance - Front Foot in/Switch/Out (Side). 15. Spar Stance - In/Out/Side Step (Side). 16. Spar Stance - Fwd/Fwd/Bkwd/Bkwd/Fwd. 17. Spar Stance - Front Round/Out). 18. In/Out (Deep Squat/Knees Stay Bent). 19. Ladder + Obstacle Course Combo.
Running Drills	<ol style="list-style-type: none"> 1. Skip Run (Flying Knee Motion). 2. Galloping Run (Forward or Side). 3. Directional Running on Command. 4. Knee Up on Command. 5. Running While Touching Heels. 6. Running While Touching Knees. 7. Running While Touching Instep. 8. Running Competition. 9. Basic Suicides (Touching Line). 10. Running Backwards. 11. Chain Run (2 people + Belt). 	<ol style="list-style-type: none"> 12. Zig-Zag Run. 13. Side Skip Run. 14. Knee-Up Run. 15. Belt Hold Run (Hands behind Back). 16. One Foot Hold Run. 17. Bunny Hop Run. 18. Bear Crawl Run. 19. Crab Run. 20. Frog Jump Run (Start over if squat to low). 21. Army Crawl. 22. Run and Kick Large Standing Target.
Kicking Drills	<ol style="list-style-type: none"> 1. Front Snap Kick. 2. Roundhouse Kick. 3. Side Kick. 4. One Knee. 5. Two Knees (Jumping/Spinning). 6. Back Kick. 7. Axe Kick. 8. Cut Kick. 9. Moving Kicking Drills (With Shields). 10. Defense Kick. 	<ol style="list-style-type: none"> 11. Spinning Kick. 12. Jumping Kick. 13. Kick Combo Without Stopping. 14. Forward or Backwards Kick. 15. Partner Kicking with Small Target. 16. Partner Kicking Large Standing Target. 17. Kicking Large Standing Target. 18. Obstacle/Hoop + Large Standing Target. 19. Belt Holding + Large Standing Target. 20. Run and Kick Large Standing Target.
Target Drills	<ol style="list-style-type: none"> 1. Single Hand Target. 2. Multiple Hand Target. 3. Moving Hand Target 4. Defensive Drill Using Hand Target. 5. Kicking Shield as Target. 	<ol style="list-style-type: none"> 6. Running + Jumping Combinations 7. Large Standing Target 8. Flying Kicks at Large Standing Target 9. Jumping off Objects + Target 10. Combination of Large and Small Target
Step Drills (Hoop)	<ol style="list-style-type: none"> 1. Front Foot In Hoop and Back / Back Foot In Hoop and Back 2. Both Feet Forward (Single Foot In Hoop and Back). 3. Back Foot Forward In Hoop, Then Back, Then Front Knee Up. 4. Both Feet Forward, Back Step Forward, Both Feet Backward, Front Step Back. 5. Back Step Forward, Both Feet Forward, Front Step Backward, Both Feet Backward. 6. Front Foot In Hoop, Out of Hoop Turning 90 Degrees (Clockwise and Counterclockwise). 7. One Step Forward, Back Foot Step Turning 90 Degrees (Clockwise and Counterclockwise). 8. One Step Forward and Spin Forward / One Step Backward and Spin Backward. 9. Step Drills + Kicking Combo OR Running Combo OR Ladder Combo. 	
Hurdle Drills	<ol style="list-style-type: none"> 1. Bunny Hop. 2. Bunny Hop (Forward + Backward). 3. Ninja Run (High Knees). 4. Side Hop. 5. Switching Hop. 6. Piano Run (side). 	<ol style="list-style-type: none"> 7. Knee-Up Hop. 8. Side Step (Over Hurdle). 9. Side Step + Hop (Staggered Hurdles). 10. Hop + Side Step + Switch (Staggered Hurdles). 11. Switching Hop + Side Step (Staggered Hurdle).
Hoop Drills	<ol style="list-style-type: none"> 1. In and Out (Feet Together). 2. In and Out (Side Splits). 3. In and Out (Front/Back Splits). 4. In and Out (While Spinning). 	<ol style="list-style-type: none"> 5. Side to Side (Both In and Out). 6. Fighting Stance, Switch Feet. 7. Combination. 8. Step Drills (Hoop).
Hogu Drills	<ol style="list-style-type: none"> 1. Single Kick. 2. Kick + Block. 3. One Kick Vs One Block. 4. Two Kick Vs Two Block. 5. Two Hand Block Vs Kick + Moving. 	<ol style="list-style-type: none"> 6. Partner Skip Kick + Block. 7. Moving Kicking Drills (Spar Gear/Shields). 8. Attack and Defense Drills. 9. Moving Attack and Defense Drills. 10. Advanced Combination.