

Red Advanced - 7 & Up Practice Sheet

Can always practice more, these are guidelines.

Name: _____ Date: _____

- Watch video for Palgwe Chil 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
- Double Low Block (Tip: Practice moving forward in a front stance)
- Double In-to-Out (Tip: Practice moving forward in a front stance)
- Double High Block (Tip: Practice moving forward in a front stance)
- Watch the video and practice 3 times each, one steps 1-15
- Practice Palm Strikes, Elbows, and Knees 10 times each side

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

Pressure Points:

Adam's Apple _____

Side of the Throat _____

Right Chest Area _____

Left Chest Area _____

Sternum _____

Rib Cage _____

Lower Stomach _____

Parent's / Student's Signature