

# No Dojang No Problem!

Winter Break is coming up & you may not have a gym to go to during the winter break.  
No worries we got you covered.

Though these circumstances aren't ideal, There's no reason for you to not continue your martial arts goals during these next couple of weeks.

If you're not sure where to start,

Here's a list of our favorite workouts to help improve your skills.


All of the exercises listed below are ones that we frequently use in our kids martial arts class & should be able to be executed by all fitness levels.

Of course you have all the basics (Top 5)

1. Pull ups
2. Push Ups
3. Burpees
4. Squats
5. lunges

Many Taekwondo exercises are geared towards improving your ability to Jump,  
So they focus on the leg and ankle strength.

Our top picks for Taekwondo are as follows

- **Jumping Jacks** - *This is an exercise where the arms and legs are simultaneously brought together or spread apart during each jump. (modify to your needs of course)*
- **Jogging** - *in place is ok too. This is just a good warm up.*
- **Trick Sprints** - 
  - **Long Jumps**- *Jump as far forward as possible in the middle of a sprint before resuming.*
  - **High Jumps**- *Jump as high as possible in the middle of the sprint before resuming.*
  - **Spinning Jumps**- *Jump into the air and do a 360°-spin in the middle before resuming.*
- **Side-shuffle sprints**- *sprint sideways, shuffling across (your chosen area) as quickly as possible without crossing one's legs.*
- **Trick walks** -
  - **Bear-walking** - walking on all fours like a bear
  - **Inchworm walking**- similar to the bear walk but first you walk your feet forward while your hands remain in place. Once your feet are at your hands you then walk your hands forward while your feet remain in place.

- **Crab-walking** - walking on all fours but your stomach facing upwards.(choose any direction)
- **Duck walking**- walking while maintaining a squatting position.

Last but not least

- **High Pitching** - *Running in place always staying on toes(never onto heels) bringing your knees as high into your chest as possible.*
- **Low Pitching**- *Running in place always staying on toes, this time bent over with arms downward. (never onto heels)*

If you're interesting in learning more about what exercises we teach here at W1  
Or just want more inspiration in your martial arts journey.

We have plenty of content available for you via our  
Youtube Channel. Be sure to check us out [@ W1 Taekwondo](#)