



FRANKLIN TAE KWON DO

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Home Training Tuesday, April 14, 2020

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

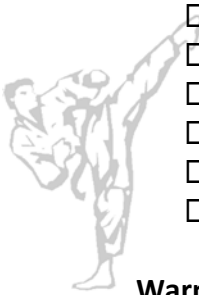
Warm Ups

- Run In Place for 30 seconds

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



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
- Combination - Outside to Inside Crescent Kick, same leg front leg Side Kick
- Combination - Front Leg Roundhouse, Back Leg Roundhouse Kick
- Combination - Front Leg Side Kick, Back Leg Side Kick

Hapkido One-Steps

- Even if you aren't a Hapkido student, practice the one-steps as shown on the video from our leadership team.

Forms

- Practice your newest form 5 times

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

