Master Howard's Dojang – Cabra
TAEKWON-DO TIGERS
Taekwon-Do Home Practice Sheet

In preparation for the grading your child will need to practice the following techniques and words.

Technical

- ✓ Parallel Stance Punch (10 times)
- ✓ Walking Stance punch stepping forward – 4 times
- ✓ Walking Stance knifehand low block stepping back – 4 times
- ✓ 4 Step Block

Physical

Flexibility

- front leg swing (5 times each leg)
- front stretch (both legs)
- side stretch

Fitness

- 10 press ups
- 10 sit ups

Kicking

- Side kick to a pad (measure) , downward kick

Jumping

- Jumping punches
- Flying Side Kick
- Flyover kick (Flying Side Kick while jumping over an object)

Korean words and Terminology (need to know both English and Korean)

Counting (1-10)	*Hana, Dul, Set, Net, Daseot, Yeoseot, Ilgop, Yeodeol, Ahop, Yeol*
Walking Stance	Gunnan
Punch	Jirugi Sogi
Block	Makgi
Knifehand	Sonkal
Fore fist	Ap Joomuk
Inner Forearm	An Palmok
Kick	Chagi

Learn these goals and your code too.

Taekwon-Do Tiger's Goals are to

1. Be polite
2. Be respectful
3. Always tell the truth.
4. Try my best.
5. Never give up.

Taekwon-Do Tiger's Code

1. I will practice the goals of Taekwon-Do.
2. I will respect my teachers and parents
3. I will never misuse Taekwon-Do.
4. I will always do what is right.
5. I will make the world a better place.