



Mobility Drills

Mobility drills are an important part of your Tae Kwon Do foundation. They focus on rhythm, flow and targets.

Practice each drill slowly so your techniques and targets are correct. As you become more familiar with a drill, you can practice faster and with more power. Start each drill with the left side and then repeat for the right side.

Chopping Drill

1. Start in straddle stance – fold as for a left inside block except with a left knife-hand instead of a fist.
2. Vertical chop to the collarbone, chamber right arm.
3. Refold and execute a left horizontal chop to the throat, chamber right arm.
4. Fold left palm to right ear, right arm down and pivot 45° to your right. Reverse left chop to the neck (carotid artery, vagus nerve, jugular vein). Chamber right arm.
5. Pivot back to the front as you execute a right ridge hand to the temple. Chamber left arm. **KIA.**
6. Repeat for the opposite side.

Elbow Drill

1. Start in ready stance - universal fold for a left down block.
2. Step into left front stance and execute a down block.
3. Bring left arm into guard position, step into right front stance and execute a right up elbow to the chin.
4. Step back into a left back stance and strike back with your right elbow to the solar plexus. Reinforce the strike with your left hand cupping your right fist.
5. Fold your left arm up in guard position; step forward into right front stance and strike with a right roundhouse elbow to the ribs.
6. Raise forearm up with the palm in and strike down with your elbow. The target is your opponent's back.
7. Head grab with both hands; pull down as you bring your left knee up for a face strike. **KIA.**
8. Universal fold, turn into a right front stance and execute a down block. Repeat the drill to the opposite side.



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Palm Thrust Drill

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1. Start in ready stance – universal fold for a left down block.
2. Step into left front stance and execute a down block. Bring left arm up into guard position.
3. Back leg front snap kick to the knee, step into right front stance.
4. Palm-heel thrust to the nose, rake fingernails down the face, fold hand with palm up at your hip and bring your other arm up in a guard position.
5. Palm-heel thrust to the groin while you bring your guard hand to your shoulder.
6. Make a fist with your right hand, step back into a left back stance.
7. Pull your right arm up and back as you left chop along your right arm to the solar plexus. **KIA.** (Your right elbow should be level with your shoulder with your forearm at a 90° angle pointing straight up and your palm facing in.)
8. Universal fold, turn into right front stance and execute a down block. Repeat the drill to that side.

Kicking Punching Drill

1. Start in ready stance – universal fold for a left down block.
2. Step into left front stance and execute a down block.
3. Back leg front thrust kick to head (or solar plexus), step into right front stance and right punch to the solar plexus.
4. Left universal fold, back leg side thrust kick to head (or solar plexus). Step into left straddle stance and left hammer fist (shoulder high).
5. Right universal fold, right turning back kick to the groin. Step into right straddle stance, right backfist to the bridge of the nose.
6. Left universal fold with left knife-hand, back leg roundhouse kick to the head (or solar plexus). Step into a straddle stance, left chop to the neck. Pull back into left back stance as you right reverse punch to the solar plexus. **KIA**
7. Universal fold, turn into right front stance and execute a down block. Repeat the drill to the opposite side.

Triple Kick Drill

1. Start in ready stance - bring arms up to guard.



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2. Pick up your left knee so that your thigh is at least parallel to the floor.
3. Left front snap kick, returning to the folded position without dropping your knee.
4. Look left to your target. Left side snap kick, returning to the folded position without dropping your knee.
5. Look back to your target. Left back kick, returning to the folded position without dropping your knee.
6. Repeat with the right leg.