



This was originally designed to be a part of a workout routine for students at a local Tae Kwon Do Academy. Designed to be a double edged sword in that you're building muscle, developing endurance, increasing your agility while simultaneously honing your skill as a martial artist.

Named after "Martial Arts Center of Excellence" located at Raider Hall in Quantico, Virginia, this workout will be both a challenge and a benefit to anyone who wants to give it a shot.

Checkerboards – this will make your core ache as well as your triceps

- Start in a “crabwalk” position. Move your right hand to where your left foot is positioned and move your left foot to where your right hand was a moment ago (1)
- Move your left foot to where your right hand is and move your right hand to where your left foot was just positioned. (2)
- Move your right hand to where your left foot is positioned and move your left foot to where your right hand was a moment ago (3)
- Move your left foot to where your right hand is and move your right hand to where your left foot was just positioned. That’s 1!

Concentration Kicks – do this either standing up or in a crouched position to make it more difficult

- Start by standing straight up with your left foot slightly ahead of your right.
- Crouch down by bending at the knees more so than the waist (1)
- Come up and extend your right foot straight out, point your toes as in a good front kick and hold for 2-3-4. That’s 1! Switch feet!

Dewanna’s – pronounced “duh-WAHN-uhs.” Named after a motivated female student that attended my class at one point who was working to recover from a serious automobile injury.

- Start by standing straight up with your left foot slightly ahead of your right.
- Bend down, keeping your back straight and try to touch your butt to your heels (1)
- Stand back up. (2)
- Do a left jab (3)
- Do a right cross (4)
- Do a right front kick (5)
- Bring your foot back. That’s 1!

Force March – you can do this with front kick or side kick. Pretty much any foot technique.

- Begin by standing up with your left foot slightly in front of your right foot. Do a right, front kick. Extend it, then bring it back. (1)
- Set it down in front so you’re now taking a step forward(2)





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- Do a left front kick. Extend it, then bring it back. (3)
- Set your left foot down in front of your right. That's 1!

Clockwork– make sure you crouch all the way down on this one

- Start by standing up with your left foot slightly in front of your right
- Bend down at the knees and get low enough where you feel like your butt is hitting your heel (1)
- Come up and do a right, front kick (2)
- Bend down again – all the way (3)
- Come up and do a right, front kick. That's 1! Do four repetitions then switch feet!

Pyramids – this will work your core as well as your legs

- Start by standing up with your left foot slightly in front of your right
- Do a right front kick (1)
- Bring it back (2)
- Do a right front kick, bring it back (1)
- Do a left front kick (2)
- Bring it back (3)
- Do a left front kick (1)
- Do a right front kick (2)
- Do a left front kick (3)
- Bring it back. That's 1! Repeat the same sequence starting on your left foot

St Louis Kicks – kick over a chair or some sort of obstacle to keep your self honest

- Start by standing upright with your left foot slightly ahead of your right.
- Swing your right foot in an arc over the chair going from left to right (1)
- Swing your left foot in an arc over the chair going from left to right (2)
- Swing your left foot back over the chair in an arc going from right to left (3)
- Swing your right foot over the chair in an arc going from right to left. That's 1!

Stick and Move – watch the vide on this one to get a picture of what it looks like.

- Start with your feet shoulder width apart
- Move to the left, starting with your left foot. As you move your left foot, jab with your left hand. As your bring it back, move your right foot forward (1)
- Repeat the same motion (2)
- Repeat the same motion (3)
- After your third jab, do a right cross. That's 1!



- Move to the right by stepping with your right foot and jabbing with your right hand. As you move your right foot, you're jabbing with your right hand. As you bring it back, you're stepping with your left foot (1)
- Repeat the same motion (2)
- Repeat the same motion (3)
- After your third jab, do a right cross. That's 2!
- Repeat the same motion, headed to the left, only now double up on your jabs!

Stick and Move

- Start by standing up with your left foot slightly ahead of your right
- Bring your right foot up and do a right front kick. Bring it down in front and shift your left foot back (1)
- Repeat the same motion, only this time lead with your left foot and shift your right foot back (2)
- Bring your right foot up and do a right front kick. Bring it down in front and shift your left foot back (3)
- Repeat the same motion, only this time lead with your left foot and shift your right foot back. That's 1!

