

# Taekwon-Do

## Home activities #1 for Kids!



Hi Kids!

I am TKD Ted and even though we can't come to our normal TKD classes at the moment, My friends and I have some TKD activities and fun stuff to help you do some practise at home, and keep doing your Taekwon-Do. I am here to make sure that you work on your fitness, skills and patterns so that when we can continue our normal classes you will be ready to jump straight back in!

## Practise at home!

### Fitness



You have one minute to do as many push ups as you can. Write the number down next to the list below. Then repeat for each of the other tasks. Repeat later in the week. Can you do more or less this time?

Push Ups	<input type="checkbox"/>	<input type="checkbox"/>	Starjumps	<input type="checkbox"/>	<input type="checkbox"/>
Squats	<input type="checkbox"/>	<input type="checkbox"/>	Burpees	<input type="checkbox"/>	<input type="checkbox"/>
Front Snap Kicks	<input type="checkbox"/>	<input type="checkbox"/>	Plank	<input type="checkbox"/>	<input type="checkbox"/>

*"Dojang – anywhere under heaven is Dojang"*

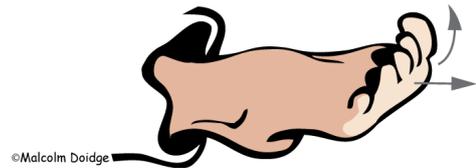
General Choi Hong-Hi



You can train anywhere – find somewhere at home that will be good for training. It might be outside on your back lawn, it might be on your deck. It could be in your rumpus room, or in the middle of a large room that you can use. Check with Mum or Dad – it has to be somewhere you cannot break anything accidentally, and its better being away from others who are trying to work or do quiet activities. No kick Pads? No problem – use a cushion instead!

## Wash your hands the TKD Way!

Say the Student Oath all the way through while washing your hands! You will be practising your Theory and keeping safe ALL at the SAME TIME! 😊



### Basics

You can choose to practise these in order or mix them up! Get an adult to read out each one and tick when you've completed it! Adults can join in too! Repeat later in the week.

30 x Punches (Mix of High, Middle & Low)	<input type="checkbox"/>	<input type="checkbox"/>
20 x Front snap kicks each Leg	<input type="checkbox"/>	<input type="checkbox"/>
20 x Turning kicks each leg	<input type="checkbox"/>	<input type="checkbox"/>
20 x Side piercing kicks each leg	<input type="checkbox"/>	<input type="checkbox"/>
30 x Low blocks on a Walking stance (Mix of forearm and knifehand)	<input type="checkbox"/>	<input type="checkbox"/>
20 x Your choice of block from your pattern	<input type="checkbox"/>	<input type="checkbox"/>
20 x Your choice of attack from your pattern	<input type="checkbox"/>	<input type="checkbox"/>

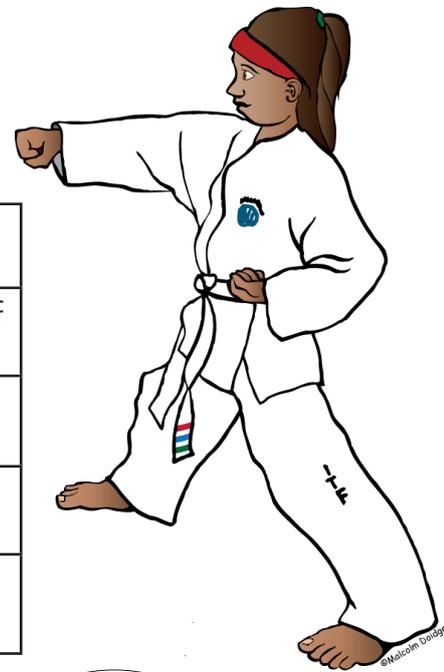
Punches, Thrusts and Strikes are all attacks!



