



# FRANKLIN TAE KWON DO

Franklin Health & Fitness Center, 1509 West Elk Avenue, Elizabethton, TN 37643 Phone: 423.542.9466 Fax: 423.542.0913  
www.franklinfitness.com Email: emilamtkd@gmail.com

## Home Training Thursday, March 19, 2020

Parents and students, please utilize the checklist below & posted video to earn class credit for tonight's class.

### Punches

Perform each technique in a horse riding stance for a minimum of an 8-count

- Single punch
- Punch 2 times
- Palm Strike
- Spear Hand
- Elbow Strike (under the chin)
- Elbow Strike (to the side of the head)



### Kicks

Perform each technique from a fighting stance. 10 kicks minimum with each leg.

- Front Stretch Kick
- Front Kick
- Inside to Outside Crescent Kick
- Outside to Inside Crescent Kick
- Roundhouse
- Side Kick

### Sparring Drills

- Footwork drills – Front Leg Roundhouse
- Footwork drills – Front Leg Side Kick
- Footwork drills – Front Leg Front Kick
- Footwork drills – Back Leg Roundhouse
- Footwork drills – Back Leg Side Kick
- Footwork drills – Back Leg Front Kick

*I can do all things through Christ who strengthens me.  
Philippians 4:13*

.....