ADRIAN VICENTE
TAEKWONDO



MODULE 1:
PLAY

“

IN TAEKWONDO,
THE ABILITY TO REACT
STARTS WITH THE ABILITY
TO MOVE.

BEFORE YOU MASTER
THE TECHNIQUE,
MASTER
THE WAY
YOU
MOVE.”



Adrián Vicente

European Champion
World & European Medallist
World Grand Prix Champion
Spanish National Champion
Two-time Olympian

MODULE 1: PLAY

MODULE OVERVIEW



Playful, reactive exercises to develop **coordination, reaction speed, balance, timing, and body awareness.** By working with tennis balls, partners, changing stimuli, and unpredictable situations, you learn to react quickly rather than simply perform a rehearsed movement. These exercises challenge your ability to **see, process, decide, and move** under pressure. All of these qualities transfer directly to faster reactions, sharper movement, and better decision-making in Taekwondo.

EXERCISE LIST

Exercise 1: Hand-Hand-Foot-Foot Ball Tap Drill	The athlete follows a continuous hand-hand-foot-foot sequence, allowing the ball to bounce on the floor between each touch. After each bounce, the ball is redirected with the corresponding hand or foot, maintaining a controlled and continuous rhythm.
Exercise 2: Hand-Hand-Foot-Foot Ball Tap Drill In Pairs	Two athletes face each other, as one athlete completes the full hand-hand-foot-foot sequence, allowing the ball to bounce on the floor between each touch. After the final foot contact, the ball is directed toward the partner, who performs the same complete sequence before returning it.
Exercise 3: Hand-Hand-Foot-Foot-Head Ball Tap Drill	The athlete follows a continuous hand-hand-foot-foot-head sequence, allowing the ball to bounce on the floor between each touch. After every bounce, the ball is redirected using the required body part before progressing to the next contact in the sequence.
Exercise 4: Hand-Hand-Foot-Foot-Head Ball Tap Drill In Pairs	Two athletes face each other, as one athlete completes the full hand-hand-foot-foot-head sequence, allowing the ball to bounce on the floor between each touch. After the final head contact, the ball is directed toward the partner, who performs the same complete sequence before returning it.

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Exercise 5: Tennis Ball Wall Throw & Opposite-Hand Catch	The athlete stands facing a wall and throws a tennis ball against it with one hand. After the rebound, the ball is caught with the opposite hand, then immediately thrown again, alternating hands while maintaining a stable stance.
Exercise 6: Tennis Ball Wall Throw & Opposite-Hand Catch with Lateral Movement	The athlete throws a tennis ball against the wall and catches the rebound with the opposite hand while continuously moving laterally. The feet adjust side to side as the ball is exchanged between hands, maintaining coordination between the throw, catch, and lateral movement.
Exercise 7: Tennis Ball Bounce Throw from Chamber Position	The athlete balances on one leg while holding the opposite leg in a Taekwondo chamber position. From this position, they throw the tennis ball toward the floor so that it rebounds against the wall, then catch the returning ball while maintaining the chamber and balance throughout the movement.
Exercise 8: Static Ball Hand Switch	The athlete maintains a stable athletic stance while repeatedly releasing the tennis ball from one hand and catching it with the opposite hand. The hands alternate with each repetition while the lower body remains in a fixed position.
Exercise 9: Static Ball Hand Switch with Level Changes	The athlete maintains a stable fighting stance while repeatedly releasing the tennis ball from one hand and catching it with the opposite hand. While alternating hands, the athlete progressively changes the height of the catch, moving the hand position up and down while keeping the ball exchanges continuous.
Exercise 10: Dynamic Ball Hand Switch with Level Changes & Stance Switch	The athlete continuously releases the tennis ball from one hand and catches it with the opposite hand while changing the height of the catch. At the same time, the athlete switches between fighting stances, coordinating each stance change with the continuous hand-to-hand ball exchanges.
Exercise 11: Partner Ball Drop Reaction Catch	The athlete stands in a ready position facing a partner who holds a tennis ball out in front of them. Without warning, the partner releases the ball, and the athlete reacts as quickly as possible, trying to catch it before it hits the floor.
Exercise 12: Auditory Reaction Ball Catch	The athlete begins facing away from the partner. The partner drops the tennis ball, and as soon as the athlete hears the ball hit the floor, they quickly turn, locate the ball, and attempt to catch it before it bounces on the floor a second time.

