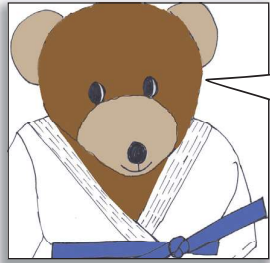
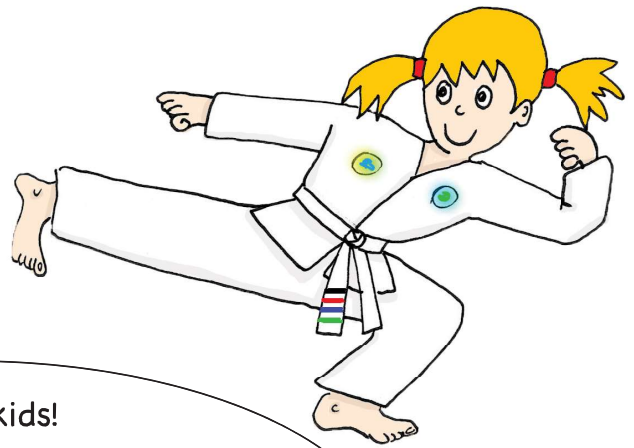


Taekwon-Do

Home activities #7 for Mini-kids!



Hi Minikids!

This will be the last home worksheet from me. I hope you have all enjoyed using them while you have been in your home bubble. What was your favourite activity? You can always go back to the previous worksheets and do something again that you found fun!

Fitness

I think the rain has gone for a little bit even though we really need more in many places as it is so dry! Here are fitness activities for doing in the garden (but you can do them inside as well – just choose a large space!)

1. Walk around the garden on tiptoes.
2. Still on your tiptoes walk the letters of your name
3. Tiptoe walk your favourite shape



Basics to practise at home!

Techniques

- 10x Powerful punches
- 10x Fast front snap kicks
- 10x Powerful low knife-hand blocks
- 10 x High rising kicks
- 5 x each side Punch forwards, low block backwards

A kick and a punch for the day of the month!



EXTRAS for Blues and above!

- Is your four direction punching ready for when we are back in class?

Reds and above!

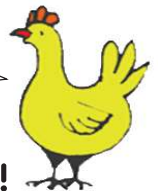
- Is your four direction blocking ready for when we are back in class?

Wash your hands the TKD Way!

Do a different one every day!

4. Use big jumps to go from one end of the garden to the other
5. Skip around the garden (you can use a skipping rope if you have one)
6. Can you skip backwards? Give it a try!

don't fall over!



You can do the YouTube!

MiniKids here are four videos. Maybe Mum or Dad can find them for you. See if you can do what the Instructor is asking you to do!

<https://youtu.be/pur4QMR9xmg>

<https://youtu.be/l8m06qzbQPo>

https://youtu.be/p7pzlfd_U7E

<https://youtu.be/oEroVmAWX9s>

WHERE IS THE TARGET?

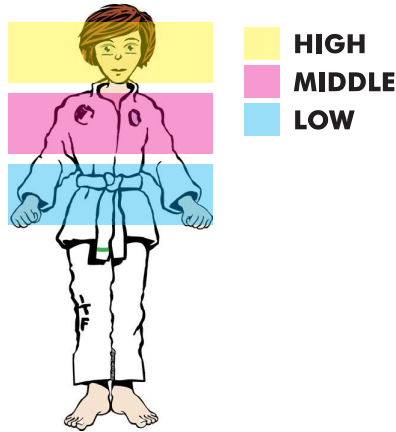
Draw arrows to match the techniques to the correct part of the body shown on the diagram - Some can go to all of them, some only go to 2 or 1, so think carefully!

Punch

Thrust

Snap Kick

Rising Kick



Can you tie your belt all by yourself?

If you can't yet, see if you can learn this week. The instructions are in your handbook.

If you can, how fast can you tie your belt properly?

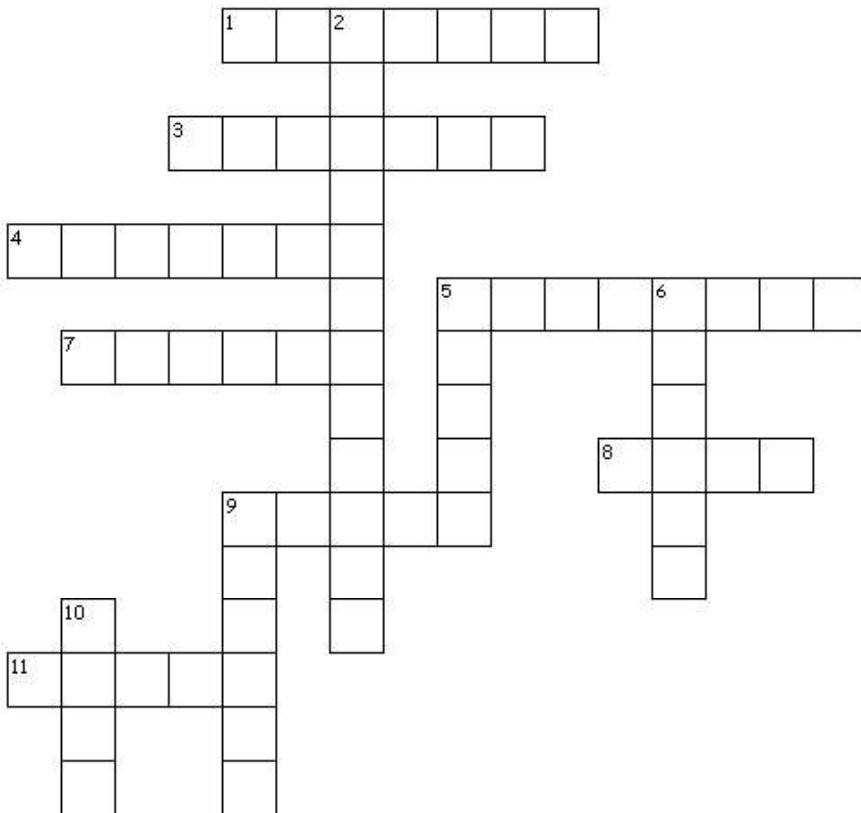
You might have to practise a few times, you haven't been to TKD for a while!

Get someone to time how long it takes you, and see if you get faster with practise

If you can easily tie your belt the correct way, how long does it take you to get into your full dobok and tie your belt? (remember to put it back nice and tidy when you have finished.)

Fun with Belts

Only one of these belts on the Teddy Kids is tied correctly. Which one is it? Why?



Crossword!

Across

- 1. High
- 3. Attention
- 4. Low
- 5. Being kind is using
- 7. Middle
- 8. You tie this around your waist

Down

- 2. Never giving up
- 5. Kick
- 6. There are 5 of these
- 9. Punch
- 10. Said at the start of every class