Red Advanced - 7 & Up Practice Sheet

Can always practice more, these are guidelines.

Name: _________________________________________ Date: __________________

☐ Watch video for Palgwe Chil 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)

☐ Butterfly Kick

☐ Double Low Block (Tip: Practice moving forward in a front stance)

☐ Double In-to-Out (Tip: Practice moving forward in a front stance)

☐ Double High Block (Tip: Practice moving forward in a front stance)

☐ Watch the video and practice 3 times each, one steps 1-15

☐ Practice Palm Strikes, Elbows, and Knees 10 times each side

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

Pressure Points:

Adam’s Apple  ______________________________

Side of the Throat  ______________________________

Right Chest Area  ______________________________

Left Chest Area  ______________________________

Sternum  ______________________________

Rib Cage  ______________________________

Lower Stomach  ______________________________

Parent’s / Student’s Signature