

Green - 4 - 6 years old Practice Sheet

Can always practice more, these are guidelines.

Name: _____ Date: _____

- Watch video for Kibon Sam Hyung
- 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)
- Jump Round House Kick
- In-to-Out Block - (Tip: Practice while in a horse stance)
- Watch the video and practice 3 times each, one steps 1-3

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

Axe Kick _____

Back Fist _____

Falling Techniques _____

Parent's / Student's Signature