



HOME PRACTICE / WEEKS 1-4

ADVANCED TRAINING

Month 1: Deliberate foundations



Name: _____

Start date: _____

FOUR SHORT SESSIONS EVERY WEEK

Complete A, B, C and D each week in 10-15-minute sessions. A grown-up can help. Practice at a comfortable pace and check each box.

A KICKS + FORM

Practice assigned grounded front kicks from 1-5 slowly. Return with balance. Repeat one short Chung-Moo section within moves 1-17.

B COUNTS + RECALL

Build motor memory with open hands: three-count layers on both sides, mountain and valley. Use slow, controlled rhythm. Self-defense recall: say and picture the wrist-release sequence.

C CONNECT + SET UP

Connect two familiar Chung-Moo pieces within moves 1-17. Review assigned grounded kick setup. Picture jump preparation step by step while keeping one foot on the floor.

D REVIEW + BEYOND

Say the stick counts and picture the wrist-release sequence from memory. Beyond the Belt: pause before a frustrated reply. Name a respectful response and one correction to use.

FORM BOUNDARY: Practice Chung-Moo moves 1-17, finishing at the double knife-hand block after the round kick and reverse side kick sequence.

MY FOUR WEEKS



WEEK 1

Set up before moving.

☐ A☐ B☐ C☐ D

WEEK 2

Return each kick with control.

☐ A☐ B☐ C☐ D

WEEK 3

Slow one form connection.

☐ A☐ B☐ C☐ D

WEEK 4

Use your correction again.

☐ A☐ B☐ C☐ D

MY MONTHLY REFLECTION

What I learned: _____

One correction I used: _____

My next step: _____

BEYOND THE BELT

Slow down enough to sharpen the skill. Which detail deserves your attention before the next repetition?



HOME PRACTICE

Build control with open-hand rhythm and grounded kicks. Say and picture each self-defense step. Practice slowly and apply instructor feedback.



HOME PRACTICE / WEEKS 5-8

ADVANCED TRAINING

Month 2: Build consistency



Name: _____

Start date: _____

FOUR SHORT SESSIONS EVERY WEEK

Complete A, B, C and D each week in 10-15-minute sessions. A grown-up can help. Practice at a comfortable pace and check each box.

A • KICKS + FORM

Repeat assigned grounded front kicks from 1-5 with the same setup. Use one correction in a short Chung-Moo section within moves 1-17.

B • COUNTS + RECALL

Build motor memory with open hands: three-count layers on both sides, mountain and valley. Use slow, controlled rhythm. Self-defense recall: say and picture the wrist-release sequence.

C • CONNECT + SET UP

Join familiar Chung-Moo pieces within moves 1-17 slowly. Repeat assigned grounded kick setup. Mentally rehearse class jump preparation. Keep one foot on the floor.

D • REVIEW + BEYOND

Say the stick counts and picture the wrist-release sequence from memory. Beyond the Belt: pause before a frustrated reply. Name a respectful response and one correction to use.

FORM BOUNDARY: Practice Chung-Moo moves 1-17, finishing at the double knife-hand block after the round kick and reverse side kick sequence.

MY FOUR WEEKS

WEEK 5 • Carry one correction forward.

☐ A | ☐ B | ☐ C | ☐ D

WEEK 6 • Keep a steady, controlled rhythm.

☐ A | ☐ B | ☐ C | ☐ D

WEEK 7 • Connect without rushing.

☐ A | ☐ B | ☐ C | ☐ D

WEEK 8 • Repeat one detail carefully.

☐ A | ☐ B | ☐ C | ☐ D

MY MONTHLY REFLECTION

What I learned: _____

One correction I used: _____

My next step: _____

BEYOND THE BELT

Slow down enough to sharpen the skill.

Which detail deserves your attention before the next repetition?



HOME PRACTICE

Build control with open-hand rhythm and grounded kicks. Say and picture each self-defense step. Practice slowly and apply instructor feedback.





HOME PRACTICE / WEEKS 9-12

ADVANCED TRAINING

Month 3: Notice your growth



Name: _____

Start date: _____

FOUR SHORT SESSIONS EVERY WEEK

Complete A, B, C and D each week in 10-15-minute sessions. A grown-up can help. Practice at a comfortable pace and check each box.

A

KICKS + FORM

Review assigned grounded front kicks from 1-5. Notice setup and recovery. Apply feedback to a short Chung-Moo section within moves 1-17.

B

COUNTS + RECALL

Build motor memory with open hands: three-count layers on both sides, mountain and valley. Use slow, controlled rhythm. Self-defense recall: say and picture the wrist-release sequence.

C

CONNECT + SET UP

Connect assigned Chung-Moo sections within moves 1-17 with control. Review assigned grounded kick setup. Visualize class jump preparation. Keep one foot on the floor.

D

REVIEW + BEYOND

Say the stick counts and picture the wrist-release sequence from memory. Beyond the Belt: pause before a frustrated reply. Name a respectful response and one correction to use.

FORM BOUNDARY:

Practice Chung-Moo moves 1-17, finishing at the double knife-hand block after the round kick and reverse side kick sequence.

MY FOUR WEEKS

WEEK 9 • Compare control with month 1.

☐ A☐ B☐ C☐ D

WEEK 10 • Notice a clearer transition.

☐ A☐ B☐ C☐ D

WEEK 11 • Apply feedback, then repeat.

☐ A☐ B☐ C☐ D

WEEK 12 • Name growth and your next goal.

☐ A☐ B☐ C☐ D

MY MONTHLY REFLECTION

What I learned: _____

One correction I used: _____

My next step: _____

BEYOND THE BELT

Slow down enough to sharpen the skill.

Which detail deserves your attention before the next repetition?



HOME PRACTICE

Open-hand rhythm builds motor memory. Practice grounded kicks. Say and picture self-defense steps with calm, steady focus.

