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

Name: _________________________________________ Date: __________________

☐ Watch video for Universal Two
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)
☐ Jump Front Snap Kick
☐ High Block - (Tip: Practice while in a horse stance)

☐ Practice Falling Technique - Backward

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

Round House Kick ________________
Chopping ________________
Down Block ________________

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Parent’s / Student’s Signature