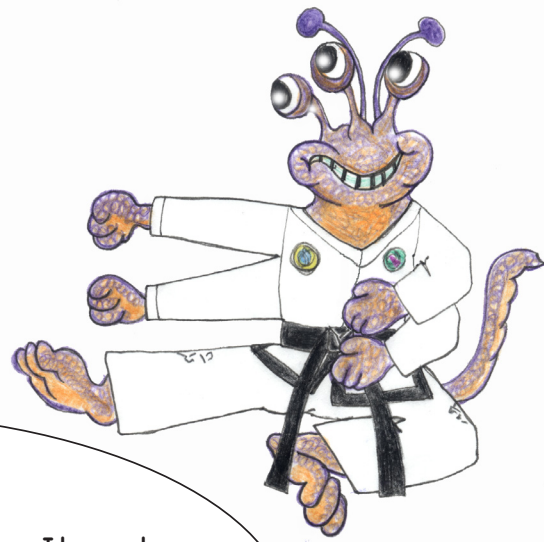


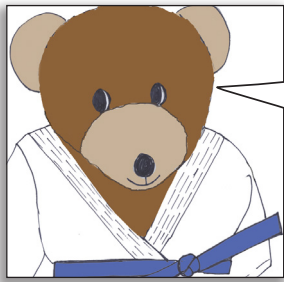
# Taekwon-Do

## Home activities #5

### for Mini-kids!



Hi Minikids!



Another week at home for most of you. It must seem such a long time since you were at your normal TKD class, and all of us are really having to work on our self control in our bubbles. Aster the alien has some TKD activities for you, so that when you can go back to class you will be all sorted!

### Fitness

You will need a large space for this, or even better outside.

- Run from one end of the space and do 2 star jumps
- Run back and do 4 star jumps
- Run to the other and do 6 star jumps
- Run back and do 8 star jumps.



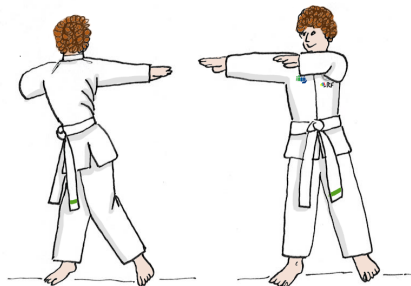
clap your hands above your head

### Basics to practise at home!

- 10 x Middle punches
- 10 x Low punches
- 10 x High punches
- 10 x Front snap kicks
- 10 x Front rising kicks
- 10 x Low blocks

Now repeat the same thing with these:

- Push ups
- Jumping Jacks
- Trunk Twists



if your stepping gets mixed up, try putting a piece of paper under the foot that turns

### EXTRAS

#### Blues and above!

- Keep practising your Four direction punch

#### Reds and above!

- Keep practising your Four direction block



### 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!

# TENETS

COURTESY | INTEGRITY | PERSERVERANCE

SELF CONTROL | INDOMITABLE SPIRIT

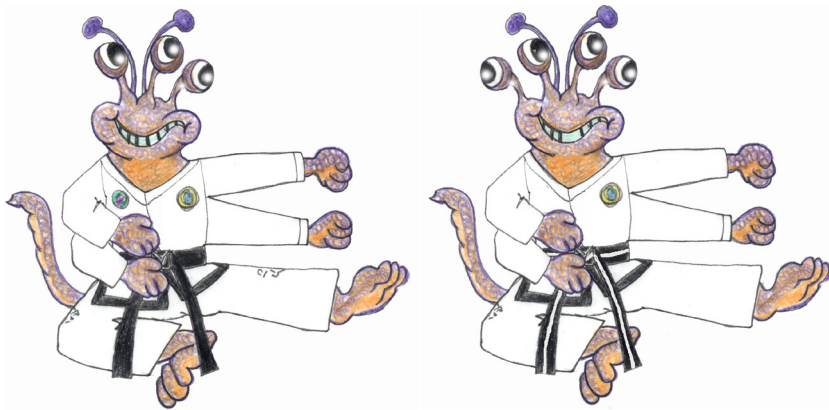
Ask mum or dad to say the tenets with you, two or three times.

Say them all by yourself. Mum or dad can help if you forget any words.

Say them together again.

## Alien Spot the Difference

Find the 6 changes!



## WORD SEARCH

K C K H Y Z A P Y S  
N A D V H F A A V H  
I L N A D T W X G A  
H M I K I A D L G R  
T A K E K A Z J V I  
H I N L F Z D D W N  
X C A T H W A Q L G  
E W S U O R E N E G  
C O N T R O L C F K  
C I E T O Q L P K H

CALM

CONTROL

GENEROUS

KIND

PATIENCE

SHARING

THINK

WALKAWAY

## TKD STATUES

Statues are experts at self control – no matter what happens – they stay still and are always silent! There are times in our bubbles when we need to be quiet and still – for instance if Mum or Dad works from home and they are on the phone to someone else.

shhhhhh



Here is an activity to practise staying still and quiet, with a bit of TKD as well:

1. Choose a stance (Attention, Junbi, Walking stance or Sitting stance)
2. Get someone to time how long you can stay still in the stance.
3. Which is the easiest to stay still on ?
4. Which was the hardest?

If you practise some more you may be able to hold the stance still for longer

