



# CGS Taekwondo at home: Plank Challenge

## What is CGS Taekwondo at home?

A **series of special challenges** created to keep you active and fit during the shutdown...and give you an edge for when classes resume.

## Whoa! The top of my webpage is all different!

You'll see **new badges** appearing at the top of your usual webpage. Your job is to **upgrade** each badge as far as you can, by completing challenges. These badges are *only* active during the quarantine period, and are designed to take many weeks of sustained effort to level all the way.

## How do I upgrade my new badge?

**Complete challenges**, then have your parents **email me at [cgstaekwondo@gmail.com](mailto:cgstaekwondo@gmail.com)** with the details. I'll make the change to your page.

## I have friends in the class I want to beat

Excellent. That's why I'll also be including **leaderboards** on the website. They can behold your mightiness, and tremble.



## Instructions for your first challenge:

- (1) **Print page 2** (the page with all the times on it)
- (2) Get someone to **time you** while you do a good form **plank**.
- (3) You are **not allowed** to **see the stopwatch**—or refer to any other timer or device—while you are doing the plank. The whole idea is that you won't know how long you've been going.
- (4) **Stop** your plank **whenever you like**; stopwatch must stop when you do.
- (5) If your plank time **matches exactly**—to the second—one of the unticked times on the sheet, **tick it**. If not, try again. No rounding up.
- (6) **Repeat** the process whenever you like, to earn as many different ticks as you can. Get enough ticks and you can **upgrade the badge** on your webpage. (See Page 3)



### 60 seconds or less

- |                                     |                                     |                                     |
|-------------------------------------|-------------------------------------|-------------------------------------|
| <b>1-10 Seconds</b>                 | <b>11-20 Seconds</b>                | <b>21-30 Seconds</b>                |
| <input type="checkbox"/> 01 Seconds | <input type="checkbox"/> 11 Seconds | <input type="checkbox"/> 21 Seconds |
| <input type="checkbox"/> 02 Seconds | <input type="checkbox"/> 12 Seconds | <input type="checkbox"/> 22 Seconds |
| <input type="checkbox"/> 03 Seconds | <input type="checkbox"/> 13 Seconds | <input type="checkbox"/> 23 Seconds |
| <input type="checkbox"/> 04 Seconds | <input type="checkbox"/> 14 Seconds | <input type="checkbox"/> 24 Seconds |
| <input type="checkbox"/> 05 Seconds | <input type="checkbox"/> 15 Seconds | <input type="checkbox"/> 25 Seconds |
| <input type="checkbox"/> 06 Seconds | <input type="checkbox"/> 16 Seconds | <input type="checkbox"/> 26 Seconds |
| <input type="checkbox"/> 07 Seconds | <input type="checkbox"/> 17 Seconds | <input type="checkbox"/> 27 Seconds |
| <input type="checkbox"/> 08 Seconds | <input type="checkbox"/> 18 Seconds | <input type="checkbox"/> 28 Seconds |
| <input type="checkbox"/> 09 Seconds | <input type="checkbox"/> 19 Seconds | <input type="checkbox"/> 29 Seconds |
| <input type="checkbox"/> 10 Seconds | <input type="checkbox"/> 20 Seconds | <input type="checkbox"/> 30 Seconds |

- |                                     |                                     |                                     |
|-------------------------------------|-------------------------------------|-------------------------------------|
| <b>31-40 Seconds</b>                | <b>41-50 Seconds</b>                | <b>51-60 Seconds</b>                |
| <input type="checkbox"/> 31 Seconds | <input type="checkbox"/> 41 Seconds | <input type="checkbox"/> 51 Seconds |
| <input type="checkbox"/> 32 Seconds | <input type="checkbox"/> 42 Seconds | <input type="checkbox"/> 52 Seconds |
| <input type="checkbox"/> 33 Seconds | <input type="checkbox"/> 43 Seconds | <input type="checkbox"/> 53 Seconds |
| <input type="checkbox"/> 34 Seconds | <input type="checkbox"/> 44 Seconds | <input type="checkbox"/> 54 Seconds |
| <input type="checkbox"/> 35 Seconds | <input type="checkbox"/> 45 Seconds | <input type="checkbox"/> 55 Seconds |
| <input type="checkbox"/> 36 Seconds | <input type="checkbox"/> 46 Seconds | <input type="checkbox"/> 56 Seconds |
| <input type="checkbox"/> 37 Seconds | <input type="checkbox"/> 47 Seconds | <input type="checkbox"/> 57 Seconds |
| <input type="checkbox"/> 38 Seconds | <input type="checkbox"/> 48 Seconds | <input type="checkbox"/> 58 Seconds |
| <input type="checkbox"/> 39 Seconds | <input type="checkbox"/> 49 Seconds | <input type="checkbox"/> 59 Seconds |
| <input type="checkbox"/> 40 Seconds | <input type="checkbox"/> 50 Seconds | <input type="checkbox"/> 60 Seconds |

