Junior Blue - 4 - 6 years old Practice Sheet
Can always practice more, these are guidelines.

Name: _________________________________________ Date: __________________

☐ Watch video for Palgwe Sam Chang & Palgwe Sa 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)

Practice each move 10 times on each side (tip: can you a paddle or shield)

☐ Back Kick

☐ Knife Hand (Quan-Su) - (Tip: Practice while in a front stance)

☐ Watch the video and practice 3 times each, one steps 1-12

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

Thank you __________________________
Your welcome __________________________

_______________________________

Parent’s / Student’s Signature