White - 7 & Up Practice Sheet

Can always practice more, these are guidelines.

Name: _________________________________________ Date: __________________

☐ Watch video for Kibon I Hyung & Kibon Sam Hyung

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 use a paddle or shield)

☐ Front Snap Kick

☐ Side Kick

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

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

☐ Punch (Tip: Practice moving forward in a front stance, or stationary in horse stance)

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

Korean Practice:

Counting:

1. ________________ 2. ________________ 3. ________________
4. ________________ 5. ________________ 6. ________________
7. ________________ 8. ________________ 9. ________________
10. ________________

What does Tae Kwon Do mean?    _______    _______    _______

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Parent’s / Student’s Signature