



FRANKLIN TAE KWON DO

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Home Training Tuesday, March 24, 2020

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

Punches

Perform each technique in a horse riding stance for a minimum of a 10-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

Basic Fundamentals

Perform each technique moving forward. 10 times minimum.

- Low Block, Front Stance
- Middle Block, Front Stance
- High Block, Front Stance
- Single Knife Hand Middle Block, Back Stance
- Double Knife Hand Middle Block, Back Stance

Forms

- Practice your new form a minimum of 5 Times
- Practice your previous forms a minimum of 1 time each

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

