



FRANKLIN TAE KWON DO

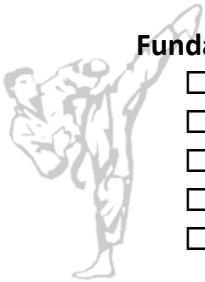
Franklin Health & Fitness Center, 1509 West Elk Avenue, Elizabethton, TN 37643 Phone: 423.542.9466 Fax: 423.542.0913
www.franklintkd.net Email: SrMasterMilam@gmail.com

Home Training Thursday, May 14, 2020

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

Warm Ups

- 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 5-14-20 as a reference)

- Form #4 – Taegeuk Sa Jang
- Form #5 – Taegeuk Oh Jang
- Form #6 – Taegeuk Yuk Jang
- Keibon #3
- Keibon #4

If you don't know these forms or aren't at the rank to learn them, do all the forms you know 3 times. Use the posted videos as a reference if you need them.

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

.....