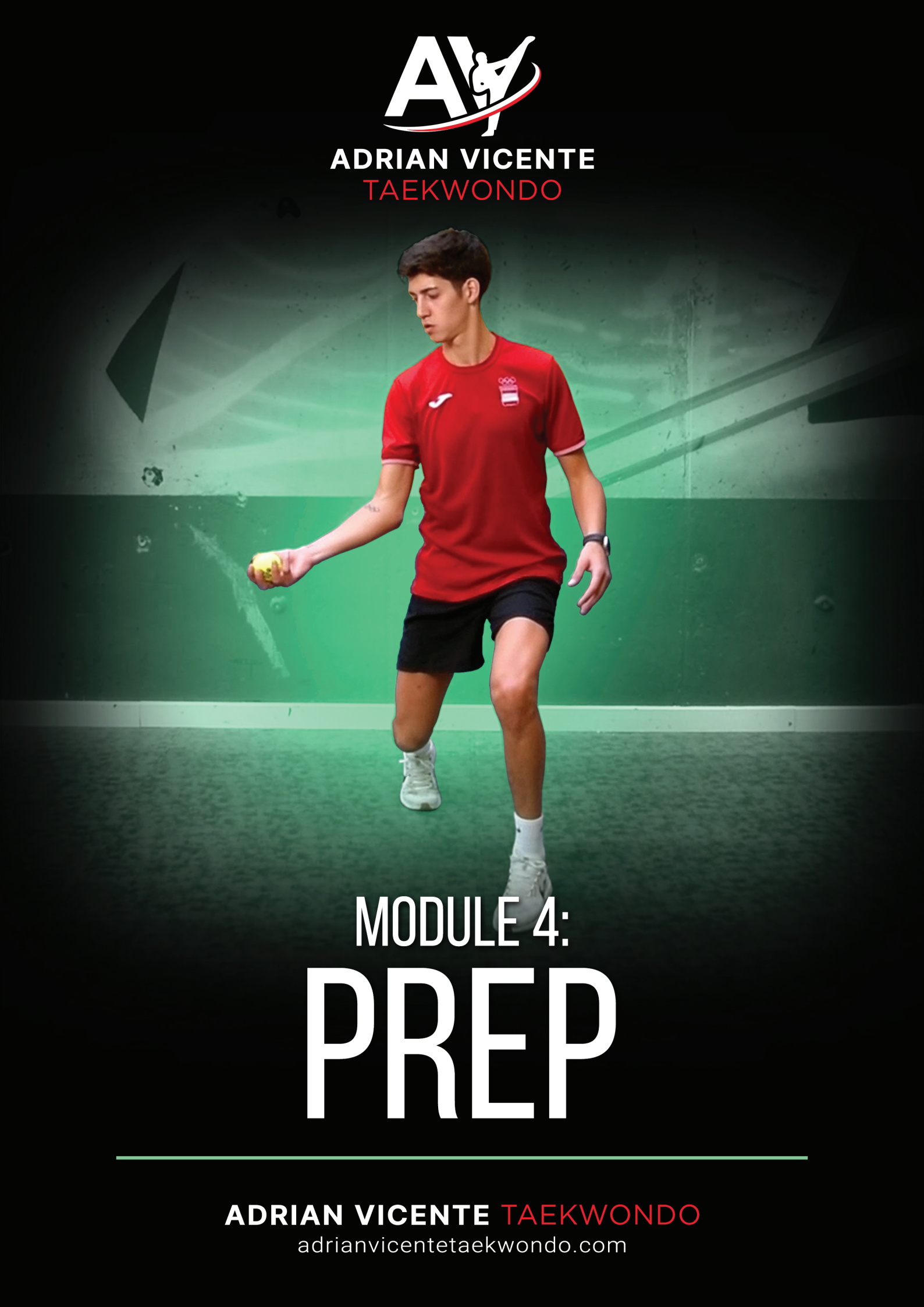
ADRIAN VICENTE
TAEKWONDO



MODULE 4:
PREP

“

TRUE STRENGTH IS NOT JUST ABOUT POWER.

