Blue Advanced - 7 & Up Practice Sheet
Can always practice more, these are guidelines.

Name: _________________________________________ Date: __________________

☐ Watch video for Palgwe O Chang & Intermediate Forms

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)

☐ Regular speed (tip: work on putting all aspects together to increase the flow of the form)

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

☐ Jump Back Kick

☐ Spinning Hook Kick

☐ Set for a Side Kick, Kick, Elbow Smash land in a front stance

☐ Ridge-hand (Yuk-su) (Tip: Practice moving forward in a front stance)

☐ Watch the video and practice 3 times each, one steps 1-12

☐ Practice Close Quarters Form from the ground 5 times

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

Punch ______________________________________

Back Fist _____________________________________

Chop _________________________________________

Ridge Hand _____________________________________

Spear Hand _____________________________________

Falling Techniques ______________________________________

____________________________________

Parent’s / Student’s Signature