



Grandmaster Myung Kyu Kang, 10th Dan

## **Class Content:**

- Proper Warm Up
- Flexibility Training
- Conditioning
- Detailed instruction on the proper execution of Moo Duk Kwan/ Tae Kwon Do kicks
- Jump Kicking Drills
- Jump Kick Training
- Weight Training for maximal performance
- Proper Recovery
- Preventing and Managing Injuries
- Nutrition and Exercise

# **KICKING SPECIALIST CLASS**

**SATURDAYS  
10:00 – 11:00**

## ***INSTRUCTORS***

***Jim Roxburgh and Lloyd Vance***

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### **MORE INFORMATION**

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