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Exercise 13: Auditory Reaction Ball Catch with Variable Distance	The athlete begins facing away from the partner. The partner drops the tennis ball at different distances, and as soon as the athlete hears the ball hit the floor, they quickly turn, locate the ball, and move toward it, attempting to catch it before it bounces on the floor a second time.
Exercise 14: Tennis Ball Wall Throw & Catch	The athlete maintains a stable fighting stance standing laterally to a wall and throws the tennis ball against it with one hand. The rebound is caught directly with the opposite hand, without allowing the ball to touch the floor, and the sequence is repeated.
Exercise 15: Tennis Ball Floor Bounce Wall Throw & Catch	The athlete maintains a stable fighting stance standing laterally to a wall and throws the tennis ball with one hand toward the floor so that it bounces against the wall. The rebound is caught directly with the other hand, and the sequence is repeated.
Exercise 16: Partner Wall Rebound Catch	The athlete maintains a stable fighting stance facing the wall while a partner stands behind or beside them and throws the tennis ball against the wall. The athlete reacts to the rebound and catches the ball directly before it touches the floor.
Exercise 17: Partner Wall Rebound Catch in Chamber Position	The athlete balances on one leg while maintaining the opposite leg in a Taekwondo chamber position. A partner throws the ball against the wall, and the athlete reacts to the unpredictable rebound and catches it while keeping the raised leg in chamber and maintaining balance.
Exercise 18: Partner Ball Dodge Against the Wall	The athlete maintains a fighting stance with their back toward the wall while a partner stands in front and throws the tennis ball toward them. The athlete reacts quickly and moves the body to avoid the incoming ball while maintaining the fighting stance.

Notes & Sketches

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EXERCISE PURPOSE & APPLICATION

Each exercise in this module develops specific physical and coordinative qualities with a direct connection to Taekwondo performance. The table below highlights the purpose of each exercise and how it translates into movement, control, reaction, and performance in Taekwondo.

EXERCISE	DIRECT APPLICATION	PURPOSE (Benefit for Taekwondo)
Exercise 1: Hand-Hand-Foot-Foot Ball Tap Drill	Helps athletes transition smoothly between upper-body reactions and lower-body actions while maintaining balance and timing in a fighting stance.	Improves coordination, balance, rhythm and reaction speed by linking hand and foot actions in a continuous rhythmic sequence.
Exercise 2: Hand-Hand-Foot-Foot Ball Tap Drill In Pairs	Helps athletes react faster to an opponent's actions, manage timing during exchanges, and transition smoothly between defensive and offensive movements.	Develops reaction speed, timing, coordination, and partner awareness through continuous rhythmic exchanges under changing conditions.
Exercise 3: Hand-Hand-Foot-Foot-Head Ball Tap Drill	Helps athletes maintain coordination and body control while processing multiple movement demands under continuous action.	Improves whole-body coordination, balance, and concentration through continuous multi-contact ball control.
Exercise 4: Hand-Hand-Foot-Foot-Head Ball Tap Drill In Pairs	Helps athletes react and adapt more effectively during sparring by improving timing, coordination, and decision-making under continuous movement.	Develops coordination, timing, anticipation, and partner awareness through continuous multi-contact exchanges under dynamic conditions.
Exercise 5: Tennis Ball Wall Throw & Opposite-Hand Catch	Helps athletes process visual information faster and react more efficiently during sparring situations.	Improves reaction speed, hand-eye coordination, and visual tracking during dynamic movements while maintaining balance and control.
Exercise 6: Tennis Ball Wall Throw & Opposite-Hand Catch with Lateral Movement	Helps athletes react to an opponent's movements while maintaining coordination, balance, and effective footwork during sparring.	Improves reaction speed, coordination, and visual tracking while integrating dynamic lateral movement and stance footwork.

