



Hi Kids

It's TKD Ted again with some TKD things to do this week while you are stuck at home again. Remember to be kind to each other!

Practise at home!

Fitness

Circuit – Do as many as you can in 1 minute with 15 seconds break in between each 'station' You will need someone to be your timekeeper and if you write down how many of each you do, you can repeat it later in the week and try to do more in the 1 minute:

- | | |
|--|--|
| <input type="checkbox"/> Star Jumps | <input type="checkbox"/> Star Jumps |
| <input type="checkbox"/> Squats | <input type="checkbox"/> Squats |
| <input type="checkbox"/> Push Ups | <input type="checkbox"/> Push Ups |
| <input type="checkbox"/> Hold the Plank | <input type="checkbox"/> Hold the Plank |
| <input type="checkbox"/> Crunches (or sit ups) | <input type="checkbox"/> Crunches (or sit ups) |
| <input type="checkbox"/> Burpees | <input type="checkbox"/> Burpees |



Basics

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

- 20 x Punches on walking stance – changing the heights
- 20 x Inner forearm blocks on walking stance or L-stance
- 20 x Double front snap kicks
- 20 x Side rising Kicks
- 20 x Side Kicks
- 20 x Side-Turning Kicks

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Wash your hands the TKD Way!

Wash your hands and practise your TKD balancing skills at the same time, by standing on one leg and counting to 10 (in Korean), and then repeating for the other leg. Green belts and above you can use your bending stance!

Patterns

Go through each pattern that you know three times:

1. First the usual way,
2. Second with heaps of power
3. Third with your eyes closed



Try some online TKD sessions.

Master Raukura has posted some online half hour training sessions here that you can do with him.

He is the instructor at Dragon Spirit Paptotoe

<https://www.youtube.com/playlist...>

White belts and yellow stripes try the march 30 and April 2nd sessions

Yellow belts and above try the April 6th onwards sessions.