



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

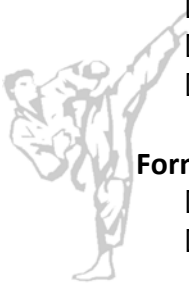
Home Training Thursday, April 2, 2020

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

Warm Up 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



Forms

- Practice your new form a minimum of 10 Times
- Practice your previous forms a minimum of 5 times each

I apologize. The microphone didn't pick my voice up when I moved out from in front of the camera, so you can't hear me saying the techniques. Use the video as a reference for this week and we'll try to shoot them again later.

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

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