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

Name: _________________________________________ Date: __________________

☐ Watch video for Star Blocks, Moving Star Blocks, Universal 1 + 2
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)

☐ Axe Kick
☐ Back Fist - (Tip: Practice while in a horse stance)

☐ Practice Elbows and Eye Rakes while yelling “Help Stranger!”
☐ Practice Falling Technique - Sideways

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

Slide Up Side Kick _________________
Jump Front Snap Kick _________________
High Block _________________

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Parent’s / Student’s Signature