

## Blue - 7 & Up Practice Sheet

Can always practice more, these are guidelines.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

- Watch video for Palgwe O Chang
- 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
- Elbow Smash (Tip: Practice moving forward in a front stance)
- Down Block Middle Block (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))

American Flag \_\_\_\_\_

Korean Flag \_\_\_\_\_

Master \_\_\_\_\_

Grandmaster \_\_\_\_\_

Forms \_\_\_\_\_

Sparring \_\_\_\_\_

\_\_\_\_\_  
Parent's / Student's Signature