Traditions instructors would like to make a few suggestions that will help you or your child with martial arts at home. While you may not think it makes a difference, we can see in class who has been working outside of class and who has not. Even though we work towards a more relaxed city recreation program atmosphere instead of an intense, martial arts academy approach, you or your child will get out of the classes what is put into them. Please consider adding the following to your daily routine so that the classes will be more enjoyable and the progress more rapid.

1. Stretch for at least 10 minutes every day. (Don't bounce while stretching to avoid hurting yourself.)
    a. Legs (do both sides where appropriate)
        i. Butterfly
        ii. Splits (standing and sitting on the floor)
        iii. On the floor with one knee pulled back
    b. Arms (do both sides where appropriate)
        i. Over/unders
        ii. Reach behind
        iii. Circles
    c. Waist, wrists, elbows, neck, shoulders, and ankles as needed.

2. Review Stances (Move from stance to stance with hands in a ready position. Check feet constantly.)
    a. Chunkul — Front stance
    b. Hukul — Back or L stance
    c. Yankul — Horse stance

3. Review the basic action from class (Perform in different stance where appropriate.)
    a. Ha Dan Maki — Low strike/block
    b. Sang Dan Maki — High strike/block
    c. Knong Kyuk — Front punch
    d. Ki Mal E Say Pal Buki — Horse stance punching exercise
    e. Pal Koop — Elbow strike
    f. Moo Roop — Knee Strike

4. Practice kicks to improve power, speed and balance. (Kick on each side 5-10 times.)
    a. Ahp Cha Ol Yi Kee — Rising stretch kick
    b. Ahnesu Phakuro Chakee — Inside/outside crescent kick
    c. Phakesu Ahnuro Chakee — Outside/inside crescent kick
    d. Ahp Chakee — Front kick
    e. Yup Chakee — Side kick

5. Review form(s). Go over your/their form(s) at least twice for two or three days a week. Once slowly to work on technique and stances and once at speed so you/they can work on the power and rhythm for each form.

Form books and videos are available to help understand or explain the forms and basic action. Also if you own a video camera you could make arrangements with an instructor to video tape the next required form.