



## Hi Minikids & Kubz

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!

## 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! 😊

### Fitness

It may be a bit wet outside this week, so some of these indoor fitness tasks may be just what you need to get you up and moving.

1. Lie flat on the floor with your legs up - write your name in the air without putting your feet on the ground.
2. Frog jump 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. Sit on the floor with your legs crossed. Put 5 toys next to you on one side in a line. Keeping your bottom and legs on the floor, pick up one toy with both hands and put it down on your other side. Repeat with the rest of the toys, one by one. Then put them all back on the first one at a time in the same way.



## Basics to practise at home!

### Techniques

- Walk on tip toes twice around your garden or around your house
- 10x Front snap kicks on each leg
- 10 x Double front snap kicks on each leg
- Jump up as high as you can 6 times
- Jump high 6 times landing in walking ready stance
- Jump high 6 times landing in Junbi (attention) stance
- Jump high 6 times landing in sitting stance
- Extra for experts** - jump high and land in a different stance each time

Remember to keep your toes pulled back



Keep your knees up!



### EXTRAS

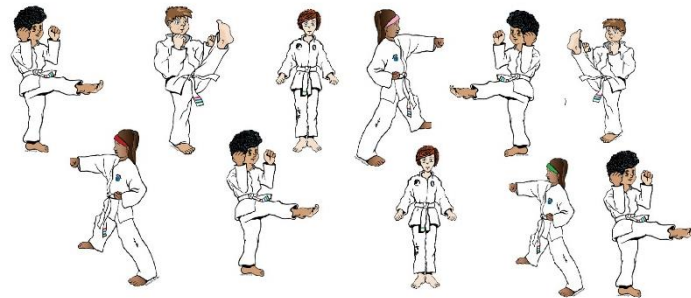
#### Blues and above!

- Keep practising your Four direction punch

#### Reds and above!

- Keep practising your Four direction block

## PUZZLE



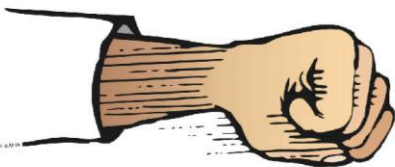
## GAME - TOY PUNCH

Choose an old soft smallish toy (not your favourite - it might get a bit battered or dirty)

Find a safe place to train in - it will need to be long with nothing that can get knocked like the deck, your back yard, or even an empty hallway may do. Check with an adult first!

Dangle the toy in front of you with one hand, and punch it away as far as you can with the other. If you hold too tight it won't go far.

Run to get the toy. Pick it up and hop or jump all the way back!



How many Jirugi (punch)?.....

How many Chagi (kick)?.....

How many Charyot (attention stances) ?

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