IT'S ABOUT CONTROL.

FIND YOUR CENTER. TRUST YOUR BALANCE.

TAKE FULL CONTROL.”



Adrián Vicente

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

MODULE 4: PREP

MODULE OVERVIEW



This module develops **balance, stability, coordination, and whole-body control** through bear and crab movements, single-leg holds, chamber positions, and tennis ball exercises. Athletes learn to **stabilize the core and supporting leg while other parts of the body move independently,** with additional challenges such as closed eyes, head movements, and external stimuli.
The exercises build **proprioception, postural control, and body awareness,** creating a strong foundation for more precise, controlled, and efficient Taekwondo movements.

EXERCISE LIST

Exercise 1: Bear Hold Shoulder Taps	The athlete starts in a bear plank position, with both hands and feet on the floor, knees bent and hovering just above the ground. From this position, they alternately lift one hand to touch the opposite shoulder, return it to the floor, and repeat with the other hand while keeping the rest of the body as stable as possible.
Exercise 2: Bear Hold on Two Support Points (With Contralateral Arm & Leg Lift)	The athlete starts in a Bear Hold position, with both hands and feet on the floor and the knees hovering just above the ground. From this position, they simultaneously lift one arm and the opposite leg, hold the two-point support position briefly, return to the Bear Hold, and repeat with the opposite arm and leg.
Exercise 3: Bear Hold on Two Support Points - Elbow-to-Knee Touch & Extension	The athlete starts in a Bear Hold and lifts one arm and the opposite leg, remaining supported on the other diagonal hand and foot. From this two-point support, the athlete brings the free elbow and knee together underneath the body, then extends the arm forward and the leg backward before repeating the movement.
Exercise 4: Crab Hold - Cross-Body Elbow-to-Knee	The athlete starts in a Crab Hold position, supported on both feet and one hand. The free arm moves toward the opposite knee, bringing the elbow and knee together. From there, the athlete drives the hips upward and extends the free arm diagonally overhead, opening the body before returning to the starting position.

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Exercise 5: Crab Hold - Contralateral Arm & Leg Extension	The athlete maintains an elevated Crab Hold position, supported on one hand and one foot, while the opposite arm and leg are extended away from the body. The position is held under control before returning to the Crab Hold and repeating on the opposite side.
Exercise 6: Crab Hold - Cross-Body Touch to Extension	The athlete starts in a Crab Hold position. They bring the free arm and the opposite leg toward each other, creating a compact cross-body position, then drive the hips upward while simultaneously extending the leg forward and the arm overhead. The movement is repeated under control before changing sides.
Exercise 7: Bear Crawl - Forward & Backward	The athlete starts in a Bear Hold position, with both hands and feet on the floor and the knees hovering just above the ground. From this position, they take a few controlled steps forward and then reverse the movement for a few steps backward, coordinating opposite hand and foot while keeping the body low and stable.
Exercise 8: Lateral Bear Crawl	The athlete starts in a Bear Hold position, with both hands and feet on the floor and the knees hovering just above the ground. From this position, they move laterally for a few controlled steps, then reverse direction and crawl back to the other side while maintaining the Bear Hold throughout.
Exercise 9: Crab Crawl - Forward & Backward	The athlete starts in a Crab position, supported on both hands and feet with the hips lifted off the floor. From this position, they take a few controlled steps forward and then a few steps backward, coordinating the arms and legs while keeping the hips elevated and the trunk stable.
Exercise 10: Lateral Crab Crawl	The athlete starts in a Crab position, supported on both hands and feet with the hips lifted off the floor. From this position, they move laterally for a few controlled steps, then reverse direction and crawl back to the opposite side while maintaining the Crab position.
Exercise 11: Single-Leg Balance - Eyes Closed	The athlete stands upright on one leg, raises the opposite knee to approximately hip height, and then closes the eyes. The position is held for the prescribed time while maintaining balance and body alignment, then repeated on the opposite leg.
Exercise 12: Single-Leg Chamber Hold - Eyes Closed	The athlete stands upright on one leg, raises and bends the opposite leg in chamber position, and then closes the eyes. The position is held for the prescribed time while maintaining balance and control, then repeated on the opposite side.