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Exercise 7: Tennis Ball Bounce Throw from Chamber Position	Helps athletes maintain kicking stability while improving visual reaction, coordination, and control during dynamic combat situations.	Improves balance, coordination, and visual reaction while maintaining an active kicking chamber.
Exercise 8: Static Ball Hand Switch	Helps athletes develop faster hand reactions, coordination, and visual control while maintaining a stable fighting stance.	Develops quick hand coordination, reaction speed, and visual focus through continuous ball exchanges.
Exercise 9: Static Ball Hand Switch with Level Changes	Helps athletes maintain coordination and visual focus while changing levels during attacks, defenses, and evasive movements.	Improves coordination, balance, and posture control while transitioning between different fighting levels.
Exercise 10: Dynamic Ball Hand Switch with Level Changes & Stance Switch	Helps athletes coordinate footwork, level changes, and visual reactions while transitioning smoothly between attacking and defensive positions during sparring.	Develops coordination, rhythm, footwork, balance, and visual control while integrating level changes and fighting stance transitions (switches).
Exercise 11: Partner Ball Drop Reaction Catch	Helps athletes react faster to an opponent's attacks by improving visual reaction speed and explosive movement initiation.	Develops visual reaction speed, explosive first-step movement, and readiness to respond to unpredictable actions & stimuli.
Exercise 12: Auditory Reaction Ball Catch	Helps athletes react more effectively to unexpected attacks by improving auditory reaction, orientation, and explosive movement under time pressure.	Develops auditory reaction speed, rapid orientation, visual tracking, and explosive movement in response to unexpected stimuli.
Exercise 13: Auditory Reaction Ball Catch with Variable Distance	Helps athletes recognize changing distances and react with the appropriate footwork while responding to unpredictable attacks during sparring.	Improves auditory reaction speed, distance perception & judgment, and explosive footwork & movement in response to unpredictable situations and while adapting to changing combat distances.
Exercise 14: Tennis Ball Wall Throw & Catch	Helps athletes improve visual tracking, reaction speed, and hand coordination for quicker responses during sparring exchanges.	Improves hand-eye coordination, visual reaction, focus, and catching precision through controlled wall rebounds, while maintaining a stable fighting stance.

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Exercise 15: Tennis Ball Floor Bounce Wall Throw & Catch	Helps athletes improve visual anticipation and reaction speed when responding to unpredictable movements during sparring.	Develops visual tracking, anticipation, reaction speed, and coordination while responding to changing ball trajectories.
Exercise 16: Partner Wall Rebound Catch	Helps athletes react faster to unpredictable attacks by improving visual processing and hand-eye coordination under external stimuli.	Improves visual reaction speed, hand-eye coordination, and readiness by responding to unpredictable wall rebounds generated by a partner.
Exercise 17: Partner Wall Rebound Catch in Chamber Position	Helps athletes maintain kicking stability and balance while reacting quickly to unpredictable movements during sparring.	Develops single-leg balance, kicking stability & control, reaction speed, and coordination while maintaining a stable chamber under reactive conditions.
Exercise 18: Partner Ball Dodge Against the Wall	Helps athletes react quickly to incoming attacks while developing efficient evasive movements and maintaining fighting position.	Develops visual reaction, evasive movement, and the ability to maintain a fighting stance in response to unpredictable stimuli (attacks).

Notes & Sketches

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MODULE 1: PLAY

NOTES

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NOTES

THE WORK DOESN'T END HERE.

Every movement you improve,
every reaction you sharpen and
every physical quality you develop
becomes part of your Taekwondo.

KEEP TRAINING.
KEEP EVOLVING.

ADRIAN VICENTE
TAEKWONDO

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