Purple - 7 & Up Practice Sheet

Can always practice more, these are guidelines.

Name: ___________________________ Date: __________________

☐ Watch video for Palgwe Sa 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

☐ C-Block (Tip: Practice moving forward in a back stance)

☐ Knife Hand (Quan-su) (Tip: Practice moving forward in a front stance)

☐ Watch the video and practice 3 times each, one steps 1-12

☐ Practice Close Quarters Form from the ground 5 times

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

Down Block __________________________

High Block __________________________

Out to In Block _______________________

In to Out Block ________________________

Studio ______________________________

Uniform ______________________________

Belt _______________________________

______________________________________

Parent's / Student’s Signature