

Purple - 4 - 6 years old Practice Sheet

Can always practice more, these are guidelines.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

- Watch video for Palgwe I 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
- Double Low Sudo - (Tip: Practice while in a back 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))**

All 5 Strikes \_\_\_\_\_

American Flag \_\_\_\_\_

Korean Flag \_\_\_\_\_

Grandmaster \_\_\_\_\_

\_\_\_\_\_  
Parent's / Student's Signature