



FRANKLIN TAE KWON DO

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Home Training Thursday, April 9, 2020

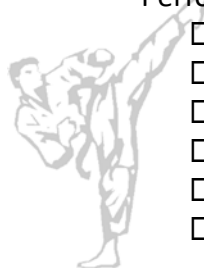
Parents and students, please utilize the checklist below & posted video, if applicable, to earn class credit for tonight's class.

Warm Ups

- 30 Jumping Jacks
- Run In Place for 30 seconds

Warm Up Kicks

Perform each technique from a fighting stance. 8 kicks minimum with each leg.



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

Warm Up Punches

Perform each technique from a horse riding stance. 10 times (5 with each arm).

- Single Punch
- Double Punch
- Palm Strike
- Elbow Strike Under the Chin
- Elbow Strike to the Side of the Head
- Spear Hand

One-Steps

- Practice one-steps for your belt rank as shown on the video from our leadership team

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

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