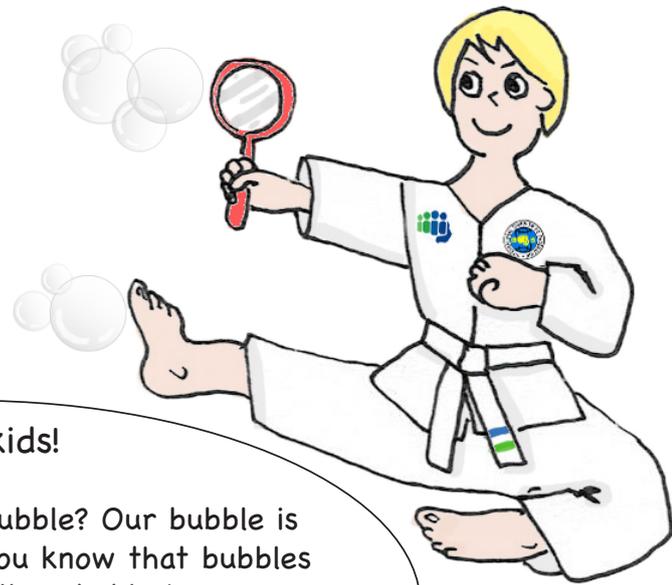


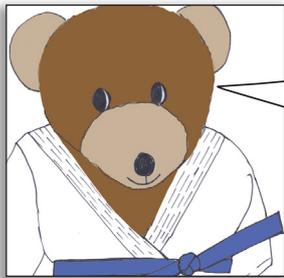
Taekwon-Do

Home activities #3

for Mini-kids!



Hi Minikids!



How are things in your bubble? Our bubble is keeping us safe, but did you know that bubbles can help your TKD? You will probably have some schoolwork to do this week, so here are some ideas for TKD so you can get some exercise as well to use up the sugar you ate in all those yummy easter eggs 😊

Fitness

It may be a bit wet outside this week, so some of these indoor fitness tasks may be just what you need to get you up and moving.

1. Lie flat on the floor with your legs up - write your name in the air without putting your feet on the ground.

STAY AWAY FROM THE STAIRS!



2. Frog jump to every room in your house - but not on the stairs!

Wash your hands the TKD Way!

Wash your hands by saying the Tenets 4 times through!

3. Find a long hallway and side skip up and down it 3 times
4. Sit on the floor with your legs crossed. Put 5 toys next to you on one side in a line. Keeping your bottom and legs on the floor, pick up one toy with both hands and put it down on your other side. Repeat with the rest of the toys, one by one. Then put them all back on the first side one at a time in the same way.



Basics to practise at home!

Techniques

- 10 x Powerful Punches
- 10 x Fast Punches
- 10 x Knifehand low blocks
- 10 x Powerful Front snap kicks
- 10 x Fast Front snap kicks
- 10 x Really slow Front snap kicks

EXTRAS for Greens and above!

- Keep practising your punch forwards and Low block backwards 10 x each side.

Blues and above!

- 10 x Inner forearm blocks
- Inner forearm block forwards & Knifehand Low block backwards 10 x each side.
- Keep practising your four direction punch

Bubble Targets

Did you know that bubbles make really cool targets for TKD techniques? You probably have all you need to make bubbles in your home bubble! And you will need a helper to blow bubbles for you to punch or kick.

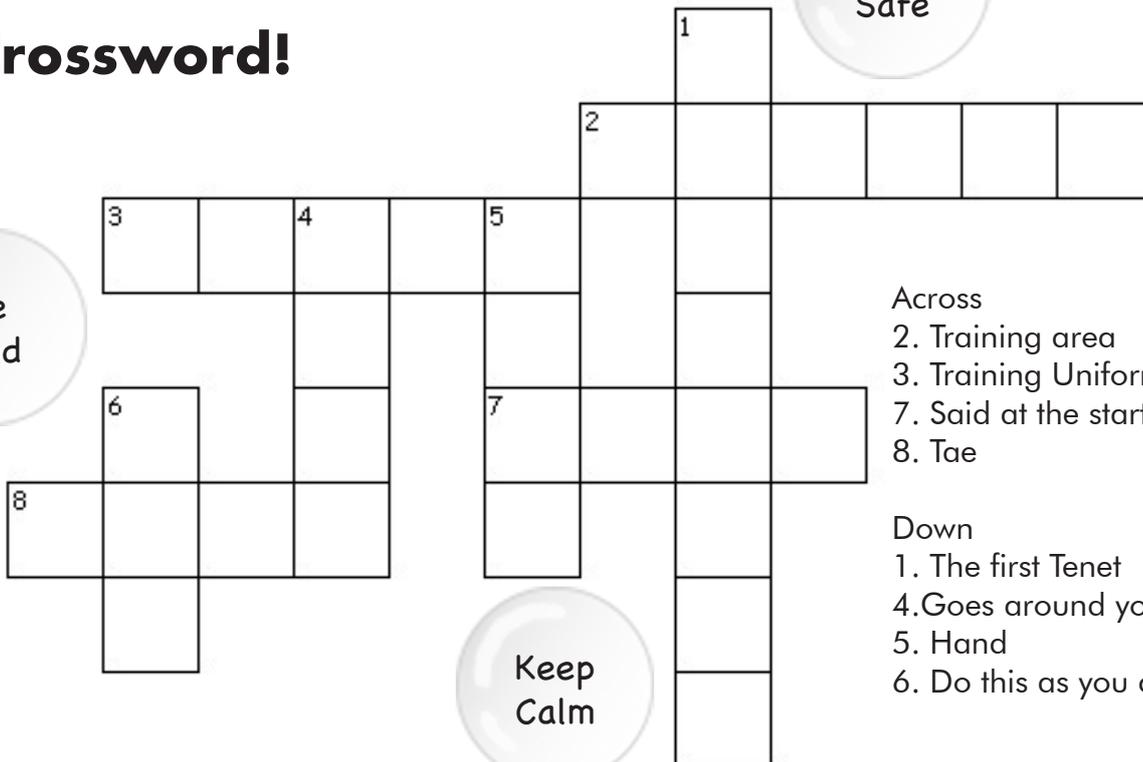


1. Put some liquid hand soap in a small bowl
2. Add a little water to make it a bit runny
3. Find something to make a bubble loop with a large twistie tie or a bit of wire would be good. Get a grown up to help you.

4. Choose somewhere to blow the bubbles, (and do some TKD) – ask the grown up where the best place would be. If it is outside, it needs to be away from the wind.

5. Dip the loop in the mixture and blow a bubble. See how many different TKD techniques you can use to pop it. It will be easier if someone else blows the bubble for you, but you might be quick enough to pop a bubble you blow yourself!

Crossword!



- Across
2. Training area
 3. Training Uniform
 7. Said at the start of every training
 8. Tae
- Down
1. The first Tenet
 4. Goes around your waist
 5. Hand
 6. Do this as you come in the door