ADRIAN VICENTE
TAEKWONDO



MODULE 5: POWER & STRENGTH

ADRIAN VICENTE TAEKWONDO
adrianvicentetaekwondo.com

“

STRONGER IN TRAINING.
MORE POWERFUL
ON THE MAT.

EVERY KICK BEGINS WITH STRENGTH.
EVERY EXPLOSIVE TECHNIQUE
IS BUILT BEFORE THE FIGHT.”



Adrián Vicente

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

MODULE 5: POWER & STRENGTH

MODULE OVERVIEW



This module develops **explosive power, strength, and whole-body force production** through loaded jumps, pulls, swings, push-ups, cable exercises, presses, rows, lunges, and deadlifts. Athletes learn to **generate and transfer force efficiently through the legs, hips, core, and upper body,** while working in vertical, horizontal, rotational, and unilateral movement patterns.
The exercises build **lower- and upper-body strength, rotational power, stability, and explosive force production,** supporting stronger, faster, and more powerful Taekwondo actions.

EXERCISE LIST

Exercise 1: **Hex Bar Jump - NCM (No Countermovement)**	The athlete holds the hex bar (trap bar) and lowers into a half-squat position. After coming to a complete stop, they explosively extend the hips, knees, and ankles and jump vertically while holding the bar. The athlete then lands under control and resets before the next repetition.
Exercise 2: **Hex Bar Jump - CM (With Countermovement)**	The athlete starts standing upright while holding the hex bar (trap bar). From this position, they perform a quick downward countermovement by flexing the hips and knees, then immediately reverse the movement and jump vertically, explosively extending the hips, knees, and ankles while holding the load.
Exercise 3: **Explosive Hex Bar Pull**	The athlete starts holding the hex bar (trap bar), lowers into a controlled squat position, and then explosively extends the hips and knees to stand up. As the body reaches full extension, the athlete continues the upward acceleration by performing a powerful shoulder shrug, pulling the trap bar upward without bending the arms excessively.
Exercise 4: **Hex Bar High Pull**	The athlete starts holding the hex bar (trap bar), lowers into a controlled squat, and then explosively extends the hips, knees, and ankles. As the body reaches full extension, the athlete shrugs and continues pulling the bar upward by driving the elbows high, allowing the trap bar to rise toward the torso before lowering it under control.

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Exercise 5: **Kettlebell Swing**	The athlete starts with the feet wider than hip-width, holding the kettlebell with both hands. They hinge at the hips, allowing the kettlebell to travel backward between the legs, then explosively extend the hips to propel the kettlebell forward and upward. The arms guide the kettlebell while the main force is generated by the hips and lower body.
Exercise 6: **Banded Kettlebell Swing**	The athlete performs the same two-handed kettlebell swing, but with a resistance band attached to the kettlebell and anchored under the feet. The athlete hinges at the hips and then explosively extends the hips to propel the kettlebell forward and upward. As the kettlebell rises, the band provides progressively greater resistance, increasing the demand during the explosive phase.
Exercise 7: **Plyometric Push-Up**	The athlete lowers the chest toward the floor and then pushes explosively enough for both hands to leave the ground. The exercise can be performed from the knees as an easier progression or from the feet in a full push-up position for the advanced variation. After each explosive push, the athlete lands through the hands under control and immediately prepares for the next repetition.
Exercise 8: **Continuous Plyometric Push-Ups**	The athlete performs a series of explosive push-ups continuously, pushing forcefully enough for both hands to leave the floor on every repetition. After each landing, they immediately absorb the impact and transition into the next push-up without stopping or resetting. As with Exercise 7, this can be performed from the knees as an easier variation or from the feet for the advanced variation.
Exercise 9: **Incline Push-Up**	The athlete places both hands on an elevated stable surface, with the feet on the floor and the body forming a straight line from the head to the heels. From this position, they lower the chest toward the bench by bending the elbows, then push forcefully through the hands to return to the starting position.
Exercise 10: **Continuous Plyometric Incline Push-Up**	The athlete starts in an incline push-up position with both hands on the bench. After lowering the chest toward the bench, they push explosively enough for the hands to leave the surface, quickly bringing the hands toward the shoulders before returning them to the bench. Upon contact, the athlete immediately absorbs the landing and transitions into the next repetition without pausing.
Exercise 11: **High-to-Low Cable Chop**	The athlete starts standing with both hands holding the cable handle high and to one side of the body. From this position, they pull the cable diagonally downward across the body, rotating through the trunk and hips while transitioning into a split stance. The movement finishes with the hands low on the opposite side before returning under control to the starting position.
Exercise 12: **Horizontal Cable Rotation**	The athlete starts in an athletic stance with both hands holding the cable to one side of the body. From this position, they pull the cable horizontally across the body, rotating through the hips and trunk while transferring the weight toward the opposite side. The movement finishes with the arms extended in front of the body before returning under control.

