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 ______________________________

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Parent’s / Student’s Signature