White - 4 - 6 year olds Practice Sheet
Can always practice more, these are guidelines.

Name: _________________________________________ Date: __________________

☐ Watch video for Star Blocks
Practice form 5 times

☐ Regular speed (tip: work on remembering the form without hesitation)

☐ Eyes closed (tip: work on balance and starting and finishing the form in the same spot)

Practice each move 10 times on each side (tip: can use a paddle or shield)

☐ Front Snap Kick

☐ Punch (Tip: Practice in a horse stance, alternating arms

☐ Practice Palm Strikes 10 times with speed, while yelling “Help Stranger!”

Korean Practice:

Counting:

1. ____________  2. ____________  3. ____________

4. ____________  5. ____________  6. ____________

7. ____________  8. ____________  9. ____________

10. ____________

____________________________________________________

Parent’s / Student’s Signature