



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 23, 2020

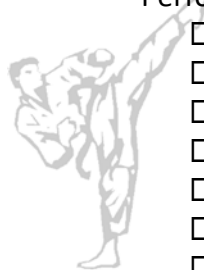
Parents and students, please utilize the checklist below & posted video, if applicable, to earn class credit for tonight's class.

Warm Ups

- Run in place for 30 seconds
- Do as many crunches as you can in 30 seconds

Punches & Blocks

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



- Single Punch
- Double Punch
- Elbow Strike Under the Chin
- Elbow Strike to the Side of the Head
- Spear Hand
- Low Blocks (to each side, not in front)
- Out to in Middle Blocks (Inside Middle Blocks) (to the front)
- In to Out Middle Blocks (Outside Middle Blocks) (to the front)
- High Blocks (to the front)

Warm Up Kicks

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

- Front Stretch Kick
- Side Leg Lifts

Kicks & Footwork

Perform each technique from a fighting stance. (4 stepping forward & 4 Stepping back with each leg, minimum.)

- Front Leg Front Kick
- Front Leg Inside Out Crescent Kick
- Front Leg Side Kick
- Front Leg Roundhouse Kick

Self-Defense

- Watch the Hapkido form 1 video from our leadership team. Follow the moves as best as possible

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

