



FRANKLIN TAE KWON DO

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Home Training Thursday, April 16, 2020


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

Warm Ups

- Do as many push-ups as you can in 30 seconds

Warm Up Punches

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

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

Warm Up Kicks

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

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

Self-Defense

- Practice the Hapkido break-a-ways as shown on the video from our leadership team.

One-Steps

- Practice all your one-step techniques (pretend you have someone punching at you)

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

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