Brown - 7 & Up Practice Sheet

Can always practice more, these are guidelines.

Name: _________________________________________ Date: __________________

- Watch video for Palgwe Pal 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)
    - Butterfly Kick
    - Butterfly Chop
    - Crescent Kick into Down Block Horse Stance
    - Groin Grab into a Break (Tip: Practice moving back from a front stance to a back stance)

- Watch the video and practice 3 times each, one steps 1-15
- Practice Palm Strikes and Knees 10 times each side

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

Pressure Points:
- Groin Area
- Inner Thigh
- Shin Area
- Big Toe Area
- Side of the Index Finger
- Back Spine

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Parent’s / Student’s Signature