

Taekwon-Do

Home activities #2 for Kids!



Hi Kids!

I hope you found somewhere safe to train at home last week, and worked on your fitness, your skills and enjoyed some of the stranger ways to practise patterns. I have some more tasks for you this week, a word search and a closer look at the hand parts we use in TKD. Also because it is nearly Easter, a bit of an egg hunt. Remember stay safe and be kind!



Practise at home!

Fitness

You are probably doing a lot of sitting still at the moment, so try these ideas to work on your fitness:

- Hold the plank while waiting for something
- Spider walk from one end of the house to the other
- Do 10 pushups in every room in your house (maybe not the toilet though – its too small!)
- Hop all the way around your garden, then repeat on the other leg.

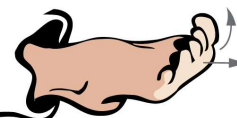


What an odd looking spider!
LOL



Basics

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

- | | | |
|--|--------------------------|--------------------------|
| 20 x Fingertip thrusts | <input type="checkbox"/> | <input type="checkbox"/> |
| 20 x Inner forearm blocks on a Walking stance | <input type="checkbox"/> | <input type="checkbox"/> |
| 20 x Guarding blocks on L-stance | <input type="checkbox"/> | <input type="checkbox"/> |
| 20 x Front snap kicks each Leg | <input type="checkbox"/> | <input type="checkbox"/> |
| 20 x Front Rising kicks each leg | <input type="checkbox"/> | <input type="checkbox"/> |
| 20 x Another choice of block from your patterns | <input type="checkbox"/> | <input type="checkbox"/> |
| 20 x Another choice of attack from your patterns | <input type="checkbox"/> | <input type="checkbox"/> |



"Students should know the purpose of every move in their patterns."

General Choi Hong-Hi



Each movement is either an attack or a defense (block) and you need to think about the TOOL and the TARGET

If it is an attack

- What part of your body is doing the hitting?
... That's the **TOOL**
- Where on the other person are you aiming for?
... That's the **TARGET**

If it is a block

- What part of your body is doing the blocking?
... That's the **TOOL**
- Where is the other person aiming for on you and what technique might they be using?
... That's the **TARGET**

Think about one of your patterns, and decide the TOOL and the TARGET for each move.

Turning Kick!
TOOL is the ball of foot
TARGET is the Ribs



Patterns

Do your top 2 patterns 5 times each:

1. Ordinary
2. Concentrate on your stances
3. Concentrate on your crossing
4. Concentrate on the height of each technique
5. Full power

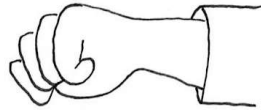
Name the TOOL!

Colour and name the hand part in Korean!

Knifehand



Forefist



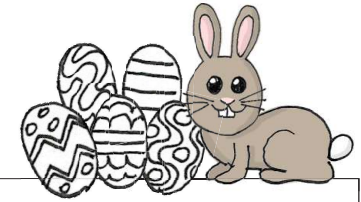
Reverse Knifehand



Backfist



Fingertip



Wash your hands the TKD Way!

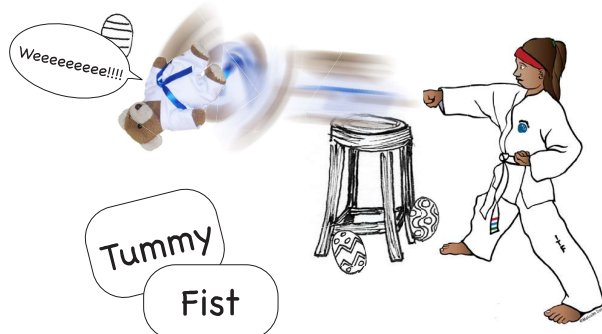
Wash your hands by counting your knuckles in Korean and then washing all the different TKD hand parts.

Hand Tool Toy Game

Choose a middle sized soft toy and sit it on a stool or a chair so it is about your chest height.

1. Choose 5 different Targets that you could aim for on your toy eg Nose, tummy etc
2. Write each TARGET on a small rectangle of card and put in a little bag or container
3. Write each different hand TOOL on a small rectangle of card and put them in a different little bag or container
4. Get someone to choose one card from each bag and do the technique on the toy using the TOOL to the TARGET.
5. Repeat until all the cards have been used up
6. Put them back in and start again.

- Variations:
- Go faster (but still hit the target)
 - Do two in a row
 - See how far the toy can move
 - Write the TOOL names in Korean instead of English



Word Search

d f p g k y d e h m v y g w g e l w c q b p x p i
 p n o k o q p h r p c q g f q c d j x j t i j g t
 s o a r x j f a u h z g r k z n t c r s f t u p z
 h g u h e c v j i v u d d j l a l u b s a r i e v
 l s p e e f d v z d l x d p g t r h c d i e e r o
 i q h o m f i d m j i w o p d s c e x j d g w s a
 i k v l q u i s f p i l l t l p q m t h u n j e f
 c n k w u e v n t u s v x e o m h i f f a i l v i
 b m d h d p g i k e i l r n p a y u o h c f a e c
 k y h o c y v p l i d o y l v t u v a m i c f r c
 f y v l m j c f l o q u h c i i f c a c u q l a h
 h u f j a i c p n a n b k d o o e g a j v k q n a
 z z l k j o t y u g n y b i z l k r j p n t j c g
 b b a h n i j a t h l k g u h i s z g d u f y e i
 h w w t i j u g b z s p g n a j o d z h t t c w v
 y r r p h p q f c l a u r j m j y p t o i i o r a
 k o b a c k f i s t e b p d o b o k y r c z u d o
 l p a h i k e i t u s n a p v r f g m g m r s c
 y v r p r f a e j i x o p f j c f e w w n j t l l
 e p m o i q r z h u r w x i k q t p c y a a e i v
 t q h u m n v w b z o c h i r n w j n o n j s x o
 j r w k l a w r e d i p s t i i f e d a k z y c k
 x v o x u e s f x d k u m i a b t j l u x h k d j
 m h d o p e h i e c t i h p s o j n z s f t g i h
 s z h y n u m s k r n d y t i o h m j e r t l p m

- | | | |
|-----------|-------------------|--------------|
| backfist | indomitablespirit | pattern |
| chagi | integrity | perseverance |
| courtesy | jirugi | plank |
| dobok | kihap | pushup |
| dojang | knifehand | selfcontrol |
| fingertip | magki | spiderwalk |
| forefist | oath | stance |

solution week#1 crossword

Across: 1 Fist , 6 dojang, 10 integrity, 13 dangun, 15 white, 17 uniform, 18 shoes, 19 courtesy
 Down: 2 Ilgop, 3 tae, 4 korea, 5 block, 6 dool, 7 attention, 8 jirugi, 9 chagi, 11 founder, 12 chonji, 14 yellow, 16 Charyot

