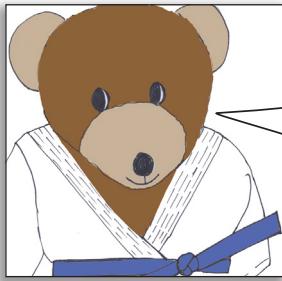


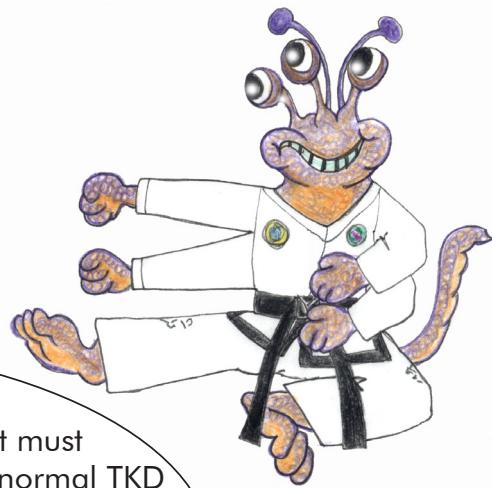
# Taekwon-Do

## Home activities #5 for Kids!



Hi Kids!

Another week at home for most of you. It must seem such a long time since you were at your normal TKD class. Many grown ups are working from home as well as looking after you kids, so you need to use your self control and be quiet and well behaved when they are busy working. Aster the alien has some TKD activities for you, so that when you can go back to class you will be all sorted!



## Practise at home!

### Fitness with your phone

Use your home phone number (or Mum or Dad's cellphone) to create your workout!

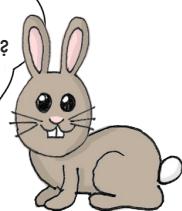
- #1 Star Jumps x 10
- #2 Squats x 10
- #3 Push Ups x 10
- #4 Plank for 30 seconds
- #5 Crunches x 10
- #6 Crunches x 10
- #7 Push Ups x 10
- #8 Squats x 10
- #9 Plank for 30 seconds
- #0 Star Jumps x 10

### Patterns

Starting from Saju Jirugi go through each pattern you know once, finishing with your top pattern.

Repeat your top pattern again then go all the way back down to Saju Jirugi

Did you start and finish on the same spot?



### Wash your hands the TKD Way!

Say your pattern meaning through twice- if you are not sure of the words, write it out and stick it on the wall in the bathroom so you can read it as you wash



### Basics

Same as last week, get an adult to help call out and tick off the techniques!

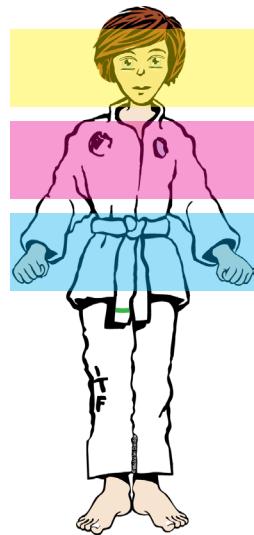
Repeat later in the week

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



# Know your Heights

NOPUNDE  
KAUNDE  
NAJUNDE



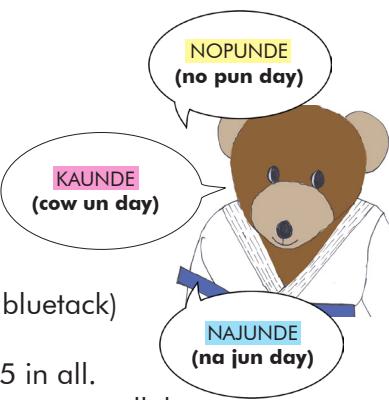
Last week we worked on heights HIGH, MIDDLE and LOW

You need to remember the Korean word for each as well:

Ted has explained how to say them brackets

You are going to need some more post it notes (or paper with bluetack)

- Write each Korean height on 5 post it notes - you will have 15 in all.
- Stick them around the inside of your house in places that you go past all the time, like the hallway. Make sure each one is at the correct height.
- Every time you go past a note, say the Korean word (and do a technique at that height).
- If you do that all week you will know the Korean words very well!



## Showing Self Control

Everybody in New Zealand has had to work hard on their self control while we are in lockdown. It has been very hard not being able to do the things we normally do, and we have had to all stay with the same people in the same place for a very long time.

Here are some situations that may have happened while you have been in your bubble, and **two choices** of how to behave.

**For each one cross out the one that does not show good self-control**

What is happening	What could you do?
Your brother or sister is annoying you	<ul style="list-style-type: none"><li>- Get angry with them and tell them off</li><li>- Ask them to join you in what you are doing</li></ul>
Something you are doing is going wrong	<ul style="list-style-type: none"><li>- Take a deep breath and try again</li><li>- Angry throw the task away</li></ul>
You need something from an adult but they are busy	<ul style="list-style-type: none"><li>- Patiently wait until they are able to help you</li><li>- Get upset because they can't help you right away</li></ul>
You see your friend outside	<ul style="list-style-type: none"><li>- Run outside and talk to them</li><li>- Wave from the window and phone them later</li></ul>
You have too much energy	<ul style="list-style-type: none"><li>- Annoy everyone else so you have something to do</li><li>- Go in the garden and do some TKD</li></ul>

## Can you UNSCRAMBLE the pattern names?

JNIOCH  
UADNNNG  
GSURJ UJAIII  
MU AAIGSKJ  
ONSDA  
OHOWNY

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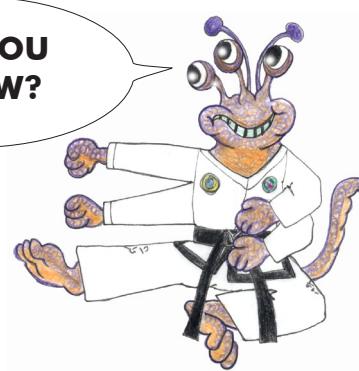
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### DID YOU KNOW?



...the name of each pattern, the number of movements and the pattern meaning tell a story about a historical Korean figure or events?

General Choi said that you should be thinking about that story or that pattern as you do every movement in the pattern, so that the pattern shows the spirit of the story!