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
Parent's / Student's Signature