



# 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 21, 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 as you can in 30 seconds

### Warm Up Punches

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

- 
- Single Punch
  - Double Punch
  - Triple punch
  - Palm Strike
  - Elbow Strike Under the Chin
  - Elbow Strike to the Side of the Head
  - Spear Hand
  - Throat Strike

### Warm Up Kicks

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

- Front Stretch Kick
- Front Leg Front Kick
- Front Leg Inside to Outside Crescent Kick
- Combination - Front Leg Inside to Outside Crescent Kick, same leg front leg Roundhouse Kick
- Front Leg Side Kick

### Self-Defense

- Practice the Hapkido techniques as shown on the video from our leadership team.

### One-Steps

- Practice all your one-step techniques (pretend you have someone punching at you)

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

.....