

NAME \_\_\_\_\_ DATE \_\_\_\_\_



## Jessie Thornton's United Karate Studios

AT HOME PRACTICE SHEET!! Do the curriculum **that YOU KNOW**. Date/check off what you do!

### KICKS

Rising Kick \_\_\_\_\_

Inside-Outside Kick \_\_\_\_\_

Outside-Inside Kick \_\_\_\_\_

Front Kick \_\_\_\_\_

Round Kick \_\_\_\_\_

Side Kick \_\_\_\_\_

Back Kick \_\_\_\_\_

Flip Kick \_\_\_\_\_

Slide Side Kick \_\_\_\_\_

Slide Flip Kick \_\_\_\_\_

Wheel Kick \_\_\_\_\_

Rear Leg Hook Kick \_\_\_\_\_

Slide Hook Kick \_\_\_\_\_

Back Crescent Kick \_\_\_\_\_

Back Swing Kick \_\_\_\_\_

### COMBINATION KICKS

Double Round Kick \_\_\_\_\_

Slide Double Flip Kick \_\_\_\_\_

Round Kick-Back Kick \_\_\_\_\_

Round Kick-Back Kick-Round Kick \_\_\_\_\_

Slide Side Kick-Back Kick \_\_\_\_\_

Front Kick-Round Kick-Back Kick \_\_\_\_\_

### JUMP KICKS

Running Front Kick \_\_\_\_\_

Jump Round Kick \_\_\_\_\_

Jump Twist Round Kick \_\_\_\_\_

Jump Flip Kick \_\_\_\_\_

Jump Back Kick \_\_\_\_\_

Jump Back Crescent Kick \_\_\_\_\_

Jump Hook Kick \_\_\_\_\_

Flying Side Kick \_\_\_\_\_

Back Lunge Kick \_\_\_\_\_

Jump Back Swing Kick \_\_\_\_\_

### BLOCKS

Low Defense Block \_\_\_\_\_

High Defense Block \_\_\_\_\_

Inside-Outside Block \_\_\_\_\_

Double-Sudo Block \_\_\_\_\_

Twin Block \_\_\_\_\_

Outside-Inside Block \_\_\_\_\_

Low X Block \_\_\_\_\_

High X Block \_\_\_\_\_

Low X –High X Block \_\_\_\_\_

Middle Defense Block \_\_\_\_\_

Double Fist Block \_\_\_\_\_

STAR Block \_\_\_\_\_

Parry Block-Spear Hand \_\_\_\_\_

Defense Against The Mountain \_\_\_\_\_

### PUNCHES

High Reverse Punch \_\_\_\_\_

Middle Reverse Punch \_\_\_\_\_

Low Reverse Punch \_\_\_\_\_

High, Middle, Low Punch \_\_\_\_\_

Low, Middle, High Punch \_\_\_\_\_

Middle, High, Low Punch \_\_\_\_\_

High, Low, Middle Punch \_\_\_\_\_

Middle, Low, High Punch \_\_\_\_\_

### STANCES

Front Stance \_\_\_\_\_

Back Stance \_\_\_\_\_

Horse Stance \_\_\_\_\_

### FORMS

Basic Form 1- \_\_\_\_\_

Basic Form 2 \_\_\_\_\_

Universal Form 1 \_\_\_\_\_

Chon Ji \_\_\_\_\_

Universal 2 \_\_\_\_\_

Chon Par 1 \_\_\_\_\_

Fighting Form 1 \_\_\_\_\_

Tan Gun \_\_\_\_\_

To San \_\_\_\_\_

United Flowing Motion Form 1 \_\_\_\_\_

Universal 3 \_\_\_\_\_

Won Hyo \_\_\_\_\_

Yul Gok \_\_\_\_\_

Joon Gun \_\_\_\_\_

Toi Gye \_\_\_\_\_

Py Lum \_\_\_\_\_

### OTHER

Pre-Arranged Fighting 1 \_\_\_\_\_

Pre-Arranged Fighting 2 \_\_\_\_\_

Pre-Arranged Fighting 3 \_\_\_\_\_

Pre-Arranged Fighting 4 \_\_\_\_\_

FOCUS KICKING \_\_\_\_\_

Student Creed \_\_\_\_\_

\*List anything else you do such as  
push ups, sit ups,, jumping jacks,  
stretching, running..

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