

Orange - 4 - 6 years old Practice Sheet

Can always practice more, these are guidelines.

Name: _____ Date: _____

- Watch video for Star Blocks, Moving Star Blocks, Universal 1 + 2
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)
- Axe Kick
- Back Fist - (Tip: Practice while in a horse stance)
- Practice Elbows and Eye Rakes while yelling "Help Stranger!"
- Practice Falling Technique - Sideways

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

Slide Up Side Kick _____

Jump Front Snap Kick _____

High Block _____

Parent's / Student's Signature