

# Chun MA Physical Training Lesson Plan

\* This is the minimum basic physical training as a TKD & Judo trainer to develop their Muscle endurance, balance, and speed. It will be also good way of martial art basic Training

**\* All TKD & Judo members MUST return this form with TEST form to take Belt Test --- NO EXCEPTION**

Name:( \_\_\_\_\_ ) Month:( \_\_\_\_\_ / \_\_\_\_\_ )

Day	P	S	J	Parent's Sign	Day	P	S	J	Parent's Sign
1					1				
2					2				
3					3				
4					4				
5					5				
6					6				
7					7				
8					8				
9					9				
10					10				
11					11				
12					12				
13					13				
14					14				
15					15				
16					16				
17					17				
18					18				
19					19				
20					20				
21					21				
22					22				
23					23				
24					24				
25					25				
26					26				
27					27				
28					28				
29					29				
30					30				
31					31				

### Push-up Chart

Age	W	Y	O	G	B	N	P	B	R	R/B	1ST	2ND
4, 5	2	2	2	5	5	5						
6,7	5	8	8	10	10	10	13	13	15	15		
8,9	10	15	18	20	23	25	25	28	30	30	35	
10,11	15	20	25	25	28	28	30	33	35	38	40	45
12,13	20	25	30	33	35	35	38	38	40	43	45	50
14-17	30	35	40	40	43	45	45	48	48	50	55	60
18-23	30	35	38	38	40	40	43	45	45	50	55	65
24-30	25	30	33	33	35	35	38	40	40	45	50	55
31-39	20	25	28	28	30	33	33	35	35	38	40	45
40-49	20	20	25	25	28	28	30	30	33	35	38	40
50 & up	15	18	20	20	25	25	28	28	30	35	38	40

### Sit-up Chart

Age	W	Y	O	G	B	N	P	B	R	R/B	1ST	2ND
4, 5	5	5	5	10	10	10						
6,7	10	15	15	20	20	20	25	25	30	30		
8,9	15	20	25	25	25	25	30	30	30	35	40	
10,11	20	25	30	35	40	45	50	50	50	60	65	70
12,13	30	35	40	40	50	60	60	60	70	70	75	80
14-17	40	50	60	60	60	70	70	80	80	90	100	120
18-23	40	50	60	60	60	70	70	80	80	90	100	120
24-30	40	50	50	60	60	60	70	70	70	80	90	100
31-39	35	40	40	45	45	50	50	55	55	60	65	70
40-49	30	35	35	40	40	45	45	45	50	50	60	70
50 & up	30	35	35	40	40	40	45	45	45	50	60	70

### Jump-Rope Chart

Age	W	Y	O	G	B	N	P	B	R	R/B	1ST	2ND
4, 5	20	25	30	35	40	50						
6,7	30	35	40	45	50	55	60	65	70	75		
8,9	40	50	60	70	80	90	100	120	130	140	150	
10,11	50	60	70	80	90	100	120	130	150	180	200	300
12,13	70	80	90	100	120	140	160	180	200	230	250	350
14-17	80	90	100	120	140	160	180	200	230	250	280	400
18-23	80	90	100	120	140	160	180	200	230	250	280	450
24-30	80	90	100	120	140	160	180	200	230	250	280	400
31-39	80	90	100	120	140	160	180	200	230	250	280	300
40-49	80	90	100	120	140	160	180	200	230	250	280	300
50 & up	80	90	100	120	140	160	180	200	230	250	280	300