

Improve Your Flexibility

20 Minute Stretching Routine

Flexibility is a very important part of your Taekwondo training and helps improve your general techniques, balance and will also help you avoid injury.

Below is simple routine that if practiced regularly will aid you in improving your flexibility. Once a day is best however at least three times a week (not including training) should be your absolute minimum.

1 - Hamstring Stretch



One leg straight other leg bent in front.
Reach for foot with both hands & lower body.
4X30sec left, 4X30sec right

2 - Hurdle Stretch



One leg straight other leg bent behind.
Reach for foot with both hands & lower body
4X30sec left, 4X30sec right

3 - Groin & Hip Stretch



Both legs bent, soles of your feet together.
Hold feet, bend elbows & lower body.
4X30sec

4 - Forward Stretch



Both legs straight and together in front.
Reach for feet & lower body.

4X30sec

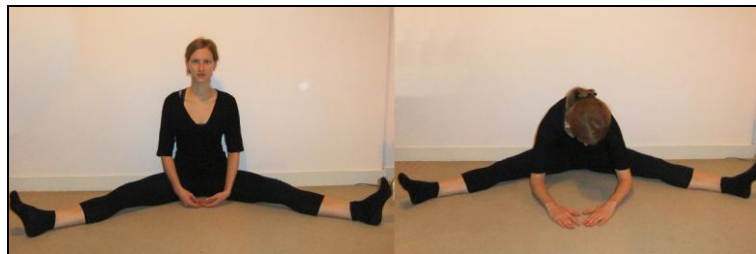
5 - Box Stretch 1



Legs apart, both legs straight.
Reach for foot & lower body.

10X20sec alternate sides.

6 - Box Stretch 2



Legs apart, both legs straight.
Reach forwards and lower body.

5X30sec

Good times to stretch are after light exercise or after a warm shower or bath. The stretches listed above get progressively harder so providing you follow the order and stretch sensibly a warm up is not necessarily required.

If you are not sure how to do any of the above stretches ask your instructor for guidance.

“There are many books and articles on stretching but none will help you more than spending less time reading about stretching and more time just stretching.”