

Brown - 7 & Up Practice Sheet

Can always practice more, these are guidelines.

Name: _____ Date: _____

- Watch video for Palgwe Pal Chang
- Practice form 5 times
- Regular speed (tip: work on remembering the form without hesitation)
- Just stances (tip: work on having proper stances and movement of just the legs)
- Eyes closed (tip: work on balance and starting and finishing the form in the same spot)
- Slow motion (tip: work on chambering all strikes and blocks, as well as leg movement)
- Regular speed (tip: work on putting all aspects together to increase the flow of the form)

Practice each move 10 times on each side (tip: can you a paddle or shield)

- Butterfly Kick
- Butterfly Chop
- Crescent Kick into Down Block Horse Stance
- Groin Grab into a Break (Tip: Practice moving back from a front stance to a back stance)

Watch the video and practice 3 times each, one steps 1-15

Practice Palm Strikes and Knees 10 times each side

Korean Practice: (Refer to other Practice Sheets for more practice (fill out on the back))

Pressure Points:

Groin Area _____

Inner Thigh _____

Shin Area _____

Big Toe Area _____

Side of the Index Finger _____

Back Spine _____

Parent's / Student's Signature