| LOMA Forms Practic | e <sub>date</sub> |  |  |  |  |  | notes |
|--------------------|-------------------|--|--|--|--|--|-------|
| Technique Notes    |                   |  |  |  |  |  |       |
|                    | reps              |  |  |  |  |  |       |
| Chon-Ji            | time              |  |  |  |  |  |       |
|                    | reps              |  |  |  |  |  |       |
| Tan-Gun            | time              |  |  |  |  |  |       |
|                    | reps              |  |  |  |  |  |       |
| To-San             | time              |  |  |  |  |  |       |
|                    | reps              |  |  |  |  |  |       |
| Won-Hyo            | time              |  |  |  |  |  |       |
|                    | reps              |  |  |  |  |  |       |
| Yul-Gok            | time              |  |  |  |  |  |       |
|                    | reps              |  |  |  |  |  |       |
| Jhoon-Gun          | time              |  |  |  |  |  |       |
|                    | reps              |  |  |  |  |  |       |
| Toi-Gye            | time              |  |  |  |  |  |       |
|                    | reps              |  |  |  |  |  |       |
| Hwa-Rang           | time              |  |  |  |  |  |       |
|                    | reps              |  |  |  |  |  |       |
| Chung-Mu           | time              |  |  |  |  |  |       |
|                    | reps              |  |  |  |  |  |       |
| Kwang-Gae          | time              |  |  |  |  |  |       |
|                    | reps              |  |  |  |  |  |       |
| Po-Eun             | time              |  |  |  |  |  |       |
|                    | reps              |  |  |  |  |  |       |
| Gae-Bek            | time              |  |  |  |  |  |       |
|                    | reps              |  |  |  |  |  |       |
| Eui-Am             | time              |  |  |  |  |  |       |
|                    | reps              |  |  |  |  |  |       |
| Choon-Jang         | time              |  |  |  |  |  |       |
|                    | reps              |  |  |  |  |  |       |
| Ko-Dong            | time              |  |  |  |  |  |       |

|  | reps |  |  |  |  |  |  |
|--|------|--|--|--|--|--|--|
|  | time |  |  |  |  |  |  |