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Exercise 13: Single-Leg Balance with Head Turns	The athlete stands upright on one leg with the opposite knee raised to approximately hip height. While maintaining this position, they slowly turn the head to one side and then to the other, keeping the rest of the body as stable as possible before repeating on the opposite leg.
Exercise 14: Single-Leg Chamber Hold with Head Turns	The athlete stands on one support leg and raises the opposite leg into a Taekwondo chamber position. While maintaining the chamber, they turn the head to one side and then the other, keeping the hips, supporting leg, and raised leg as stable as possible before repeating on the opposite side.
Exercise 15: Single-Leg Deadlift Hold - Eyes Closed	The athlete balances on one support leg and hinges forward at the hips while extending the opposite leg backward, creating a long line through the trunk and raised leg. Once the position is established, the athlete closes the eyes and holds, maintaining balance and body alignment before repeating on the opposite leg.
Exercise 16: Single-Leg Deadlift Hold with Head Turns	The athlete balances on one support leg and hinges forward at the hips while extending the opposite leg backward into a single-leg deadlift position. While maintaining this position, they slowly turn the head from one side to the other, keeping the rest of the body as stable as possible before repeating on the opposite leg.
Exercise 17: Static Split-Stance Hand-to-Hand Arc Toss	The athlete maintains a static split stance, with the knees slightly bent and the body balanced between both legs. Without moving the feet, they continuously toss the tennis ball in an arc from one hand to the other, tracking its trajectory and maintaining a smooth, controlled rhythm.
Exercise 18: Single-Leg Deadlift Balance with Ball Toss	The athlete balances on one support leg and hinges forward into a single-leg deadlift position, extending the opposite leg backward. While maintaining this position, they continuously toss the tennis ball from one hand to the other, keeping the body as stable as possible throughout.
Exercise 19: Single-Leg Deadlift Balance with Ball Bounce	The athlete balances on one support leg and hinges forward into a single-leg deadlift position, extending the opposite leg backward. While maintaining this position, they continuously bounce the tennis ball against the floor and catch it, keeping the body as stable as possible throughout.
Exercise 20: Single-Leg Chamber Balance - Tennis Ball Wall Throw & Catch	The athlete balances on one support leg with the opposite leg raised in a chamber position. While maintaining the position, they throw the tennis ball toward the wall with one hand and catch the rebound with the opposite hand, repeating the exchanges while keeping the body stable.

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Exercise 21: Single-Leg Chamber Balance - Tennis Ball Wall Throw & Catch With Behind-the-Back Toss	The athlete balances on one support leg with the opposite leg raised in a chamber position. While maintaining the chamber, they throw and catch the tennis ball against the wall, incorporating behind-the-back tosses into the sequence before continuing the hand-to-hand exchanges.

