

Yellow - 4 - 6 years old Practice Sheet

Can always practice more, these are guidelines.

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

- Watch video for Universal One
- 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)
- Slide-Up Side
- Chopping - (Tip: Practice while in a horse stance)
- Practice Quick and Powerful Knees while yelling "Help Stranger!"

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

Front Snap Kick \_\_\_\_\_

Tae Kwon Do \_\_\_\_\_

Punch \_\_\_\_\_

Discipline \_\_\_\_\_

\_\_\_\_\_

Parent's / Student's Signature