

## Orange - 7 & Up Practice Sheet

Can always practice more, these are guidelines.

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

- Watch video for Palgwe I Chang & All Beginners 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)
- Jump Round House Kick
- Jump Side Kick
- Double Middle Sudo (Tip: Practice moving forward in a front stance)
- Double Middle Block (Tip: Practice moving in a back stance)
- Backfist (Gap-Kwon) (Tip: Practice moving in a horse stance)
  
- Watch the video and practice 3 times each, one steps 1-6
- Practice Close Quarters Form 5 times

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

Front Stance \_\_\_\_\_

Horse Stance \_\_\_\_\_

Back Stance \_\_\_\_\_

Ready Position \_\_\_\_\_

Attention \_\_\_\_\_

Front Snap Kick \_\_\_\_\_

Round House Kick \_\_\_\_\_

Side Kick \_\_\_\_\_

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Parent's / Student's Signature