

White - 7 & Up Practice Sheet

Can always practice more, these are guidelines.

Name: _____ Date: _____

- Watch video for Kibon I Hyung & Kibon Sam Hyung
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 use a paddle or shield)

- Front Snap Kick
- Side Kick
- Down Block (Tip: Practice moving forward in a front stance)
- High Block (Tip: Practice moving forward in a front stance)
- Punch (Tip: Practice moving forward in a front stance, or stationary in horse stance)

- Watch the video and practice 3 times each, one steps 1-3

Korean Practice:

Counting:

- | | | |
|-----------|----------|----------|
| 1. _____ | 2. _____ | 3. _____ |
| 4. _____ | 5. _____ | 6. _____ |
| 7. _____ | 8. _____ | 9. _____ |
| 10. _____ | | |

What does Tae Kwon Do mean? _____

Parent's / Student's Signature