



Twin Rivers Taekwondo At Home Practice Record for Forms

Name of Form: _____

Background Information

Hyung, (form) we now know, has been developed through hundreds of years of experience. The patterns require the student to deal with several imaginary opponents, under various circumstances, and introduce every possible attacking and blocking tool to the student. It is important that the student understands that Taekwondo is to be used for defense only. This is exemplified by each pattern starting with a defensive move, which emphasizes the peaceful way of Taekwondo.

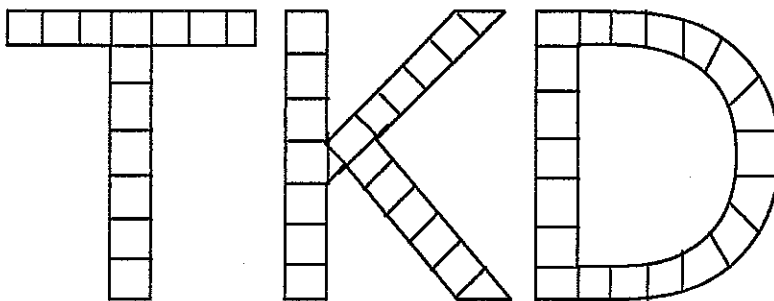
Championship Form Requirements

태권도

- When asked to do your form, answer with a polite "Yes Sir" or "Yes Ma'am."
- Start and end in the same spot.
- When performing hand techniques, use both hands. For example, during low blocks, one arm is blocking while the other arm is chambering to the side. This is called action-reaction.
- Always look, load, and deliver your techniques.
- Yell loudly at the appropriate movement to demonstrate confidence.
- Do not take extra steps when throwing kicks.
- Do not forget to breathe! Exhale when throwing a move.
- When you transition from one move to the next, do not bob up and down.

<u>Belt</u>	<u>Name of Form</u>
White	Chon-ji
Orange	Bo-chung
Orange - stripe(s)	Dan-Gun
Green	Do-san
Green - stripe(s)	Won-hyo
Blue	Yol-guk
Blue - stripe(s)	Joong-gun
Brown	Toi-gye
Brown - one stripe	Hwa-Rang
Brown - two stripes	Choong-moo
1R Black - one stripe	Choong-moo

If you want to be good practice.



If you want to be great practice, practice, practice!
Each time you do your form with "emotion" fill in the spaces. Turn this completed form in prior to your next rank examination. Thanks for the *effort!*

Student Signature: _____ Date: _____

Parent Approval: _____ Date: _____