

Green - 7 & Up Practice Sheet

Can always practice more, these are guidelines.

Name: _____ Date: _____

- Watch video for Palgwe Sam 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)
- Axe Kick
- Back Kick
- Double Low Sudo (Tip: Practice moving forward in a back stance)
- Double Low Block (Tip: Practice moving forward in a back stance)
- Watch the video and practice 3 times each, one steps 1-9
- Practice Close Quarters Form from the ground 5 times

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

Axe Kick _____

Back Kick _____

Jump Front Snap Kick _____

Jump Round House Kick _____

Jump Side Kick _____

Parent's / Student's Signature