

Red - 7 & Up Practice Sheet

Can always practice more, these are guidelines.

Name: _____ Date: _____

- Watch video for Palgwe Yuk 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)
- Spinning Hook Kick
- Jump Spinning Hook Kick
- Down Block, Open Hand Block (Tip: Practice moving forward in a front stance)
- Cross Block (Tip: Practice moving forward in a front stance)
- Watch the video and practice 3 times each, one steps 1-15
- Practice Ground Kicks at each stage 3 times

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

Pressure Points:

Top of the Head _____

Forehead _____

Temple _____

Bridge of the Nose _____

Under Nose _____

Under Mouth _____

Parent's / Student's Signature