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Exercise 13: **Low-to-High Cable Chop**	The athlete starts in an athletic stance with both hands holding the cable low and to one side of the body. From this position, they pull the cable diagonally upward across the body, coordinating the movement with rotation through the hips and trunk and transferring the weight toward the opposite side. The movement finishes with the hands high on the opposite side before returning under control.
Exercise 14: **Dumbbell Bench Press**	The athlete lies on a flat bench holding one dumbbell (12,5 kg) in each hand at chest level. From this position, they press both dumbbells vertically upward by extending the elbows, then lower them under control back toward the chest before beginning the next repetition.
Exercise 15: **Alternating Dumbbell Bench Press**	The athlete lies on a flat bench holding one dumbbell (12,5 kg) in each hand with both arms extended above the chest. Keeping one arm stable in the top position, they lower the opposite dumbbell toward the chest and press it back upward. Once both arms are extended again, the movement is repeated with the other arm, alternating sides throughout the set.
Exercise 16: **One-Arm Dumbbell Row**	The athlete supports one hand and the same-side knee on the bench, while the opposite foot remains firmly on the floor. Holding a dumbbell (12,5 kg) in the free hand, they pull the weight upward toward the side of the torso by driving the elbow backward, then lower it under control until the arm is extended. The exercise is repeated on both sides.
Exercise 17: **Two-Point Support Dumbbell Row**	The athlete supports the body on one hand and the opposite knee on the bench, while the free leg is extended backward and held off the bench. With the free hand, they pull the dumbbell toward the torso by driving the elbow backward, then lower it under control while maintaining the two-point support position.
Exercise 18: **Dumbbell Goblet Forward Lunge**	The athlete holds a single dumbbell vertically in front of the chest in a goblet position. From standing, they step forward into a lunge, lowering the back knee toward the floor while maintaining an upright and stable trunk. They then push through the front leg to return to the starting position and repeat with the opposite leg.
Exercise 19: **Dumbbell Goblet Lateral Lunge**	The athlete holds a single dumbbell vertically in front of the chest in a goblet position. From standing, they take a wide step laterally, bending the stepping leg while pushing the hips backward and keeping the opposite leg extended. They then push strongly through the working leg to return to the starting position and repeat on the opposite side.
Exercise 20: **Dumbbell Goblet Rotational Lunge**	The athlete starts standing upright, holding a single dumbbell vertically at the chest in a goblet position. From this position, they step backward and diagonally to the side, allowing the hips and body to rotate toward the stepping leg as they lower into the lunge. They then push through the working leg to reverse the movement and return to the starting position before repeating on the opposite side.

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Exercise 21: **Dumbbell Goblet Reverse Lunge**	The athlete holds a single dumbbell vertically in front of the chest in a goblet position. From standing, they step backward with one leg and lower into a lunge until the back knee approaches the floor. They then push through the front leg to return to the starting position before repeating with the opposite leg.
Exercise 22: **Dumbbell Goblet Cross-Behind Reverse Lunge**	The athlete holds a single dumbbell vertically at the chest in a goblet position. From standing, they step one leg diagonally backward and across behind the support leg, lowering into a crossed lunge position. They then push through the front leg to return to standing before repeating on the opposite side.
Exercise 23: **Two-Hand Dumbbell Hip-Hinge Deadlift**	The athlete stands holding one dumbbell horizontally with both hands in front of the body. From an upright position, they push the hips backward and hinge forward, allowing the dumbbell to travel downward while maintaining a neutral spine and a slight bend in the knees. They then drive the hips forward to return to the standing position.
Exercise 24: **Single-Leg Dumbbell Hip-Hinge Deadlift**	The athlete stands on one support leg, holding a dumbbell in the opposite hand. They hinge forward at the hips while extending the free leg straight backward, keeping the trunk and raised leg in a long line. The dumbbell lowers toward the floor under control, then the athlete drives through the support leg and extends the hips to return to standing before repeating on the other side.

