



FRANKLIN TAE KWON DO

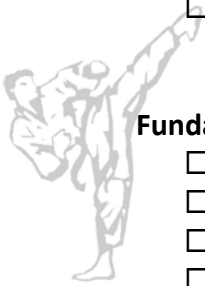
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Home Training Thursday, May 12, 2020

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

Warm Ups

- Push Ups – as many as you can in 30 seconds
- Crunches – as many as you can in 30 seconds
- Front Leg Lifts (front stretch kick) – 8 each leg
- Side Leg Lifts – 8 each leg



Fundamentals/Strikes/Kicks

- Front Kick – 8 each leg
- Outside Crescent Kick – 8 each leg
- Inside Crescent Kick – 8 each leg
- Roundhouse Kick – 8 each leg
- Side Kick – 8 each leg

Forms

Practice each form listed below 3 times (use video from 5-12-20 as a reference)

- Form #1 – Taegeuk IL Jang
- Form #2 – Taegeuk Ee Jang
- Form #3 – Taegeuk Som Jang
- Keibon #1
- Keibon #2

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

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