### 1 minute something

- |                                     |                                     |                                     |
|-------------------------------------|-------------------------------------|-------------------------------------|
| <b>1:01-1:10</b>                    | <b>1:11-1:20</b>                    | <b>1:21-1:30</b>                    |
| <input type="checkbox"/> 1min 01sec | <input type="checkbox"/> 1min 11sec | <input type="checkbox"/> 1min 21sec |
| <input type="checkbox"/> 1min 02sec | <input type="checkbox"/> 1min 12sec | <input type="checkbox"/> 1min 22sec |
| <input type="checkbox"/> 1min 03sec | <input type="checkbox"/> 1min 13sec | <input type="checkbox"/> 1min 23sec |
| <input type="checkbox"/> 1min 04sec | <input type="checkbox"/> 1min 14sec | <input type="checkbox"/> 1min 24sec |
| <input type="checkbox"/> 1min 05sec | <input type="checkbox"/> 1min 15sec | <input type="checkbox"/> 1min 25sec |
| <input type="checkbox"/> 1min 06sec | <input type="checkbox"/> 1min 16sec | <input type="checkbox"/> 1min 26sec |
| <input type="checkbox"/> 1min 07sec | <input type="checkbox"/> 1min 17sec | <input type="checkbox"/> 1min 27sec |
| <input type="checkbox"/> 1min 08sec | <input type="checkbox"/> 1min 18sec | <input type="checkbox"/> 1min 28sec |
| <input type="checkbox"/> 1min 09sec | <input type="checkbox"/> 1min 19sec | <input type="checkbox"/> 1min 29sec |
| <input type="checkbox"/> 1min 10sec | <input type="checkbox"/> 1min 20sec | <input type="checkbox"/> 1min 30sec |

- |                                     |                                     |                                     |
|-------------------------------------|-------------------------------------|-------------------------------------|
| <b>1:31-1:40</b>                    | <b>1:41-1:50</b>                    | <b>1:51-2:00</b>                    |
| <input type="checkbox"/> 1min 31sec | <input type="checkbox"/> 1min 41sec | <input type="checkbox"/> 1min 51sec |
| <input type="checkbox"/> 1min 32sec | <input type="checkbox"/> 1min 42sec | <input type="checkbox"/> 1min 52sec |
| <input type="checkbox"/> 1min 33sec | <input type="checkbox"/> 1min 43sec | <input type="checkbox"/> 1min 53sec |
| <input type="checkbox"/> 1min 34sec | <input type="checkbox"/> 1min 44sec | <input type="checkbox"/> 1min 54sec |
| <input type="checkbox"/> 1min 35sec | <input type="checkbox"/> 1min 45sec | <input type="checkbox"/> 1min 55sec |
| <input type="checkbox"/> 1min 36sec | <input type="checkbox"/> 1min 46sec | <input type="checkbox"/> 1min 56sec |
| <input type="checkbox"/> 1min 37sec | <input type="checkbox"/> 1min 47sec | <input type="checkbox"/> 1min 57sec |
| <input type="checkbox"/> 1min 38sec | <input type="checkbox"/> 1min 48sec | <input type="checkbox"/> 1min 58sec |
| <input type="checkbox"/> 1min 39sec | <input type="checkbox"/> 1min 49sec | <input type="checkbox"/> 1min 59sec |
| <input type="checkbox"/> 1min 40sec | <input type="checkbox"/> 1min 50sec | <input type="checkbox"/> 2min 00sec |