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: **Hex Bar Jump - NCM (No Countermovement)**	Helps athletes generate explosive force rapidly from a static position, supporting powerful kicks, fast take-offs, and explosive attacking actions in Taekwondo.	Develops loaded lower-body power and starting strength by requiring the athlete to produce high force from a static position. The added resistance increases the demand on explosive hip, knee, and ankle extension without relying on a countermovement.
Exercise 2: **Hex Bar Jump - CM (With Countermovement)**	Helps athletes rapidly convert a preparatory movement into explosive force, supporting faster take-offs, powerful kicks, and dynamic attacking actions in Taekwondo.	Develops loaded lower-body power and reactive strength by rapidly converting the downward countermovement into explosive vertical force. It trains the athlete to use the stretch-shortening cycle efficiently while producing high force against additional resistance.
Exercise 3: **Explosive Hex Bar Pull**	Helps athletes transfer explosive force from the lower body through the entire kinetic chain, supporting faster, more powerful kicks, jumps, and explosive attacking movements in Taekwondo.	Develops explosive triple extension and whole-body power by transferring force rapidly from the legs through the hips and upper body. It trains the athlete to accelerate an external load with maximum intent while maintaining a strong connection through the entire kinetic chain.
Exercise 4: **Hex Bar High Pull**	Helps athletes generate force from the ground and rapidly transfer it through the entire body, supporting explosive kicking actions, fast attacks, and powerful whole-body movements in Taekwondo.	Develops explosive whole-body power and rapid force transfer from the lower body into the upper body. The high pull extends the acceleration beyond triple extension, training the athlete to produce and transmit force through the entire kinetic chain.

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Exercise 5: **Kettlebell Swing**	Helps athletes generate rapid and repeated power through the hips, supporting more explosive kicks, fast accelerations, and powerful extensions during Taekwondo actions.	Develops explosive hip extension, posterior-chain power, and the ability to repeatedly produce force through the hips. It reinforces rapid force generation from the lower body while maintaining a strong and stable trunk.
Exercise 6: **Banded Kettlebell Swing**	Helps athletes produce powerful and continuous hip extension against increasing resistance, supporting stronger kicking actions, explosive accelerations, and rapid force production in Taekwondo.	Develops explosive hip extension and posterior-chain power against increasing resistance. The band creates greater resistance as the athlete accelerates, challenging them to continue producing force throughout the explosive extension.
Exercise 7: **Plyometric Push-Up**	Helps athletes produce rapid upper-body force for explosive defensive and attacking actions, while improving shoulder stability and the ability to react quickly through the upper body.	Develops explosive upper-body pushing power and the ability to produce force rapidly through the arms, chest, and shoulders. The plyometric action also trains the upper body to absorb force and immediately prepare for another explosive action.
Exercise 8: **Continuous Plyometric Push-Ups**	Helps athletes produce repeated explosive upper-body actions with minimal recovery time, supporting rapid combinations, defensive reactions, and successive high-speed movements in Taekwondo.	Develops reactive upper-body power and the ability to repeatedly produce explosive force with minimal transition time. It trains the upper body to rapidly absorb and redirect force through consecutive high-speed actions.
Exercise 9: **Incline Push-Up**	Builds upper-body and shoulder strength while reinforcing trunk stability, providing a foundation for stronger and more controlled upper-body actions in Taekwondo.	Develops upper-body pushing strength and shoulder stability while reducing the load compared with a standard floor push-up. It provides a controlled strength-building variation that can also prepare the athlete for more demanding and explosive pushing exercises.
Exercise 10: **Continuous Plyometric Incline Push-Up**	Helps athletes develop repeated explosive upper-body actions and rapid force production, supporting faster reactions, dynamic defensive movements, and quick successive actions in Taekwondo.	Develops reactive upper-body power, coordination, and the ability to repeatedly produce force with very short contact times. The incline allows the athlete to perform fast, continuous explosive repetitions while maintaining greater control than in the floor variation.

