

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