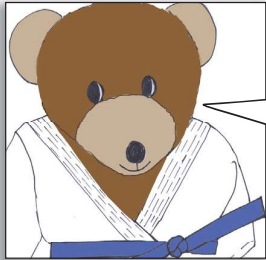


Taekwon-Do

Home activities #6

for Kids!



Hi Kids!

So many rules to remember at the moment, and hardly anywhere to go. We know that we have to stay home in our bubble to keep ourselves and others safe, but it's not easy to keep doing that for such a long time. We really need our indomitable spirit (and all the other tenets too!) Keep being kind to each other and see what you can do to help the adults looking after you.

Practise at home!

Fitness

It's cold, it's wet and you can't really run around much, so here are some ways to get exercise inside this week:

- Spider walk from one end of the house to the other
- Hold the plank while waiting for something
- Hop from your bedroom to the kitchen and back again. (but not on the stairs!)
- Do 10 pushups in every room in your house (maybe not the toilet though – its too small!)



Wash your hands the TKD Way!

Wash your hands by saying the Tenets 5 times through!

Patterns 6 different ways!

For each of your patterns practice it these 6 ways:

1. The normal way
2. Really fast
3. In a Bubble
4. Really slow
5. Eyes closed
6. Backwards!



Punches, Thrusts and Strikes are all attacks!

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.

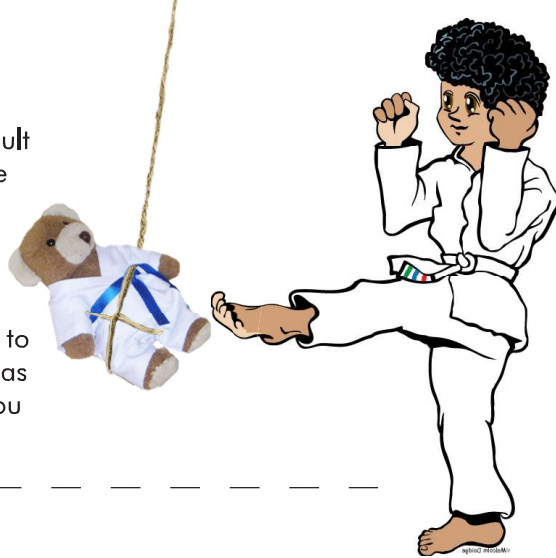
- | | | |
|---|--------------------------|--------------------------|
| 30 x Punches (Mix of High, Middle & Low) | <input type="checkbox"/> | <input type="checkbox"/> |
| 20 x Front snap kicks each Leg | <input type="checkbox"/> | <input type="checkbox"/> |
| 20 x Turning kicks each leg | <input type="checkbox"/> | <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"/> |

Dangling Toy Sparring

Tie a small soft toy to one end of a long piece of string and ask an adult to hang it from a doorway for you, (or from the branch of a tree). The toy needs to hang at your middle height.

Punch and kick the toy (be careful not to hit anything around you) .

It will swing about, which makes it really good as a moving target. Try to move around as much as possible, and mix up your techniques – use as many as you know and make sure you use both sides of your body. You could even try some jumping kicks.



Tenet Match

How have you used the TKD tenets in your bubble?
Match a tenet (or even 2) to each situation

Courtesy

1. Keeping quiet around adults who are working at home

Integrity

2. Sharing your things with others

Perseverance

3. Owning up if you forgot to wash your hands

Self Control

4. Waiting patiently for your turn with toys or games

Indomitable Spirit

5. Staying in your bubble even when you REALLY want to go out and have fun

6. Doing your best to complete the school work you have to do at home

7. Saying sorry if you have hurt someone's feelings

PUZZLE

How many...

Charyot Sogi? ___ Niunja Sogi? ___ Yopcha Jirugi? ___ Daebi Makgi? ___

Gunnun Sogi? ___ Apcha Olligi? ___ Sonkut Tulgi? ___ Ap Joomuk Jirugi? ___

Look up the words in your handbook if you get stuck!

