Red - 7 & Up Practice Sheet
Can always practice more, these are guidelines.

Name: _________________________________________ Date: __________________

☐ Watch video for Palgwe Yuk 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)

☐ Spinning Hook Kick

☐ Jump Spinning Hook Kick

☐ Down Block, Open Hand Block (Tip: Practice moving forward in a front stance)

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

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

☐ Practice Ground Kicks at each stage 3 times

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

Pressure Points:

Top of the Head
Forehead
Temple
Bridge of the Nose
Under Nose
Under Mouth

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Parent’s / Student’s Signature