

Junior Blue - 4 - 6 years old Practice Sheet

Can always practice more, these are guidelines.

Name: _____ Date: _____

- Watch video for Palgwe Sam Chang & Palgwe Sa 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)
Practice each move 10 times on each side (tip: can you a paddle or shield)
- Back Kick
- Knife Hand (Quan-Su) - (Tip: Practice while in a front stance)
- Watch the video and practice 3 times each, one steps 1-12

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

Thank you _____

Your welcome _____

Parent's / Student's Signature