



# FRANKLIN TAE KWON DO

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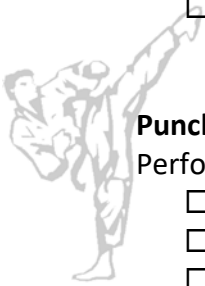
## Home Training Tuesday, May 5, 2020

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

### Stretches

In a seated position:

- Spread legs as far as you can and with toes pointed up, stretch towards knee and hold for a count of 30. (don't bounce, just relax)
- Repeat for other side
- Keep toes pointed up and stretch towards the center as far as you can for a count of 30. (don't bounce, just relax)



### Punches

Perform each technique from a fighting stance. 10 times with each arm.

- Front Hand Jab
- Reverse Punch
- Combination – Front Hand Jab, the Reverse Punch

### Warm Up Kicks

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

- Front Stretch Kick
- Side Leg Lifts

### Kicks

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

### Forms

- Practice your newest form 3 times.
- Review all your previous forms once. (use videos from 3-31-20 & 4-2-20 as reference)

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

