Brown Advanced - 7 & Up Practice Sheet

Can always practice more, these are guidelines.

Name: _____________________________ Date: __________________

☐ Watch video for Palgwe Pal Chang & All Other 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)

☐ All Kicks

☐ Watch the video and practice 3 times each, one steps 1-15

☐ Review 3 D’s and all strikes

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

All Pressure Points

All Kicks

All Stances

All Flags

All Strikes

All Blocks

All Terminology

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Parent’s / Student’s Signature