### 2 minutes something

- |                                     |                                     |                                     |
|-------------------------------------|-------------------------------------|-------------------------------------|
| <b>2:01-2:10</b>                    | <b>2:11-2:20</b>                    | <b>2:21-2:30</b>                    |
| <input type="checkbox"/> 2min 01sec | <input type="checkbox"/> 2min 11sec | <input type="checkbox"/> 2min 21sec |
| <input type="checkbox"/> 2min 02sec | <input type="checkbox"/> 2min 12sec | <input type="checkbox"/> 2min 22sec |
| <input type="checkbox"/> 2min 03sec | <input type="checkbox"/> 2min 13sec | <input type="checkbox"/> 2min 23sec |
| <input type="checkbox"/> 2min 04sec | <input type="checkbox"/> 2min 14sec | <input type="checkbox"/> 2min 24sec |
| <input type="checkbox"/> 2min 05sec | <input type="checkbox"/> 2min 15sec | <input type="checkbox"/> 2min 25sec |
| <input type="checkbox"/> 2min 06sec | <input type="checkbox"/> 2min 16sec | <input type="checkbox"/> 2min 26sec |
| <input type="checkbox"/> 2min 07sec | <input type="checkbox"/> 2min 17sec | <input type="checkbox"/> 2min 27sec |
| <input type="checkbox"/> 2min 08sec | <input type="checkbox"/> 2min 18sec | <input type="checkbox"/> 2min 28sec |
| <input type="checkbox"/> 2min 09sec | <input type="checkbox"/> 2min 19sec | <input type="checkbox"/> 2min 29sec |
| <input type="checkbox"/> 2min 10sec | <input type="checkbox"/> 2min 20sec | <input type="checkbox"/> 2min 30sec |

- |                                     |                                     |                                     |
|-------------------------------------|-------------------------------------|-------------------------------------|
| <b>2:31-2:40</b>                    | <b>2:41-2:50</b>                    | <b>2:51-3:00</b>                    |
| <input type="checkbox"/> 2min 31sec | <input type="checkbox"/> 2min 41sec | <input type="checkbox"/> 2min 51sec |
| <input type="checkbox"/> 2min 32sec | <input type="checkbox"/> 2min 42sec | <input type="checkbox"/> 2min 52sec |
| <input type="checkbox"/> 2min 33sec | <input type="checkbox"/> 2min 43sec | <input type="checkbox"/> 2min 53sec |
| <input type="checkbox"/> 2min 34sec | <input type="checkbox"/> 2min 44sec | <input type="checkbox"/> 2min 54sec |
| <input type="checkbox"/> 2min 35sec | <input type="checkbox"/> 2min 45sec | <input type="checkbox"/> 2min 55sec |
| <input type="checkbox"/> 2min 36sec | <input type="checkbox"/> 2min 46sec | <input type="checkbox"/> 2min 56sec |
| <input type="checkbox"/> 2min 37sec | <input type="checkbox"/> 2min 47sec | <input type="checkbox"/> 2min 57sec |
| <input type="checkbox"/> 2min 38sec | <input type="checkbox"/> 2min 48sec | <input type="checkbox"/> 2min 58sec |
| <input type="checkbox"/> 2min 39sec | <input type="checkbox"/> 2min 49sec | <input type="checkbox"/> 2min 59sec |
| <input type="checkbox"/> 2min 40sec | <input type="checkbox"/> 2min 50sec | <input type="checkbox"/> 3min 00sec |

