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