# 15 ways to do your Patterns.

Choose one of your patterns to practise each training session  
It can be a bit boring practising your patterns over and over again, so here are some more unusual ways to make one pattern a bit more interesting.  
If you do your pattern once each way you will have practised it 15 times!

The ordinary way	Slowly	Counting each movement in Korean
As fast as you can	Kihap on every punch	Calling out the height of every technique
Eyes closed	Silently	Calling out each stance as you do it
In a pretend box	In your PJ's	With Martial Art Movie sound effects
in time to music	With a funny hat on	Backwards!



## GAME - TOY PUNCH

Choose an old soft smallish toy (not your favourite – it might get a bit battered or dirty)

Find a safe place to train in – it will need to be long with nothing that can get knocked like the deck, your back yard, or even an empty hallway may do. Check with an adult first!

Dangle the toy in front of you with one hand, and punch it away as far as you can with the other. If you hold too tight it won't go far.

Run to get the toy. Pick it up and hop or jump all the way back!

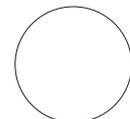


**TRY THIS!**

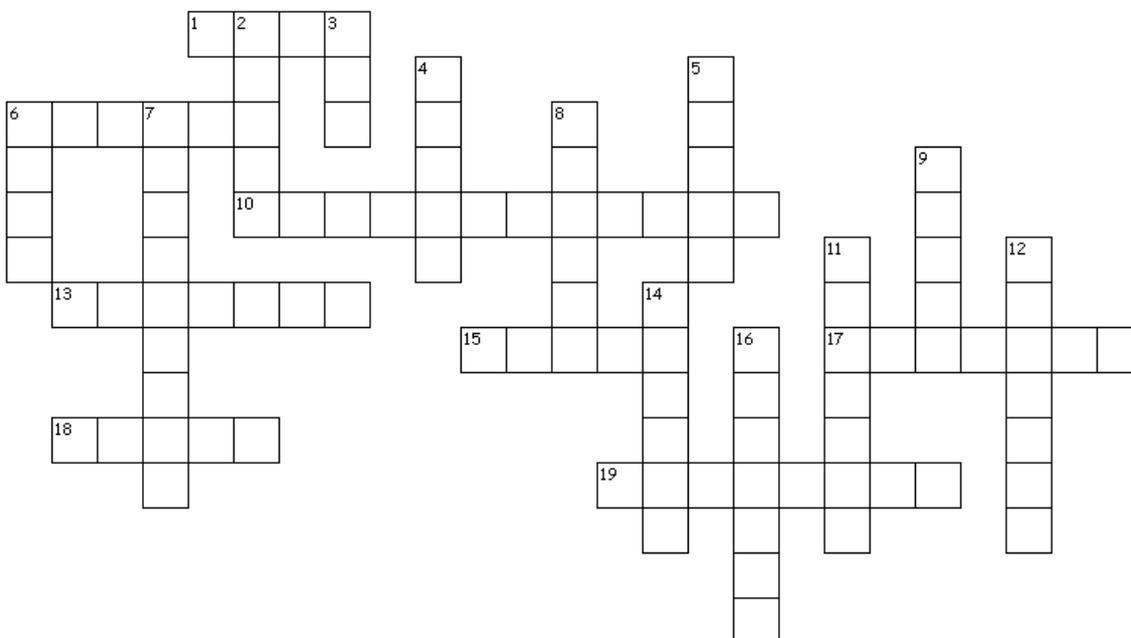
A Philosopher called Han Fei Tzu said that:

*"A man cannot draw a square with the left hand and a circle with the right hand at the same time"*

Can you?



## 10th - 8th Gup Crossword



### Across

- When you punch you make a good ...
- Training Area
- Third Tenet
- Legendary Founder of Korea
- Belt means innocence
- Dobok
- Take off before entering dojang
- First Tenet

### Down

- Seven
- Foot
- Dan-Gun founded this
- Magki
- Two
- Charyot
- Punch
- Kick
- General Choi Hong-Hi
- Has 19 movements
- Stands for the earth
- Attention