### 3 Minutes something

- |                                     |                                     |                                     |                                     |                                     |                                     |
|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| <b>3:01-3:10</b>                    | <b>3:11-3:20</b>                    | <b>3:21-3:22</b>                    | <b>3:31-3:40</b>                    | <b>3:41-3:50</b>                    | <b>3:51-4:00</b>                    |
| <input type="checkbox"/> 3min 01sec | <input type="checkbox"/> 3min 11sec | <input type="checkbox"/> 3min 21sec | <input type="checkbox"/> 3min 31sec | <input type="checkbox"/> 3min 41sec | <input type="checkbox"/> 3min 51sec |
| <input type="checkbox"/> 3min 02sec | <input type="checkbox"/> 3min 12sec | <input type="checkbox"/> 3min 22sec | <input type="checkbox"/> 3min 32sec | <input type="checkbox"/> 3min 42sec | <input type="checkbox"/> 3min 52sec |
| <input type="checkbox"/> 3min 03sec | <input type="checkbox"/> 3min 13sec | <input type="checkbox"/> 3min 23sec | <input type="checkbox"/> 3min 33sec | <input type="checkbox"/> 3min 43sec | <input type="checkbox"/> 3min 53sec |
| <input type="checkbox"/> 3min 04sec | <input type="checkbox"/> 3min 14sec | <input type="checkbox"/> 3min 24sec | <input type="checkbox"/> 3min 34sec | <input type="checkbox"/> 3min 44sec | <input type="checkbox"/> 3min 54sec |
| <input type="checkbox"/> 3min 05sec | <input type="checkbox"/> 3min 15sec | <input type="checkbox"/> 3min 25sec | <input type="checkbox"/> 3min 35sec | <input type="checkbox"/> 3min 45sec | <input type="checkbox"/> 3min 55sec |
| <input type="checkbox"/> 3min 06sec | <input type="checkbox"/> 3min 16sec | <input type="checkbox"/> 3min 26sec | <input type="checkbox"/> 3min 36sec | <input type="checkbox"/> 3min 46sec | <input type="checkbox"/> 3min 56sec |
| <input type="checkbox"/> 3min 07sec | <input type="checkbox"/> 3min 17sec | <input type="checkbox"/> 3min 27sec | <input type="checkbox"/> 3min 37sec | <input type="checkbox"/> 3min 47sec | <input type="checkbox"/> 3min 57sec |
| <input type="checkbox"/> 3min 08sec | <input type="checkbox"/> 3min 18sec | <input type="checkbox"/> 3min 28sec | <input type="checkbox"/> 3min 38sec | <input type="checkbox"/> 3min 48sec | <input type="checkbox"/> 3min 58sec |
| <input type="checkbox"/> 3min 09sec | <input type="checkbox"/> 3min 19sec | <input type="checkbox"/> 3min 29sec | <input type="checkbox"/> 3min 39sec | <input type="checkbox"/> 3min 49sec | <input type="checkbox"/> 3min 59sec |
| <input type="checkbox"/> 3min 10sec | <input type="checkbox"/> 3min 20sec | <input type="checkbox"/> 3min 30sec | <input type="checkbox"/> 3min 40sec | <input type="checkbox"/> 3min 50sec | <input type="checkbox"/> 4min 00sec |

### INSTRUCTIONS

- (1) Complete a good form plank while someone times you.
- (2) **You are not allowed to see the stopwatch**—or refer to any other timer or device—while doing the plank.
- (3) Stop your plank whenever you like; stopwatch will stop when you do.
- (4) If your plank **matches exactly**—to the second—one of the **unticked** times on the sheet, tick it. If not, try again.
- (5) Repeat this process to earn as many ticks as you can.

(See page 3 for reward details) →



See your page at [cgstaekwondo.info](http://cgstaekwondo.info)



## How to upgrade the badge on your webpage

Count your ticks on Page 2. Whenever you reach one of the milestones below, have a parent **email me** at [cgstaekwondo@gmail.com](mailto:cgstaekwondo@gmail.com).

All I need is your **name**, and the **title** of the badge you've just earned (eg. "Harold Smith: Apprentice"), I'll update your webpage, and the studio leaderboard.



3 Challenges ticked



9 Challenges ticked



18 Challenges ticked



30 Challenges ticked



45 Challenges ticked



63 Challenges ticked



84 Challenges ticked



108 Challenges ticked



135 Challenges ticked



165 Challenges ticked



200 Challenges ticked



All Challenges ticked

# FAQs



## No! The time I got is already ticked 😞

That's going to happen sometimes. Try again. The further into this challenge you get, the more often it will happen. Getting all of the ticks is going to require you to be very, very persistent. Which students will be mentally strong enough?

## Why is the longest plank only 4 minutes?

This challenge is designed to get you doing a *lot* of small, achievable planks, whenever you have a few minutes spare.

Every student—no matter how strong their core—can start levelling up their badge straight away.

## How do I notify so my badge upgrades?

Send me an email at [cgstaekwondo@gmail.com](mailto:cgstaekwondo@gmail.com), whenever you reach one of the milestones shown on Page 3. I'll update your badge on your website, and you'll have a new upgrade to chase.

## There are more challenges coming?

Many. I'm busy behind the scenes creating plenty for you to do throughout the break—while everyone else is on their Xboxes and Netflix, you'll be getting stronger, faster, more flexible...closer to Black Belt. Stay safe, push hard.



Insanely tough. Are you determined enough?



You need a *lot* of planks to get this far



Starts to get tricky around here



First star is easy to get