



FRANKLIN TAE KWON DO

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Home Training Thursday, April 30, 2020

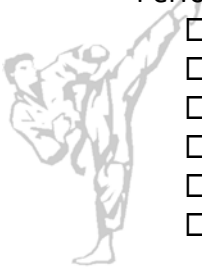
Parents and students, please utilize the checklist below & posted video, if applicable, to earn class credit for tonight's class.

Warm Ups

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

Punches

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
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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. 8 kicks minimum with each leg.

- Front Kick
- Inside Out Crescent Kick
- Outside In Crescent Kick
- Side Kick
- Roundhouse Kick
- Back Kick

Open Mat

- Pick at least 1 video from the page to follow along with

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

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