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Exercise 11: **High-to-Low Cable Chop**	Helps athletes transfer force diagonally from the lower body through the trunk, supporting powerful rotational kicks and coordinated whole-body actions in Taekwondo.	Develops rotational strength, core control, and diagonal force transfer across the body. It trains the athlete to connect the legs, hips, trunk, and upper body while producing force through a rotational movement pattern.
Exercise 12: **Horizontal Cable Rotation**	Helps athletes generate and transfer rotational force across the body, supporting powerful turning kicks, rapid changes of direction, and coordinated rotational actions in Taekwondo.	Develops rotational strength, core stability, and horizontal force transfer through the entire kinetic chain. It teaches the athlete to coordinate the legs, hips, trunk, and upper body to produce powerful rotational actions.
Exercise 13: **Low-to-High Cable Chop**	Helps athletes generate and transfer force diagonally upward through the body, supporting explosive rising and rotational kicking actions and powerful whole-body movements in Taekwondo.	Develops rotational strength, core control, and diagonal force transfer from low to high through the entire kinetic chain. It trains the athlete to generate force from the legs and hips and transfer it efficiently through the trunk into the upper body.
Exercise 14: **Dumbbell Bench Press**	Builds upper-body pushing strength and bilateral shoulder stability, providing a stronger base for maintaining posture, controlling the upper body, and producing force during fast and powerful Taekwondo actions.	Develops upper-body pushing strength through the chest, shoulders, and triceps while requiring each arm to control its own load independently. This contributes to a stronger and more stable upper body for forceful, controlled athletic actions.
Exercise 15: **Alternating Dumbbell Bench Press**	Helps athletes produce force independently through each side of the upper body while maintaining trunk stability, supporting better control during asymmetrical and rotational Taekwondo actions.	Develops unilateral upper-body strength while challenging the trunk and shoulders to stabilize against an asymmetrical load. Alternating the arms increases the demand on core control and the athlete's ability to produce force independently on each side.
Exercise 16: **One-Arm Dumbbell Row**	Builds unilateral pulling strength and upper-body stability, helping athletes maintain strong posture and control while the arms work independently during dynamic and asymmetrical Taekwondo actions.	Develops unilateral pulling strength through the upper back, shoulders, and arms while requiring the trunk to remain stable. It also helps balance upper-body pushing work by strengthening the muscles responsible for scapular control and upper-body stability.

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Exercise 17: **Two-Point Support Dumbbell Row**	Helps athletes produce upper-body force while maintaining contralateral hip and trunk stability, supporting the ability to stay balanced and controlled when one leg is active or elevated during Taekwondo movements.	Develops unilateral pulling strength while simultaneously challenging core stability, hip control, and contralateral coordination. The reduced two-point base of support forces the athlete to resist rotation and maintain whole-body stability while producing force with one arm.
Exercise 18: **Dumbbell Goblet Forward Lunge**	Builds unilateral leg strength and control for stronger pushing actions from the floor, supporting explosive entries, kicking stability, and the ability to accelerate and recover efficiently from split-stance positions in Taekwondo.	Develops unilateral leg strength, hip and knee stability, and trunk control under load. The forward step also challenges the athlete to absorb force, stabilize quickly, and then produce force through one leg to return to the starting position.
Exercise 19: **Dumbbell Goblet Lateral Lunge**	Builds lateral leg strength and hip stability, supporting powerful side-to-side movement, stronger lateral pushing actions, and greater control when creating angles or repositioning for kicks in Taekwondo.	Develops unilateral strength, lateral hip control, and stability in the frontal plane while strengthening the ability to absorb and produce force sideways. The loaded lateral movement is particularly useful for developing control in wide positions and powerful changes of direction.
Exercise 20: **Dumbbell Goblet Rotational Lunge**	Builds strength and control when stepping and rotating simultaneously, supporting powerful angle changes, rotational kicking actions, and stable repositioning in multiple directions during Taekwondo.	Develops unilateral leg strength, rotational hip control, and stability while moving through multiple planes. The backward-diagonal step challenges the athlete to absorb force, control rotation, and produce force from less conventional body positions.
Exercise 21: **Dumbbell Goblet Reverse Lunge**	Builds strength and control when moving backward, supporting stable defensive retreats, rapid recovery of position, and powerful re-acceleration forward during Taekwondo exchanges.	Develops unilateral leg strength, hip stability, and control while moving backward under load. The reverse step emphasizes the ability to decelerate, stabilize, and then generate force through the front leg to return quickly to position.
Exercise 22: **Dumbbell Goblet Cross-Behind Reverse Lunge**	Builds strength and stability when the legs move across the body, supporting better hip control, balance, and recovery during rotational footwork, angle changes, and complex repositioning in Taekwondo.	Develops unilateral leg strength, hip stability, and control in a crossed and multiplanar position. The cross-behind step places additional demands on lateral hip control and balance, helping the athlete produce and absorb force from less conventional lower-body positions.

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Exercise 23: **Two-Hand Dumbbell Hip-Hinge Deadlift**	Builds hip and posterior-chain strength for more powerful kicking actions, stronger acceleration, and better control when rapidly extending or stabilizing the lower body in Taekwondo.	Develops posterior-chain strength through the hamstrings, glutes, and hips while reinforcing a strong hip-hinge pattern. It improves the athlete's ability to produce force through hip extension while maintaining trunk stability and lower-body control.
Exercise 24: **Single-Leg Dumbbell Hip-Hinge Deadlift**	Builds single-leg strength and balance for stronger kicking support, improved hip control, and better stability during dynamic one-leg Taekwondo actions.	Develops unilateral posterior-chain strength, balance, and hip stability while reinforcing controlled force production through one leg. It challenges the athlete to maintain alignment and stability while moving through a reduced base of support.

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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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