



MINNESOTA TAEKWONDO CENTER — HOME PRACTICE CARD (8/04)

NAME _____

RANK _____

*(1 box = 5 times **or** 10 minutes)*

Check one box for doing the form or one-step routine completely five times in a row, **or** check one box for each 10-minute practice session if you are still learning the techniques. Parent should initial each completed box. Eligibility for testing may require more than one card. Techniques should be verified and initialed by an instructor at the completion of each row.

FORM — TAEGEUK

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| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
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FORM — PALGWE

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ONE-STEPS

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OTHER TECHNIQUES *(basics, kicks, special focus areas, etc.)*

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SPECIAL FOCUS AREAS:
