

## Junior Yellow - 4 - 6 years old Practice Sheet

Can always practice more, these are guidelines.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

- Watch video for Moving Star Blocks  
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)
- Round House Kick
- Down Block - (Tip: Practice while in a horse stance)
- Practice Falling Technique - Forward

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

Focus \_\_\_\_\_

Ready Position \_\_\_\_\_

Attention \_\_\_\_\_

Respect \_\_\_\_\_

\_\_\_\_\_

Parent's / Student's Signature