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: Bear Hold Shoulder Taps	Helps athletes maintain trunk stability and body control while the limbs move independently, supporting better balance, coordination, and force transfer during complex Taekwondo actions.	Develops core stability, shoulder stability, and cross-body coordination while controlling weight transfer between the limbs. It improves the athlete's ability to maintain a strong and stable trunk while the arms and legs move independently.
Exercise 2: Bear Hold on Two Support Points (With Contralateral Arm & Leg Lift)	Helps athletes maintain balance and trunk control while opposite limbs work independently, supporting the cross-body coordination and stability required during kicking, defensive actions, and rapid stance transitions.	Develops core and shoulder stability, contralateral coordination, and balance while reducing the base of support to only two points. It challenges the athlete to resist rotation and maintain whole-body control while opposite limbs move simultaneously.
Exercise 3: Bear Hold on Two Support Points - Elbow-to-Knee Touch & Extension	Helps athletes maintain trunk stability while the arms and legs move dynamically in opposite directions, supporting balance, coordination, and efficient force transfer during kicks and complex Taekwondo movements.	Develops dynamic core stability, contralateral coordination, and balance while maintaining a reduced base of support. The repeated flexion and extension challenges the athlete to control the trunk while the limbs move through large and opposing ranges of motion.
Exercise 4: Crab Hold - Cross-Body Elbow-to-Knee	Helps athletes improve cross-body coordination, hip mobility, and trunk control, supporting greater stability and freedom of movement during kicks, rotations, and rapid changes of body position.	Develops core stability, hip extension, shoulder stability, and cross-body coordination through a large dynamic range of motion. It also improves the athlete's ability to control the trunk while transitioning between flexed and extended body positions.

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Exercise 5: Crab Hold - Contralateral Arm & Leg Extension	Helps athletes maintain balance and trunk stability while the limbs work independently, supporting body control during single-leg kicks, rotations, and unstable Taekwondo positions.	Develops core and shoulder stability, hip strength, contralateral coordination, and balance on a reduced base of support. It challenges the athlete to maintain whole-body tension and control while opposite limbs are completely free to move.
Exercise 6: Crab Hold - Cross-Body Touch to Extension	Helps athletes coordinate opposite limbs while dynamically opening and closing the body, supporting trunk control, hip mobility, and balance during kicks, rotations, and rapid transitions in Taekwondo.	Develops dynamic core stability, hip extension, shoulder strength, and cross-body coordination. Moving between a compact and fully extended position challenges the athlete to maintain balance and control while rapidly changing the body's shape and base of support.
Exercise 7: Bear Crawl - Forward & Backward	Helps athletes maintain coordination and trunk stability while transitioning between forward and backward movement, supporting controlled changes of direction and body positioning in Taekwondo.	Develops dynamic core and shoulder stability, cross-body coordination, and whole-body control while moving in both directions. Changing from forward to backward movement also challenges coordination and body control during directional transitions.
Exercise 8: Lateral Bear Crawl	Helps athletes maintain trunk stability and whole-body coordination during lateral movement, supporting controlled side-to-side repositioning, angle changes, and defensive movement in Taekwondo.	Develops lateral coordination, dynamic core and shoulder stability, and whole-body control while moving sideways. It challenges the athlete to maintain a stable trunk and low position while repeatedly changing the direction of lateral movement.
Exercise 9: Crab Crawl - Forward & Backward	Helps athletes develop whole-body coordination and trunk stability while moving in different directions, supporting better body control, balance, and rapid positional transitions in Taekwondo.	Develops shoulder and core stability, posterior-chain strength, and whole-body coordination while moving. Changing between forward and backward movement challenges the athlete to maintain body control and stability in both directions.
Exercise 10: Lateral Crab Crawl	Helps athletes develop trunk stability and whole-body coordination during lateral movement, supporting controlled side-to-side repositioning, balance, and rapid directional changes in Taekwondo.	Develops lateral coordination, shoulder and core stability, and posterior-chain strength while moving sideways. It challenges the athlete to maintain whole-body control and stability during lateral changes of direction.

