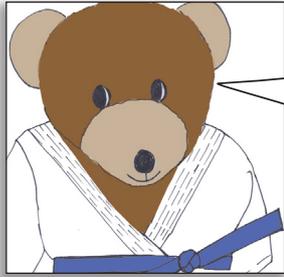


Taekwon-Do

Home activities #6

for Mini-kids!



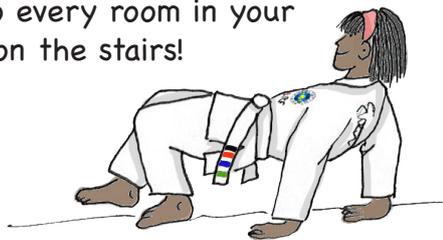
Hi Minikids!

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 its not easy to keep doing that for such a long time. We really need our indomitable spirit!

Fitness

It's getting colder and it has been very wet so it may be better to do your TKD practise inside this week. Make sure you choose somewhere that is safe and away from adults trying to work and others doing quiet activities.

1. Lie flat on the floor with your legs up - write your name in the air without putting your feet on the ground.
2. Spider walk to every room in your house - but not on the stairs!



3. Find a long hallway and side skip up and down it 3 times
4. Go into push up position on the floor, with 3 toys on the floor in front of your right hand. Stay in position, and pick up one toy with your right hand and put it in front of your left hand. Don't fall down! Then pick up the toys one by one with your left hand and put them back next to your right hand.



Basics to practise at home!

Techniques

- 20 x sitting stance punches
- 20 Walking stances around your training space
- 10 x Knifehand low blocks
- 10 x Fingertip Thrusts
- 5 x Front snap kicks going forwards from walking stance
- 5 x Front snap kicks going backwards from walking stance

EXTRAS for Greens and above!

- Punch forwards and low block backwards 10 x each side.

Reds and above!

- Knifehand block backwards, inner forearm block forwards
- 10 x each side. Four Direction Block Right Side and Left Side

Cross your hands carefully!



Wash your hands the TKD Way!

Wash your hands by saying the Tenets 4 times through!

INDOMITABLE SPIRIT

is about doing the right thing even though it is hard.

We still have to stay home for a bit longer, and its hard for everyone to do that.

It might help to think about the things you could do instead of things you miss doing.

I can't visit my friends but I can _____

I can't do TKD at my dojang but I can _____

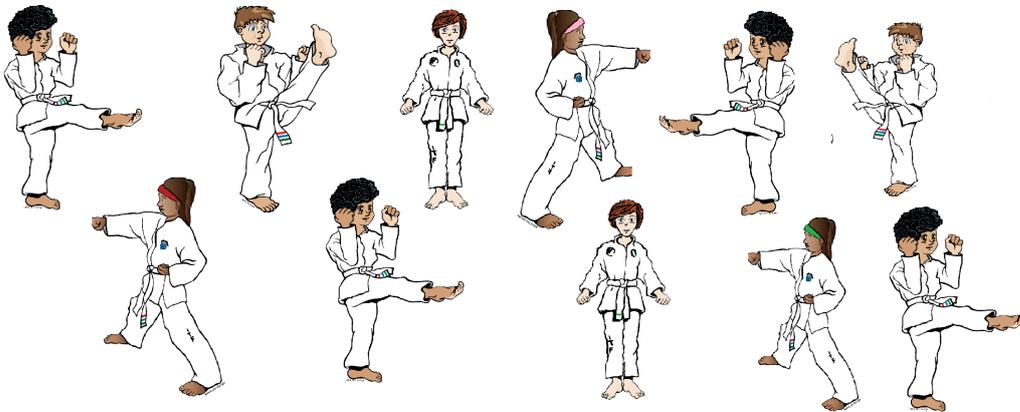
I can't go out to with my family for a meal but I can _____

I can't go to the movies but I can _____

I miss my pond,
but I can still
catch flies!



PUZZLE



How many punches can you see?

How many front snap kicks?

How many attention stances?

How many front rising kicks?

Toy Targets

You used Post It Notes as TKD Targets a few weeks ago.

This week we are going to use toys.

You will need an outdoor space for this, perhaps around the outside of your house and as it has been raining perhaps don't wear your dobok as it may get muddy (or wait until the rain has stopped for a few days.)

Place up to 10 toys around your house or training space – some need to be at HIGH, some at MIDDLE and some at LOW and you need to be able to see all of them.

Run to each toy and do a punch as close as you can to the target.

Use your SELF CONTROL – you want to get close, but not touch!

Do it again with kicks for MIDDLE and LOW and punches for HIGH

Do it again, but this time to all the LOW ones first, then all the MIDDLE ones and then all the HIGH ones.

