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

Name: ________________________________ Date: __________________

☐ Watch video for Palgwe II 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)

☐ Round House Kick

☐ Jump Front Snap Kick

☐ Out to In (Tip: Practice moving forward in a front or back stance)

☐ Into Out (Tip: Practice moving forward in a front or back stance)

☐ Chopping (Sudo) (Tip: Practice moving forward in a front stance)

☐ Watch the video and practice 3 times each, one steps 1-6

☐ Review Close Quarters Form 5 times

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

Tae Kwon Do __________ _______ ______

Front Snap Kick __________________________

Round House Kick ________________________

Side Kick ______________________________

Ready Position __________________________

Attention ______________________________
Parent's / Student’s Signature