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Exercise 11: Single-Leg Balance - Eyes Closed	Helps athletes maintain control and stability on the supporting leg during kicks, chambers, and rapid transitions, even when visual information is limited or attention is focused on the opponent.	Develops single-leg balance, proprioception, and postural control by removing visual feedback. It challenges the athlete to rely more on sensory information from the feet, ankles, joints, and vestibular system to maintain stability.
Exercise 12: Single-Leg Chamber Hold - Eyes Closed	Helps athletes maintain a stable and controlled chamber position, supporting better balance and precision before, during, and between kicking actions.	Develops single-leg balance, proprioception, hip stability, and postural control in a Taekwon-do-specific chamber position. Removing visual feedback increases the demand on the athlete's ability to stabilize the supporting leg and control the kicking leg.
Exercise 13: Single-Leg Balance with Head Turns	Helps athletes maintain a stable single-leg position while shifting their visual attention, supporting balance and body control when tracking an opponent without compromising kicking readiness.	Develops single-leg balance, proprioception, and postural control while the head and visual focus change direction. It challenges the athlete to maintain lower-body stability despite changes in visual and vestibular information.
Exercise 14: Single-Leg Chamber Hold with Head Turns	Helps athletes maintain a stable chamber while changing their visual focus, supporting better balance, opponent tracking, and control of the kicking leg during dynamic Taekwondo situations.	Develops single-leg balance, proprioception, hip stability, and postural control in a Taekwondo-specific chamber position. Turning the head increases the balance challenge while training the athlete to maintain control of the kicking position as visual orientation changes.
Exercise 15: Single-Leg Deadlift Hold - Eyes Closed	Helps athletes maintain stability and control through the supporting leg and hip, supporting better balance during extended kicks, body inclinations, and demanding single-leg Taekwondo positions.	Develops single-leg balance, proprioception, posterior-chain stability, and hip control while the body is positioned over a reduced base of support. Closing the eyes increases the demand on the athlete's internal balance and joint-position awareness.
Exercise 16: Single-Leg Deadlift Hold with Head Turns	Helps athletes maintain single-leg stability and body control while changing their visual focus, supporting balance during extended kicks, body inclinations, and situations where attention must shift without compromising position.	Develops single-leg balance, proprioception, posterior-chain stability, and hip control while visual orientation changes. The head turns increase the balance challenge and train the athlete to maintain a demanding single-leg position while shifting visual focus.

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Exercise 17: Static Split-Stance Hand-to-Hand Arc Toss	Helps athletes maintain a stable fighting position while the upper body reacts independently, supporting coordination, visual tracking, and balance during Taekwondo exchanges.	Develops hand-eye coordination, reaction control, and postural stability while maintaining a Taekwondo-relevant split stance. It challenges the athlete to process and control an external object without compromising lower-body position or balance.
Exercise 18: Single-Leg Deadlift Balance with Ball Toss	Helps athletes maintain single-leg stability while processing and coordinating an additional upper-body task, supporting balance, visual tracking, and body control during complex Taekwondo actions.	Develops single-leg balance, proprioception, posterior-chain stability, and hand-eye coordination simultaneously. The ball toss adds an external coordination task, challenging the athlete to maintain lower-body and trunk control while the upper body performs independently.
Exercise 19: Single-Leg Deadlift Balance with Ball Bounce	Helps athletes maintain single-leg stability while reacting to a moving external stimulus, supporting visual tracking, coordination, and body control during complex Taekwondo actions.	Develops single-leg balance, proprioception, posterior-chain stability, and hand-eye coordination under a greater visual and reactive challenge. The floor bounce forces the athlete to track and react to the ball while maintaining control of a demanding single-leg position.
Exercise 20: Single-Leg Chamber Balance - Tennis Ball Wall Throw & Catch	Helps athletes maintain a controlled chamber while reacting to an external stimulus, supporting balance, visual tracking, and upper-body coordination without compromising kicking readiness.	Develops single-leg balance, chamber stability, hand-eye coordination, and reaction control simultaneously. The wall rebound adds an unpredictable external stimulus, challenging the athlete to react with the upper body without compromising the kicking position.
Exercise 21: Single-Leg Chamber Balance - Tennis Ball Wall Throw & Catch With Behind-the-Back Toss	Helps athletes maintain kicking readiness while performing complex upper-body coordination tasks, improving balance, spatial awareness, and control when attention and movement demands increase.	Develops single-leg and chamber stability while increasing the coordination and reaction demands of the upper body. The behind-the-back action challenges spatial awareness and the ability to control the ball outside the athlete's direct field of vision without losing balance.

Notes & Sketches

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MODULE 4: PREP

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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